

Ministry of Education and Science of Ukraine
Uzhhorod National University
Medical faculty № 2

**THE THIRD
MEDICAL CONFERENCE FOR STUDENTS
May 19 , 2023**

ABSTRACT BOOK

Uzhhorod 2023

ORGANIZERS

The abstract book “**THE THIRD MEDICAL CONFERENCE FOR STUDENTS**” includes students’ scientific abstracts which were presented at the medical conference for students on 19th of May 2023.

Organizing Committee:

Dean of the medical faculty №2, prof. Kaliy V.V.

Young scientists of medical faculty № 2

Editors:

Patskun S.V. associate professor of the department of physiology and pathophysiology

Nemesh M.I. associate professor of the department of physiology and pathophysiology

Shtolsel Y.Yu. assistant of the department of public health and humanitarian disciplines

Vainagii T. M. associate professor of the department of public health and humanitarian disciplines

Ternyschak T.M. associate professor of the department of internal diseases

Rostoka-Reznikova M.V. Phd MD, associate professor of the department of internal diseases

Recommended for publication by the decision of the academic council of Medical faculty № 2 dated 18.05.2023

CONTENTS

1. Features of the body fat and water distribution depending on the stature of the students of the Medical Faculty 2 8 <i>Tushar Raj, Harsh Rajnish Joshi, Anish Shakya</i> <i>Trustee of the paper: Ph.D., associate professor Palamerchuk O.S.</i>	9. Relationship between the level of anxiety and the level of emotional intelligence among students 19 <i>Yanika Tyagi, Damanpreet Kaur</i> <i>Trustee of the paper: assistant professor Herevych S.V.</i>
2. Features of the muscle mass distribution depending on the stature of the students of the Medical Faculty 2 9 <i>Deepanshu Bangar, Kanishk, Muskan</i> <i>Trustee of the paper: assistant professor Sheiko N.I.</i>	10. Case report of autism 21 <i>Shahinperwin Shaikh, Daisy Basumatary, Deepanshu Bangar</i> <i>Trustee of the paper: D.B.Sc., professor Sharga B.M.</i>
3. Correlation between Grit, Life Satisfaction, and Happiness in the students of Medical Faculty No.2 10 <i>Mohammed Abdul Danish</i> <i>Trustee of the paper: Ph.D., associate professor Patskun S.V.</i>	11. Medical Abbreviations: Ambiguity in Interpretations and Ways to Avoid It 22 <i>Rose Parveen Fathima</i> <i>Trustee of the paper: Candidate of Pedagogical Sciences, Associate Professor Tetiana Vainagii</i>
4. Relationship between orthorexia nervosa and eating habits among students 12 <i>Sharma Khushi</i> <i>Trustee of the paper: Ph.D., associate professor Nemesh M.I.</i>	12. Деякі аспекти вивчення української мови як іноземної в умовах війни 25 <i>Мека Патрiцiя</i> <i>Науковий керівник: Бойчук О.А.</i>
5. Effects of dopamine system on the level of motivation and social addiction among students 13 <i>Sharma Abhay, Tejas Kiran Dhansheet</i> <i>Trustee of the paper: Ph.D., assistant professor Kostenchak-Svystak O.Ye.</i>	13. The impact of a multicultural environment on educational motivation and competitiveness of medical students. Analysis of factors influencing the choice of future specialization among students of Medical Faculty № 2 27 <i>Chsry Saroya</i> <i>Trustee of the paper: assist. Andreya Zhelizniak</i>
6. Relationship between social media addiction and depression among students 14 <i>Ravimananalan Rakesh</i> <i>Trustee of the paper: Ph.D., associate professor Slyvka Ya.I.</i>	14. Deeper understanding of the student's part in the formative process 30 <i>Dilani Hansika Weerasinghe, Deepak</i> <i>Trustee of the paper: assistant Nad K.O.</i>
7. Effects of level of stress on prospective and retrospective memory among young students 16 <i>Sheetal</i> <i>Trustee of the paper: assistant professor Chromiak Y.I.</i>	15. Research on sleep patterns and their impact on health and academic performance among students of Medical Faculty no. 2. 31 <i>Diya Devgun</i> <i>Trustees of the paper: assistant Golovchanskij R.V., assistant Shyp D.Ya.</i>
8. Relationship between the level of serotonin system and the level of emotional intelligence among students 17 <i>Deepti Sharma, Maan Kajal</i> <i>Trustee of the paper: Ph.D., associate professor Nemesh M.I., Krichfalyshi O.P.</i>	16. Role of English within the doctor-patient communication 34 <i>Ajay Kumar Bhandari Khushi</i> <i>Trustee of the paper: assistant Mariia Maniatsa</i>

17. Advantages of English over regional languages as a language of instruction for medical students	35
<i>Jangir Ankit</i>	
<i>Trustee of the paper: assistant Mariia Maniatsa</i>	
18. Impact of LED radiation and some photosensitizers on the growth rate of opportunistic microorganisms	37
<i>Olalade Deborah Aderibigbe</i>	
<i>Trustee of the paper: Ph D Valeriy Pantyo, Ph D Larysa Bugyna</i>	
19. DOES MENTAL HEALTH AFFECTS VAGINAL HEALTH?	39
<i>Diya Devgun</i>	
<i>Trustee of the paper: Prof. Nadiya Boyko, Dr. Neeraj Mittal, MD Pathology (India)</i>	
20. Influence of body mass index on the degree of compensation of type 2 diabetes	42
<i>Asir Anish Vinsha</i>	
<i>Trustee of the paper: Ph.D. Opalenyk S.M.</i>	
21. Use of short course of Antibiotics in patients with diseases of upper respiratory tract: Advantages and Disadvantages	43
<i>Anisha Fathima Nazarbasha, Kadeeja Thoufeen Rafeeqe</i>	
<i>Trustee of the paper: assistant Loshak K.O.</i>	
22. Pearls and pitfalls on withdrawal of antihypertensive medications	44
<i>Venmathi Ramesh</i>	
<i>Trustee of the paper: Sc.D.Prof. Okshana Shmuliak</i>	
23. Ascariasis: Opportunities for timely diagnosis and treatment (clinical scenario)	46
<i>Sakshi Bhatia, Riya Naryal</i>	
<i>Trustee of the paper: Dr. Olga Pushkarenko</i>	
24. Liver steatometry	47
<i>Otieno Nicholas Adams, Moyinoluwa Odumosu</i>	
<i>Trustee of the paper: Dr. Olga Pushkarenko</i>	
25. The Assessment of Drugs and Substance Abuse Prevalence: A Case Study among Undergraduates in Selected South Western Universities in Nigeria	49
<i>Ezekiel Olumide Hamzat</i>	
<i>Trustee of the paper: PhD. Prof. Joshua Owolabi</i>	

