



НАУКОВО-ПРАКТИЧНА КОНФЕРЕНЦІЯ  
З МІЖНАРОДНОЮ УЧАСТЮ,  
присвячена 150-річчю  
з дня народження  
Д. К. ЗАБОЛОТНОГО



# СУЧАСНІ ТЕОРЕТИЧНІ ТА ПРАКТИЧНІ АСПЕКТИ КЛІНІЧНОЇ МЕДИЦИНИ

(для студентів та молодих вчених)

21–22 квітня 2016 року

**Тези доповідей**



ОДЕСЬКИЙ  
МЕДУНІВЕРСИТЕТ





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С 91 **Сучасні** теоретичні та практичні аспекти клінічної медицини (для студентів та молодих вчених) : наук.-практ. конф. з міжнар. участю, присвячена 150-річчю з дня народження Д. К. Заболотного. Одеса, 21–22 квітня 2016 року : тези доп. — Одеса : ОНМедУ, 2016. — 156 с. ISBN 978-966-443-075-0

У тезах доповідей науково-практичної конференції з міжнародною участю студентів та молодих вчених, присвяченій 150-річчю з дня народження академіка Д. К. Заболотного, подаються стислі відомості щодо результатів наукової роботи, виконаної учасниками конференції.

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umbilical cord clamping (109 cases); in the second group are women who received several doses of antibiotics (421 cases).

**Results.** 9.7% of women in the first group showed in the first 5 days after birth, any signs of infectious complications like increasing temperature, leukocytosis, redness or wound suppuration. These indices were recorded in the second group in 12.3% cases. The increased percentage in the second group denotes the beginning of antibiotic therapy at the first signs of puerperal infection.

**Conclusion.** For the prevention of puerperal infections after an uncomplicated cesarean delivery we should use a single dose of cephalosporin (Cefazolin 1 g, intravenously) administered with 15–60 minutes before skin incision.

### THE GENERAL HEALTH, GROWTH PARAMETERS AND FUNCTIONAL TESTING OF ADOLESCENTS OF ODESSA REGION

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**Actuality.** Recently childhood obesity has been increasing at alarming rate. Globally, in 2013 the number of overweight children under the age of five, is estimated to be over 42 million.

**The aim.** To analyze the general health, growth parameters and results of functional testing of adolescents from 10 to 18 years of Odessa region.

**Materials and methods.** The study was held on the base of University clinic N 1 and Mariinska gymnasium. It contains the results of clinical research of 38 children of age from 10 to 18 years. Stage 1 of research includes questionnaires and stage 2 includes general examination: anthropometry, blood pressure and pulse measurements, orthostatic test.

**Results.** Results of questionnaires revealed the tendency of sedentary lifestyle and bad feeding culture in families. On analyzing anthropometric data we found out that 5.56% of subjects are underweight (C.I — 1.54% to 18.14%), 8.33% are overweight (C.I — 2.87 to 21.83%), and 5.56% of subjects are obese (C.I — 1.4–18.14%). We revealed the signs of prehypertension in 25.71% (C.I — 14.16–42.07%), and in 2.86% — the first stage of hypertension (C.I — 0.51% to 14.53%). The results of pulse (Ps) analysis shows us that 10.81% had rest bradycardia (C.I — 1.50–17.70%) and 5.41% of subjects has resting tachycardia (C.I — 72.02% to 94.09%). In orthostatic testing, the difference in number of beats between Ps1 and Ps3 is, less than 10 bpm in 60.53% (C.I — 44.72% to 74.

40%), between 10–20 bpm in 28.68% of subjects (C.I — 12.99% to 39.21%), and more than 20 bpm in 15.79% of subjects (C.I — 7.44–30.42%).

**Conclusion.** According to our research we revealed that 13% of examined children were overweight and obese and 25% have signs of prehypertension and even 2% already had stage 1 of hypertension. The revealed tendency to sedentary lifestyle, bad feeding culture and changes in general health of adolescents can be the predictor of adult morbidity i. e. metabolic syndrome. It is necessary to do prophylactic of bad lifestyle by providing free lectures to adolescents and parents.

### STUDY OF THE ANXIETY LEVEL AMONG FOREIGN MEDICAL UNIVERSITY STUDENTS

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Change of the usual conditions, environment, ways of communication, rhythm of life, as well as intense mental stress increase emotional tension that leads to a decline in social and psychological adaptation, which in turn adversely affects personal development and mental health of the students. Therefore studying of the psychological state and especially anxiety among foreign students is important.

**Objective** — to evaluate the anxiety level among foreign students of the 4th year at the beginning stage of training at clinical bases.

The study was conducted at the Department of Pediatrics of the Odessa National Medical University. The total of 50 foreign students of 4th year participated in the study (32 boys, 18 girls). The median age was 22. 3±1. 4 years old.

During the study foreign students of the 4th year were tested using the State-Trait Anxiety Inventory (STAI; C. D. Spielberger, 1983) in order to assess their levels of state anxiety (SA) and trait anxiety (TA).

The results showed that (26.0±6.2)% (13 students) had a low level of SA; (52.0±7.1)% (26 students) — a moderate level; (22.0±5.8)% (11 students) had a high anxiety level. At the same time (12.0±4.6)% of the surveyed (6 students) had a low level of TA; (66.0±6.7)% (33 students) — a moderate level; (22.0±5.8)% (11 students) had a high level of anxiety.

Thus, the results showed that at the beginning stage of training at clinical bases foreign students showed mostly low and moderate levels of SA, as well as moderate and high levels of TA. Such anxiety manifestations can be explained with the challenges that foreign students face when directly contacting pediatric patients and their parents.