26. Comparative evaluation of COVID -19 variants and their respective symptoms and clinical manifestations in COVID-19 patients in South Africa	50
<i>Sadhamini Weeraratna</i>	
<i>Trustee of the paper: PhD, associate Professor Dr. Oksana Moskal</i>	
27. Clear cell renal cell carcinoma: imaging possibility on ultrasonography and its staging	53
<i>Dajiedkyrpang Rymbai</i>	
<i>Trustee of the paper: Dr. Olga Pushkarenko</i>	
28. Urolithiasis	55
<i>Puthiyapura Jasmin, Meena Ashique Raj</i>	
<i>Trustee of the paper: Bandyrun O.Y.</i>	

1. Features of the body fat and water distribution depending on the stature of the students of the Medical Faculty 2

Tushar Raj, Harsh Rajnish Joshi, Anish Shakya

mf2.raj.tushar@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty No.2

Department of Physiology and Pathophysiology

Trustee of the paper: Ph.D., associate professor Olga

PALAMARCHUK

Introduction. Cardiovascular problems such as atherosclerosis, high blood pressure, diabetes, dyslipidemia, chronic obstructive pulmonary disease, and osteoarthritis are related to excess body fat. Depending on the body's stature it is believed that person is more predisposed to certain types of diseases. Scientists believe that increased extracellular water is a key element in increasing body fat because body fat lacks adequate amounts of intracellular water. Due to this, the purpose of the work is to study both water and fat percentage in different body stature.

Aim of the study. To study features of the body fat and water distribution depending on the stature of the students of the Medical Faculty 2

Materials and method. The stature of the students was determined through the value of the epigastric angle: in students with hypersthenic stature, the epigastric angle is greater than 90°, in normosthenic – equal to 90°, and in asthenic – it is less than 90°. The body fat and water percent were measured using the body composition analyzer Tanita MC-780.

Results. Analyzing the collected data, in students with hypersthenic stature significantly higher level of visceral fat ($r=0,76817$; $p=0,0001$) was observed compared with normo- and asthenic stature. A strong correlation was found between epigastric

angle and parameter ECW/TBW (extracellular water/total body water, %). This means the greater the epigastric angle – the greater is ratio between extracellular water and total body water ($r=0,96487$; $p=0,0001$). Also, a strong correlation was found between epigastric angle and body mass index (BMI, kg/m^2). This means the greater the epigastric angle – the greater the value of BMI ($r=0,88737$; $p=0,0002$). The medium power positive correlation was found between epigastric angle and fat-free mass (kg) ($r=0,66787$; $p=0,002$).

Conclusions. As a result of scientific work, it was determined that such parameters as visceral fat, extracellular water/total body water, fat-free mass, and BMI are depending on body stature.

2. Features of the muscle mass distribution depending on the stature of the students of the Medical Faculty 2

Deepanshu Bangar, Kanishk, Muskan

mf2.deepanshu.bangar@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty №2

Department of Physiology and Pathophysiology

Trustee of the paper: Assistant Professor Natalia SHEIKO

Introduction. Among young adults, an increase in the predicted muscle mass or a decrease in the predicted fat mass was associated with a lower risk of cardiovascular disease development. Predicted muscle mass decrease or predicted fat mass increase were associated with a higher risk of cardiovascular disease development. The skeletal muscle is the most present tissue in the human body and is responsible for all kinds of movements in daily activities. In the phase of growth, skeletal muscles are developing, building up the potential for further adulthood and aging.

Aim of the study. To study features of the muscle mass distribution depending on the stature of the students of the faculty.

Materials and method. 19 students from 2nd year of studying underwent evaluation of the body muscle mass percent using the body composition analyzer Tanita MC-780. The stature of the students was determined through the epigastric angle measurement: hypersthenic stature – the epigastric angle is greater than 90°, normosthenic – equal to 90°, and asthenic – it is less than 90°.

Results. Analyzing the collected data, in students with hypersthenic stature significantly higher level of skeletal muscle mass ($r=0,94395$; $p=0,0002$) was observed compared with normo- and asthenic stature. A strong correlation was found between epigastric angle and sarcopenic index (kg/m^2), this means the greater the epigastric angle – the greater is sarcopenic index ($r=0,92633$; $p=0,0001$). Also, a strong correlation was found between epigastric angle and trunk skeletal muscle mass (%). This means the greater the epigastric angle – the greater the value of trunk skeletal muscle mass ($r=0,88225$; $p=0,0002$). The medium power positive correlation was found between epigastric angle and left arm skeletal muscle mass (%) ($r=0,63837$; $p=0,0003$); left leg skeletal muscle mass (%) ($r=0,68314$; $p=0,0002$); right arm skeletal muscle mass (%) ($r=0,64248$; $p=0,0005$); right leg skeletal muscle mass (%) ($r=0,68098$; $p=0,0001$).

Conclusions. As a result of scientific work, it was determined that such parameters as skeletal muscle mass, sarcopenic index, and distribution of the muscle mass over the different parts of the body are depending on body stature.

3. Correlation between grit and happiness

Mohammed Abdul Danish

Doctordoctor.doc.doc@gmail.com

Uzhhorod National University

Medical Faculty №2

Department of Physiology and Pathophysiology

Trustee of the paper: Ph.D., associate professor Silviia PATSKUN

Introduction. Grit and happiness are two important factors that can significantly impact students' well-being and academic success. Grit refers to perseverance and passion for long-term goals, while happiness contributes to overall satisfaction with life. However, the correlation between grit and happiness among students in medical education remains relatively unexplored. Understanding this relationship is crucial for enhancing students' resilience and overall well-being.

Aim of the study. This study aims to investigate the correlation between grit and happiness among students enrolled in various courses in Medical Faculty No.2. Specifically, it seeks to measure the levels of grit, happiness, and satisfaction in order to explore how these factors interrelate in the context of medical education.

Material and methods. A total of 24 participants from different academic years were included. Questionnaires assessed participants' levels of grit, happiness, and satisfaction. Grit was measured using Duckworth's Grit Scale, happiness using the Subjective Happiness Scale, and satisfaction with life using a scale developed by Diener.

Results. According to the results of the questionnaire, 4.2 % were extremely satisfied with life, 25 % – satisfied, 29,1 % – were slightly neutral, 4.2 % – were neutral, 25 % – slightly dissatisfied, and 12.5 % – dissatisfied. Multiple regression analyses revealed that satisfaction with life depends on happiness ($p=0.000087$), with a 1-point increase in happiness corresponding to a 1.15 increase in life satisfaction. Happiness significantly relies on grit value ($p=0.008983$) and the course of studying ($p=0.004701$), with a 1-point increase in grit correlating with a 0.51 increase in happiness. Higher levels of happiness were associated with advanced stages of study.

Conclusions. Satisfaction with life is positively influenced by happiness. Happiness is significantly dependent on grit value and the course of studying. These findings highlight the importance of fostering happiness and cultivating grit among students, as they are

essential factors contributing to their overall well-being and satisfaction with life in the medical education setting

4. Relationship between orthorexia nervosa and eating habits among students

Khushi Sharma

mf2.sharma.khushi@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty № 2

Department of physiology and pathophysiology

Trustee of the paper: Ph.D., associate professor Nemes M.I.

Introduction. Orthorexia nervosa perhaps summarized as an obsession with healthy eating with associated restrictive behaviours is known to affect the food choices of an individual and food choices intern contribute to an increase or decrease in the levels of this psychological disorder.

Aim of the study. To find a correlation between orthorexia nervosa and the eating habits among students.

Material and methods. The subjects of this study were 30 people aged between (18 – 25) years. Both genders were included in the study. The individuals were asked to perform two different sets of online surveys. The test for the diagnosis of orthorexia nervosa analysed the presence or absence of Orthorexia nervosa among the subjects and The Food Choice Questionnaire dealt with their food choices and what their choices indicate. The data was analysed by using a statistical method correlation by programme “Medcalc”.

Results. We did not find a statistical significant connection between different categories of the food choices questionnaire and the levels of Orthorexia Nervosa. The exception was price, which was seen to correlate with orthorexia nervosa. The correlation coefficient was found $r = 0.39$ and the significance level was $p = 0.03$.

Conclusions. The findings of the study suggest a connection between the pricing of food items and orthorexia nervosa. People who tend to believe that they have to pay higher prices in order to get healthy food are seen to have higher levels of orthorexia nervosa compared to people who do not believe the same. Marketing of food items in the name of ‘Healthy’ is done in such a way that people are convinced that costly means healthy even if it is just not. Healthy food is simple food like fruits, vegetables, meat etc. which in turn costs less, opposite of what is believed.

5. Effects of dopamine system on the level of motivation and social addiction among students

Tejas Kiran Dhanshetty, Abhay Sharma

mf2.tejas.kiran@student.uzhnu.edu.ua

mf2.abhay.sharma@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty № 2

Department of physiology and pathophysiology

Trustee of the paper: Ph.D, assistant professor Kostenchak-Svystak O.Ye.

Introduction. Dopamine, a CNS Neurotransmitter is primarily responsible for allowing you to feel pleasure, satisfaction, and motivation. When you feel good you have achieved something, it is because you have a surge of dopamine in the brain. Similarly, when we acquire instant pleasure through Internet Addiction, the Dopamine is released more frequently, we can call it a Cheap Dopamine and, it affects our Daily Motivation.

Aim of Study. To find the relation between Dopamine Deficiency in Individuals caused by Internet Addiction and its Consequences on Motivation of a particular Individual.

Material and Methods. About 100 Individuals were tested for a set of Questionnaire, Collectively for Dopamine Deficiency Test by Dr.

Cobert; Internet Addiction Test by Dr. Kimberly S. Young; and Motivation Test from Manual for Motivated Strategies for Learning Questionnaire. The task of these Tests was to collect data about Dopamine Deficiency, Internet Addiction and Motivation level of every Individual. The Collected data was analysed by using statistical program Medcalc.

Results. The results show that there was the statistically significant connection between Dopamine Deficient Individuals and Socially Addicted Individuals ($r=0.39$, $p<0.05$). The findings showed no correlation between Dopamine Deficiency and Motivation. Finally, No statistical significance between Social Addiction and Motivation.

Conclusion. The Research on this study suggests that almost 98% of the participated candidates were found to be have Moderate to Severe Social Addiction, and 100% of these candidates were with Severe Dopamine deficiency. Although, we did not find any connection between Dopamine Deficiency or Social Addiction with Motivation in these individuals. But almost all individuals were Dopamine deficient and the cause was Social Addiction for sure. Strangely, Not the Internet but we Humans Itself are using the Greatest tool of the era, to destroy the essence of Being Human.

6. Relationship between social media addiction and depression among students.

Ravimananalan Rakesh

mf2.ravimananalan.rakesh@student.uzhnu.edu.ua

Uzhhorod National University

Medical faculty No: 2.

Department of Physiology and Pathophysiology

Trustee of paper: Ph.D, associate professor Slyvka Ya.I.

Introduction: There has been a notable increase in social media and internet use over the recent decades, not only for social

interaction or entertainment, but also for working and meeting tools, as seen during the COVID-19 pandemic. The purpose of this study is to investigate the connection between social media addiction and depression among the students. In the era of modern world there is widespread use of smartphones and addiction to the internet. So the purpose of this study is to look into the outcome of social media addition and how it is related to the depression among the students.

Aim: To find the relationship between social media addiction and depression among the students.

Materials and methods: Using the online survey Beck's depression inventory to determine the level of depression and social media addiction, we examined the association between the social media addiction and the depression among the students. The study primarily included the collection of data from the 90 young students from different countries whose ages ranged from 20 to 27. And categorized them according to their level of social addiction and depression status from the scale of Normal level to extreme depression and severe level dependence of smartphone. The data was analyzed by using the correlation method with statistical program called MedCal.

Results: The result show that there was the statistically significant correlation between the level of social media addiction and depression among the students. we found the positive correlation between the level of depression and social media addition ($r=0.3158$, $p=0.0023$). The statistical significant connection between the social addition and the depression in separate groups was not found.

Conclusion: Our data indicate that the increase in the level of depression is associated with the level of social addiction because the correlation coefficient ($r=0.3158$) is a positive value. There was no sex difference in the results. No definite linear relationship was found between the time spent using the social media and depressive or

anxious symptoms, but usually the longer the time spent in that activity the worse the outcomes. The evidence from this survey provides a solid base for recommending cautions use of social media. Intense use and unhealthy habits, evidenced by addiction symptoms, may be problematic in less resilient individuals.

7. Effects of level of stress on prospective and retrospective memory among young students

Sharma Sheetal

mf2.sheelal.dr1@student.uzhnu.edu.ua

Uzhhorod National University

Medical faculty No. 2,

Department of Physiology and part of physiology

Trustee of paper: associate professor Chromiak Y.I.

Introduction: Stress can cause cognitive impairment and affect memory function. Studies have shown that stress can impair the functioning of the prefrontal cortex, which is responsible for memory, attention, and decision-making. There is evidence to suggest that stress can have a negative impact on memory in people. There are different type of memories one of them are prospective and retrospective memory. Prospective memory (PM) refers to the future oriented memory that entails (“remembering to remember”) i.e; Short Term Memory; whereas memory for the content of the intended action is Retrospective Memory(RM) (“remembering what to remember”). i.e; Long Term Memory (Past Experiences).

Aim: To find out the connection between level of stress and prospective and retrospective memory in young students.

Material and methods: A total of 30 undergraduate students from Uzhhorod National University participated in this survey. The mean age was 18 years (range 17-19 years). All they took part in this survey via online mode. Students did only survey (Perceived Stress Scale) to

identify the level of stress and the level of RM and PM (Prospective and Retrospective memory). The data was analyzed by using the correlation method with the statistical program MedCalc.

Result: The result shows that there was no statistical significant correlation between the score memory and score level of stress $r=0.002072$ & $p=0.9931$.

Conclusion: Our data indicate that there is no connection between the level of stress and prospective and retrospective memory; it shows that yes if a person is suffering from some stress so it does not mean that its PM and RM affect from this. We suppose that students are not in the condition of some severe stressor level so they can deal with that stress level condition; so that stress not cause any effect on PM and on RM.

8. Relationship between the level of serotonin system and the level of emotional intelligence among students

Deepti Sharma. Kajal Maan

mf2.sharma.deepti@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty No 2

Department of physiology and pathophysiology

Trustee of the paper: Ph.D. associate professor Nemesh M.I., Ph.D., associate professor Krichfalyshi O.P.

Introduction: Emotional intelligence has been defined as the ability to identify, understand and manage one’s own emotions, as well of others. Emotional intelligence is seen as an important factor in interpersonal relationships, communications, and well-being. Serotonin is a neurotransmitter that plays a key role in regulating mood, emotions, and behaviour. There is growing interest in understanding the relationship between serotonin levels and

emotional intelligence, as it has been suggested that serotonin may play a role in emotional processing.

Aim of the study : To find a relationship between serotonin levels and emotional intelligence.

Material and Method : The subject of the study were 50 people aged (17-30). All of them were given 2 forms to be filled (MCQ). One was 'EMOTIONAL INTELLIGENCE SELF-ASSESSMENT TOOL' adopted from Emily A. Sterret, Ph.D., in *The Manager's Pocket Guide to Emotional Intelligence, 2000* & from *The Handbook of Emotionally Intelligent Leadership* by Daniel E. Feldman, 1999 in which the score was divided into four components of EQ (self-awareness, self-management, social awareness & relationship management). Score range from a low of 5 to a high of 25. Another form named 'NEUROTRANSMITTER DEFICIENCY QUESTIONNAIRE' by Dr. Colbert containing 21 questions with 'yes' and 'no' options. The data was analysed using the statistical method correlation by program "MedCalc".

Results: We did not find statistically significant results between EQ and serotonin levels among all candidates in our survey ($p > 0.05$). On dividing the candidates in groups of 4 according to serotonin deficiency levels (UNLIKELY, MILD, MODERATE & SEVERE) there was a statistically significant result in group with "MILD" serotonin deficiency and "SOCIAL AWARENESS" ($r = 0.558, p < 0.04$).

Conclusion: The findings of this study suggest that there may be a positive relationship between serotonin levels and Emotional Intelligence particularly in the area of SOCIAL AWARENESS. Higher serotonin levels tend to have better emotional intelligence particularly in areas of social cognition. However the relationship between serotonin and EQ is still complex and not fully understood. Other factors, such as genetics, environment, and life experiences, can also impact emotional intelligence. Additionally, serotonin

deficiency is often associated with a range of other psychiatric disorders, including depression and anxiety, which can also affect EQ. Nevertheless our study suggests that maintaining healthy serotonin levels may be an important factor in promoting emotional intelligence and overall mental health.

9. Relationship between the level of anxiety and the level of emotional intelligence among students

Yanika Tyagi, Damanpreet Kaur

mf2.tyagi.yanika@student.uzhnu.edu.ua

mf2.kaur.damanpreet@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty No 2

Department of physiology and pathophysiology

Trustee of the paper: assistant professor Herevych S.V.

Introduction. Anxiety and emotional intelligence are two interconnected aspects of human psychology. Anxiety is a common mental health condition characterized by persistent and excessive worry, fear, and unease. Emotional intelligence (EI) refers to the ability to recognize, understand, and manage one's own emotions as well as the emotions of others. Higher emotional intelligence can be associated with lower levels of anxiety. Anxiety can impact emotional intelligence. When individuals struggle with excessive anxiety, it may hinder their ability to accurately recognize and interpret emotions, both within themselves and others.

Aim of the Study. To find relationship between anxiety and Emotional intelligence.

Method and material. Subject of the study were 45 people aged (18 to 35). All of them were given 2 forms to be filled. One was "Self-Test for Anxiety" which is GAD-7 developed by Drs. Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke, and colleagues, with an

education grant from Pfizer, Inc. Healthwise, Incorporated. On the basis of questionnaire, we calculate how many common symptoms you have and where you might be on a scale, from mild to severe anxiety. Scoring is between 0 to 21 which includes 0 to 4 as mild anxiety, 5 to 9 as moderate anxiety 10 to 14 as moderately severe anxiety, 15 to 21 as severe anxiety. Second test was “*Emotional intelligence questionnaire*” adopted from NATIONAL HEALTH SERVICE (England). In which the score was divided into five components of EQ (self- awareness, managing emotions, motivating oneself, empathy, social skill). Score range from a low of 5 to a high of 50 on the basis of 50 questionnaire associated with these components. Finally The data was analysed using the statistical method correlation by program “MedCalc”.

Results. We find statistically significant results between EQ and ANXIETY ($r = -0.358, p < 0.02$). We also find statistically significant results between anxiety and social awareness ($r = -0.316, p < 0.04$), anxiety and social skill ($r = -0.34, p < 0.02$) and anxiety & empathy ($r = -0.375, p < 0.02$).

We did not find any significant results between anxiety and managing emotions also in anxiety and motivating oneself.

Conclusion. The findings of this study suggest that there may be a significant negative correlation between ANXIETY and EQ. The implications and recommendations of the present paper are in tune with the findings that suggests that improving the levels of emotional intelligence can lower the chances of roll over by anxiety and other adverse events. People who manage their emotions Well at school, workplace get better adjusted to these kinds of environments and those who are low on dimensions of emotional intelligence are more likely get over by negative emotions that ultimately lead them into stress and anxiety.

10. Case report of autism

Shahinperwin Shaikh, Daisy Basumatary, Deepanshu Bangar

mf2.shaikh.shahinperwin@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty N02

Trustee of the paper: D.B.Sc., professor Sharga B.M.

Introduction: Autism spectrum disorder (ASD) is a neurodevelopmental disorder that affects communication, social interaction, and behavior. The prevalence of autism has been increasing over the past few decades.

Aim of the study: The aim of this study is to present a case report on the development of a child with moderate-level autism, discuss the advancements in autism treatment over the past 10 years, and explore the improvements observed after changing medication.

Methodology: The review of scientific articles over the past 10 years from Pubmed, Medscape.

Conclusion: Over the past decade, significant progress has been made in autism treatment, Applied Behavior Analysis (ABA) focuses on reinforcing desired behaviors. Early identification and intervention (EI) are crucial, emphasizing support at an early age. Social skills training targets eye contact, turn-taking, and conversation abilities. Medication manages symptoms like aggression and anxiety. Technology-based interventions, like virtual reality (VR), enhance therapy for communication and social skills. Alternative therapies, such as dietary interventions and sensory integration therapy (SIT), have limited evidence. Treatment aims to improve quality of life and independence. Ongoing research shapes autism treatment.

A 3-year-old boy diagnosed with autism was assessed in this study. The child exhibited moderate psychomotor overactivity, limited speech, and difficulty following commands. The child's diagnosis was Pervasive Developmental Disorder/Nonverbal. After changing the

medication, significant improvements were observed in the child. His speech and communication skills improved, and he showed progress in writing and listening attentively. Additionally, the child's hyperactivity, irritability, and aggressive behavior were reduced. These findings highlight the potential benefits of individualized treatment and the role of medication in managing symptoms associated with autism. Ongoing advancements in autism treatment continue to shape interventions and provide support for individuals with autism.

11. Medical Abbreviations: Ambiguity in Interpretations and Ways to Avoid It

Rose Parveen Fathima

mf2.rose.parveen@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty №2

Department of Public Health and Humanitarian Disciplines

Trustee of the paper: Candidate of Pedagogical Sciences, Associate

Professor Tetiana Vainagii

Introduction. In the medical field, there is a constant call for prompt and efficient communication. Time can be crucial when providing care to patients. Abbreviations are a convenience, a time saver, and a way of fitting a word or phrase into a restricted space or avoiding the possibility of misspelling medical terms. However, a high price can be paid for their use. Abbreviations are frequently misunderstood, misread, or interpreted incorrectly. Their usage may also lengthen the time needed to train healthcare professionals, waste time tracking down their meanings, delay the patient's care, and even occasionally result in patient harm.

Aim of the study. The present paper aims to identify the most common causes of ambiguity when interpreting medical abbreviations and outline practical ways to avoid it.

Material and methods. The following methods have been used in the study: theoretical (analysis of written sources – prescriptions, case notes, medical histories, clinical records, etc.; and oral sources – training videos, online lectures, medical drama television series (e.g. “House” and “Doctors”), etc.; empirical (observation and comparison of the use medical abbreviations in various professional contexts).

Results. Our research has revealed that medical abbreviations can be misunderstood because: 1) abbreviations vary by medical institution even within one national healthcare system; 2) symbols and letters may be misread, particularly when written by hand; 3) the same abbreviation can apply to multiple terms.

To address the issue of medical errors caused by abbreviations, several institutions have developed lists of abbreviations that should be explicitly avoided. Most notable among these are the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) “Do Not Use List” (2004) and the Institute for Safe Medical Practices (ISMP) “List of Error-Prone Abbreviations” (2021). Creation of these lists is a significant step to solving the issue of ambiguity in interpreting medical abbreviations, yet it does not completely resolve this systemic problem neither on the national, nor on the international scale.

The following ideas may help to avoid ambiguity when interpreting medical abbreviations.

1) Creation of national lists of standard abbreviations for every English-speaking country. A straightforward approach to this problem is to design a national list of approved abbreviations, with each abbreviation having only one meaning. The problem with this strategy is that all medical specialties, allied health professionals, health-related organizations, and government agencies would have to agree on one meaning for each abbreviation.

2) Creation of international list of standard English abbreviations. As effective as it may become for efficient and

ambiguity-free communication within the worldwide medical community, it also appears almost impossible to implement at the present time as national healthcare systems differ greatly from country to country. It also will most probably require creation of a unified data base of medical abbreviations, which cannot be carried out in practice by that token.

3) Prohibiting abbreviations. Not allowing the use of any abbreviations would be an exceedingly challenging edict to introduce and enforce. Healthcare practitioners have used abbreviations routinely in their work environments and it would be difficult to break this steady habit. In fact, some abbreviations that are frequently used have become word-like, making it especially challenging to require use of the full words instead (for instance, *lab, rehab, WBC, RBC, mg, HIV, AIDS, CT, MRI* etc.).

4) National and global implementation of computerized prescribing systems and electronic delivery of prescriptions. Since, according to our survey, most abbreviation-related errors occur in prescriptions, creation of a worldwide network of electronic prescriptions will completely eliminate the problem of misinterpreting prescription notes. In fact, the ones designed on the hospital and regional levels has dramatically reduced the frequency of abbreviation and decimal formatting errors. However, until these systems are more widely used, institutions should regularly educate and update health-care providers and other employees on proper use of abbreviations.

Conclusions. “Never Use” lists are effective in reducing incidents of common error-prone abbreviations and adoption of such lists is highly recommended. In order to ensure their relevance, the lists should be comprehensive and regularly updated. However, the problem of ambiguity when interpreting medical abbreviations is systemic and is not limited exclusively to the national level. It should be regarded and solved on the international scale.

12. Деякі аспекти вивчення української мови як іноземної в умовах війни

Meka Ntolo Patricia

mf2.meka.ntolo@student.uzhnu.edu.ua

ДВНЗ «Ужгородський національний університет»

медичний факультет № 2, м. Дакар, Сенегал

кафедра громадського здоров'я і гуманітарних дисциплін

Науковий керівник: кандидат філологічних наук, доцент

Олена БОЙЧУК

Вступ. Війна, поза всяким сумнівом, вплинула на звичний спосіб життя не лише українців, а й іноземних студентів, які перебували 24 лютого 2023 року на території України. Навчальний процес в кризових умовах має свої особливості. Попри те що ця тема зараз привертає увагу дослідників, аспекти вивчення української мови студентами-іноземцями в кризових умовах потребують більш детального опрацювання. Тому дослідження є актуальним.

Мета дослідження: проаналізувати зміни, які відбулися у вивченні української мови як іноземної на медичному факультеті №2 Ужгородського національного університету та простежити їхній вплив на успішність.

У процесі роботи використано такі **методи дослідження**, як спостереження, опис та узагальнення.

Результати дослідження. Після початку повномасштабного вторгнення російських військ іноземні студенти медичного факультету 2 змушені були залишити територію України. Невдовзі, після успішної їх евакуацію, навчання було відновлене в дистанційній формі. Проаналізуємо, які зміни відчували студенти під час вивчення цього предмету у воєнний період та як адаптувалися до роботи в особливих умовах.

По-перше, після повернення на Батьківщину, потрібно було адаптуватися до зміни часових поясів. Скажімо, для більшості індійських студентів – це +2,5 години. Для частини африканських студентів може складати до -3 годин. Наприклад, якщо за розкладом заняття в Україні розпочинається о 8.00 годині ранку, то у Дакарі в цей час лише 5.00. Погодьтеся, що це надто ранній час для продуктивної роботи, особливо якщо мовиться про вивчення іноземної мови.

По-друге, процес вивчення української мови як іноземної дещо ускладнився, оскільки з переїздом студенти втратили мовне середовище. Відпала потреба використовувати українську мову в соціокультурній сфері (для вирішення щоденних питань), не було потреби вживати мову в професійній сфері (зокрема, для спілкування з пацієнтами в лікарні).

Простежено, що вивчення української мови як іноземної в умовах воєнного стану вимагає від студентів формування таких якостей, як самоорганізованість, дисциплінованість, систематичність та контроль виконання завдань.

Вважаємо, що успішність вивчення української мови як іноземної зараз залежить від таких факторів: 1) вмотивованість (прогресують ті студенти, які дійсно хочуть продовжувати навчатися в Україні); 2) наявність якісної базової підготовки (звідси студентам першого курсу, які тільки розпочали своє навчання восени і не мали достатньої можливості почути «живу» мову, її вивчати важче, ніж студентам старших курсів); 3) самоосвіта, яка передбачає використання матеріалів/джерел для вивчення мови поза межами домашніх завдань (соціальні мережі, відео, фільми, слухання/читання книг тощо).

Проведене дослідження дає можливість зробити наступні **висновки:**

- Адаптація студентів пов'язана з посиленою потребою у розвитку навичок самоорганізованості, дисциплінованості, систематичності та контролю якості виконання завдань.

- Усі зусилля студентів можуть бути позитивними, якщо вони розуміють кінцеві цілі, мають достатню базову підготовку або докладають усіх зусиль для її формування, шукають додаткових матеріалів із вивчення мови, займаються самоосвітою.

- Студенти, які активно співпрацюють з викладачем, особливо на початковому етапі вивчення мови, які навчаються систематично, сумлінно, зі самовіддачею прогресують у вивченні мови попри віддалене навчання і воєнний стан.

13. The impact of a multicultural environment on educational motivation and competitiveness of medical students. Analysis of factors influencing the choice of future specialization among students of Medical Faculty No. 2.

Charu Saoya

Mf2.charu.sroya@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty №2

Department of public health and humanitarian disciplines

Trustee of the paper: assist. Andriya Zhelizniak

Introduction. In today's world, growing globalization and intercultural interaction are gaining more and more importance. Medical specialists from different countries collaborate on international projects and work together in hospitals, where they meet patients of different nationalities and cultures. A multicultural environment at the medical faculty can develop an important role in the formation of skills and preparation of students for such work, as well as increase their competitiveness in the labor market. Research on this topic can contribute to a better understanding of the

relationship between cultural diversity and education at the medical faculty, as well as to the improvement of methods of training future doctors to work in a multicultural environment.

Aim of the study. The research aims to discover how a multicultural environment affects student motivation, academic achievement and ability to adapt to different cultural contexts. To investigate the influence of the ethnic diversity of the student environment on motivation to study and practical training of future doctors. The results of the study will help to develop recommendations for improving the educational process and shaping the training of future medical professionals in a multicultural environment.

Material and methods. To achieve this goal, we conducted an anonymous online survey among students of medical faculty No. 2, aged 19 to 25. Questionnaire was conducted on the Google platform using Google Forms. In the poll multiple choice questions were included as well as open-ended question.

Results. 150 foreign students took part in the survey, of which 60.5% were men and 39.5%- women. According to the obtained data, the main factors affecting the educational motivation of students are the desire to learn new knowledge and skills, interest in the subject and motivation to get a high grade, approval of others and a future diploma.

In response to the question about the impact of competition on achieving high academic results, 44% of students indicated that, depending on the situation, competition for the best result can have both a positive and a negative impact on their academic performance. 40% of students noted that competition motivates them to achieve better results, while 16% of students see competition as a negative factor that reduces their motivation to study.

The majority of students (92%) believe that studying in a multinational environment increases their motivation for academic

success, as it forces them to think more critically and makes the learning process more exciting. Only 8% of respondents believe that the multiculturalism of the faculty has no influence on their studies.

The most significant advantages of studying in a multicultural environment are the opportunity for students to deepen their understanding of global health problems and the needs of different nationalities, familiarization with cultural characteristics that can affect the results of treatment, as well as the exchange of knowledge about health-preserving practices and habits of their peoples that can affect for future medical practice.

The study revealed that personal interests play a significant role in the specialization choices of medical students. It was found that students who are passionate about a particular field of medicine are more likely to choose a specialization related to their interests in future.

Social factors, such as family influence and societal expectations, were identified as important considerations for medical students when selecting their future specializations. Students who come from a medical family or feel pressure to pursue certain specialties tended to lean towards those fields.

Financial considerations are found to have a minimal impact on specialization choices. While some students consider potential earnings in their decision-making process, it is not a primary determinant for most, as the desire to make a meaningful impact in their chosen field outweighed financial considerations.

Conclusions. In conclusion, this study provides evidence supporting the positive impact of a multicultural environment at Faculty of Medicine No. 2 on the motivation and competitiveness of students. The findings highlight the value of interacting with peers from diverse cultural backgrounds in fostering communication skills and enhancing students' enthusiasm for learning. Moreover, the

multicultural environment fosters the development of empathy and tolerance, which are crucial qualities for future medical practitioners. Nonetheless, it is important to ensure that competition is structured in a manner that encourages achievement without undue stress. Overall, the results emphasize the significance of a multicultural environment in preparing aspiring medical professionals for the challenges of working in a diverse and globalized healthcare setting, while also enhancing their competitiveness in the field

14. Deeper understanding of the student's part in the formative process

Dilani Hansika Weerasinghe, Deepak

mf2.dilani.hansika@student.uzhnu.edu.ua,

mf2.deepak.dr@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty №2

Department of public health and humanitarian disciplines

Trustee of the paper: assist. Kateryna Nad

Introduction. Formative assessment for students is a process of gathering information about their learning progress, providing them with oral/written feedback and opportunities for improvement moreover using that information to adjust and improve teaching and learning strategies. The aim of formative assessment is to help students become more aware of their own learning progress and identify areas where they need additional support or guidance.

Aim of the study. The objective of this scientific work is to discover the most significant advantage and disadvantage of formative assessment for students.

Materials and methods. The following methods have been used in the scientific work: observation, description, generalization, a poll.

Results. The result reflects that there are many advantages and a few disadvantages of formative assessment. According to the results from the pole, the most significant advantage with 27% is that each student gets focused target feedback and for the disadvantage about 54.1% of students chose the option that students are not able to predict the final grade. Other advantages chosen by students are: it improves the quality of students' work (24, 3%), students get personalized learning and improve equity of students' outcome (13, 5%). However, there are not many disadvantages were mentioned except that 37.1% of students think that formative assessment will consume a lot of time, many resources will be required, in addition, according to 8.6% of participants offered their own option that there are no disadvantages for students.

Formative Assessment Process (Student's Role)



Conclusions. The findings of this study highlight that formative assessment is useful for students up to an extent as it increases motivation towards classes and it would define learning goals. Furthermore, it is effective for students as teachers can focus on each student to give personalized feedback and will feel free to express their views about a particular topic.

15. Research on sleep patterns and their impact on health and academic performance among students of Medical Faculty no. 2.

Diya Devgun

Devgundiya123@gmail.com

Devgundiya123@gmail.com

Uzhhorod National University

Medical Faculty No. 2

Department of Microbiology

Trustees of the paper: assistant Golovchanskij R.V., assistant Shyp D.Ya.

Introduction: Sleep is one of the most crucial components of a healthy lifestyle, especially for students engaged in intensive studying. Inadequate sleep can have a negative impact on the physical and psychological well-being of students, leading to a decline in their academic performance. Nowadays, an increasing number of studies focus on investigating the influence of sleep patterns on the health and success of students. This research is particularly relevant in medical faculties, where students need to understand the importance of a healthy lifestyle and its effects on their physical and mental health.

Therefore, studying the sleep patterns and their impact on the health and academic performance of students in the Medical Faculty No. 2 is highly relevant and can assist students in improving their sleep routines and maintaining their health during their studies.

Research Objective: To examine the influence of sleep patterns on the physical and psychological health, as well as academic performance, of students in Medical Faculty No. 2.

Materials and Methods: A survey was conducted among 247 students from Medical Faculty No. 2, including 136 males and 111 females. The age range of the students was between 18 and 25 years. To conduct the research, a questionnaire was created using the Google Forms platform, consisting of 31 questions divided into 4 sections. The questionnaire included inquiries about the students' sleep patterns, their physical and psychological health, and academic performance.

Results: The survey conducted among 237 students from Medical Faculty No. 2 (146 males and 111 females) on the impact of sleep patterns on physical and psychological health, as well as academic performance, yielded the following results:

The average duration of sleep among students was 6.8 hours, which may be below the recommended norm. Factors negatively affecting sleep quality included noise, light, stress, and inconvenient study schedules. The majority of students (72%) do not adhere to a regular sleep schedule, which can impact their overall well-being and productivity. Most students (58%) indicated a preferred sleep time between 11:00 PM and 7:00 AM. Over half of the students (62%) experience symptoms of fatigue during the day, which may be related to insufficient sleep patterns.

The majority of students (63%) engage in regular physical activity, but a significant portion (22%) do not engage in any physical exercise at all. The average rating for students' physical health was 3.7 (on a scale of 1-5), indicating a moderate level of well-being. A majority of students (48%) experience anxiety, and 26% face depression, which may be associated with stress and inadequate sleep patterns. Approximately 36% of students report difficulties with concentration, which can impact their academic achievements.

Conclusions: The study has revealed several issues related to sleep patterns, physical and psychological health, and academic achievements. Low sleep duration and irregular sleep schedules were found to be common among students. Daytime fatigue, insufficient physical activity, and feelings of anxiety were also prevalent among students. A significant number of students reported difficulties with concentration. These factors can have a negative impact on overall well-being and academic performance. These findings emphasize the need for conscious programs and approaches to improve sleep quality, physical and psychological health of

students, including promoting healthy sleep habits, physical exercise, and stress management. Considering these conclusions, the researched problem in this article remains relevant and open for further investigation.

16. Role of English within the doctor-patient communication

Khushi Ajaykumar Bhandari

mf2.khushi.ajay@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty №2

Department of public health and humanitarian disciplines

Trustee of the paper: assistant Mariia Maniatsa

Introduction. Contemporary world is characterized by constantly increasing globalization processes that involve all spheres of human life. One of the domains that benefits a lot is the healthcare sector. At the same time, countries face the requirements to follow if they want to be a part of the world community. Having a good working knowledge of English is considered one of such prerequisites for competitiveness and successful work.

Therefore, the **aim of our study** is to define the role of English within the doctor-patient communication and describe its influence on the quality of healthcare services provided.

Materials and methods. To achieve the mentioned goal, the survey among the 2nd and 3rd year students of the Medical faculty No 2, Uzhhorod National University was conducted. The Google form was created to gather opinions on the researched issue. It asked students to indicate the country they live in, assess the level of English most people in their country are likely to have as well as express their opinions on how the fact of both doctor and patient being able to speak English could influence the quality of healthcare services provided.

Results. Most students who participated in our survey have indicated that they live in India. More than 60% of participants defined that most young people in their area can speak English, but elderly people do not usually understand it. Further, more than a half of participants stated that if doctors could communicate important information to their patients in English, the quality of healthcare will significantly improve as better-quality services will be delivered to a bigger number of people. Additionally, knowing English will improve communication with patients as many patients may not speak the native language of their healthcare providers. Doctors who can speak English can communicate more effectively with patients who speak English as a second language. Furthermore, when patients can provide clear and detailed information about their symptoms, medical history, and lifestyle, doctors are better equipped to make an accurate diagnosis, leading to elaborating more effective treatment plans, reducing misunderstandings and improving patient outcomes.

Conclusions. Given the globalized nature of the English language, it plays a crucial role in the doctor-patient communication providing for improved understanding, better knowledge, trust and patient engagement as the patients who are able to communicate effectively with their doctors may feel more engaged in their healthcare, leading to increased patient satisfaction and better adherence to treatment plans.

17. Advantages of English over regional languages as a language of instruction for medical students

Ankit Jangir

mf2.jangir.ankit@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty №2

Department of public health and humanitarian disciplines

Trustee of the paper: assistant Mariia Maniatsa

Introduction. In a modern globalized world English is a widely accepted language around the globe with 101 countries using it as their first, second, or third language. A highly renowned & trusted 'Ethnologue database' states that around 1.27 billion people constituting 17.3% of global population speak English as their primary or secondary language.

Aim of the study. To determine the advantages of English as the language of instruction for improving medical research and education and enhancing the skills of medical professionals trained in non-English speaking countries. Ultimately, the study seeks to contribute to the ongoing debate on language preference in the field of medicine.

Materials and methods. Determining the characteristic features of the English language and approving its favourable nature for medical research and training through the methods of literature analysis, scientific observation and modelling.

Results. Regarding the fact that English is used worldwide as a lingua franca in various spheres of human life, the results of our study show that a lot of reputable medical periodicals such as The Lancet, JAMA, The New England Journal of Medicine, BMJ, etc. publish numerous research in English. It provides students and doctors with a greater variety of options to gain knowledge and stay up to date with the current achievements of the medical science. English provides a common ground for the communication between international doctors and researchers. The medical community requires a high degree of standardization, with standardized terminology, protocols and guidelines. Teaching medicine in English helps students learn these standard practices and prepares them to work in a global healthcare environment. In addition, the vast majority of the scientific words used in medical field have Greek or

Latin origin, which is hard to translate into lots of regional languages, and studying medicine in English is considered much easier than studying it in regional languages, as shown by the data collected by such renowned universities as University of Toronto and University of Edinburgh.

Conclusions. English is a global language that provides medical students & researchers with the access to a vast array of information and resources that may not be available in their native language. Learning medicine in English could remove a wide communication gap between people of different ages and nationalities and would significantly help medical students to get ready for their future careers in an increasingly globalized healthcare system. Eventually, not using English as a medium of teaching would be a huge disadvantage for overall improvement of the healthcare system and society.

18. Impact of LED radiation and some photosensitizers on the growth rate of opportunistic microorganisms

Ololade Deborah Aderibigbe

mf2.ololade.deborah@student.uzhnu.edu.ua

Uzhhorod National University

Medical faculty 2

Department of microbiology, virology, epidemiology with the course of infectious diseases

Trustee of the paper: Ph D Valeriy Pantyo, Ph D Larysa Bugyna

Introduction. The rapid rate of acquisition and spread of resistance to antimicrobial agents necessitates the search for new ways of combating infectious agents. In this aspect, promising are non-medicamentous means, particularly the combined use of low-power radiation and photosensitizers. The main advantages of this method are effectiveness against various pathogenic

microorganisms, selective activity, absence of toxic and mutagenic effects, etc.

Aim of the study. To investigate the impact of LED radiation of red-infrared spectrum and photosensitizers on the growth intensity of some opportunistic microorganisms.

Material and methods. The combined effect of red-infrared LED radiation ($\lambda=640 \pm 30$ and 880 ± 30 , power density from a distance of 0-1 cm – 5.35 mW/cm^2 at continuous irradiation) and photosensitizers (0.1% aqueous solutions of methylene blue, malachite green, brilliant green, azure) on the growth rate of clinical strains of *Staphylococcus aureus*, *Candida albicans*, *Escherichia coli*, *Pseudomonas aeruginosa*, and *Klebsiella pneumonia* was studied. To compare the separate effects of radiation, photosensitizers, and their combined effect, all investigated microorganisms were divided into four groups. Growth rate was defined by counting the number of colonies on the Petri dishes after cultivation in the thermostat.

Results. Combined use of LED radiation and photosensitizers has a pronounced antimicrobial effect which manifested in a significant decrease in the number of colonies, comparing to series with the separate use of specified factors. The greatest antimicrobial activity had the impact of LED radiation and methylene blue on *S. aureus* and *C. albicans*. In these cases, the intensity of growth decreased by 56-78 % compared to the control group.

Conclusions. The complex impact of low-power LED radiation and photosensitizers has a considerable antimicrobial effect on investigated microorganisms. The combined antimicrobial action of specified factors is much more significant than the separate action of radiation or photosensitizers. Due to that and taking into account the lack of side effects, the offered method can be used in the treatment of some pathological processes, caused by opportunistic microorganisms.

19. Does mental health affects vaginal health?

Diya Devgun

Devgundiya123@gmail.com

Uzhhorod National University

Medical Faculty No. 2

Department of Microbiology

Trustees of the paper: Prof. Nadiya Boyko, Microbiology (Ukraine)

and by Dr. Neeraj Mittal, MD Pathology (India)

Introduction: Mental and vaginal health issues are essential components of women's overall health condition. In rural areas of India, the lack of education and awareness about health importance leads to the neglect of symptoms related to vaginal microbiota relevant disorders. While vaginal infections are often attributed to lifestyle factors, such as contraceptives, and hygiene, the impact of mental health on vaginal health has not been thoroughly investigated. This study aimed to examine the correlation between mental health and vaginal health among women aged 14-49 years in India.

Aim of study: The study aimed to investigate correlation between mental health and vaginal health.

Material and methods: The study population consisted of women aged 14-49 years who were recruited from India. To collect data on participants' in order to detect the relationship between mental health and vaginal health, a survey form was developed and administered. The questionnaire included also tests related to women mental health status, particularly aimed to detect the frequency of anxiety or depression symptoms in the past month, as well as clinically reported vaginal disturbers' cases. The survey also included demographic questions such as age and education level.

Microbiological tests for detection of experimental level of gynecological pathology were performed for this study. PAP smears (collecting cells from cervix) were collected from healthy and

unhealthy anonymous participants and analyzed microscopically for the signs of bacterial vaginosis or other vaginal infections.

All received data had been statistically examined and evaluated.

Results: The obtained data illustrated on figs. 1-4.

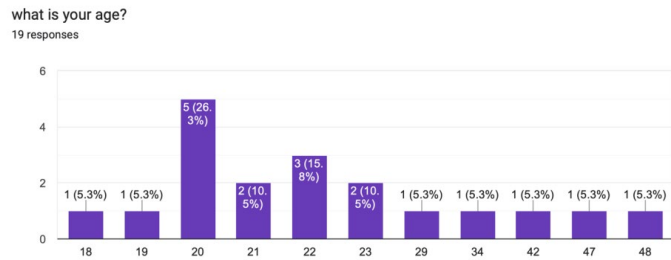
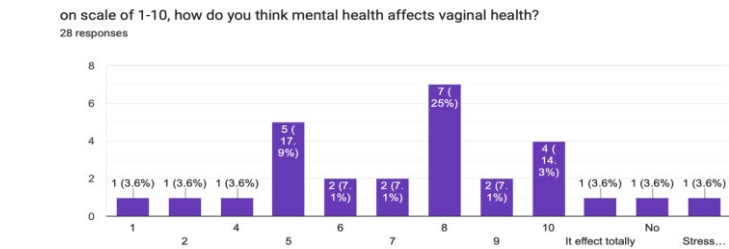
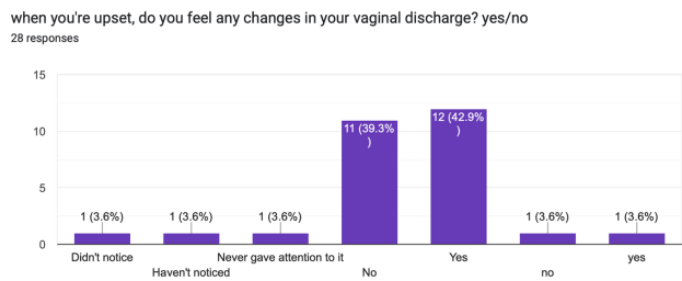


Fig. 1. Range of the age groups of respondent woman



A



B

Fig. 2, A and B: Connection between mental and vagina disturbers symptoms recognized by respondent

what is the state of your mental health when you're not healthy physically, especially vaginal diseases?

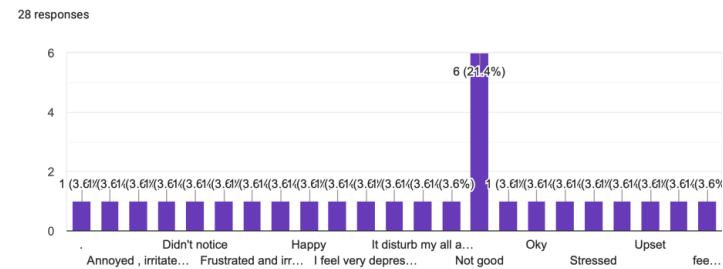


Fig. 3. The reversed influence of vagina disturbers on women mood

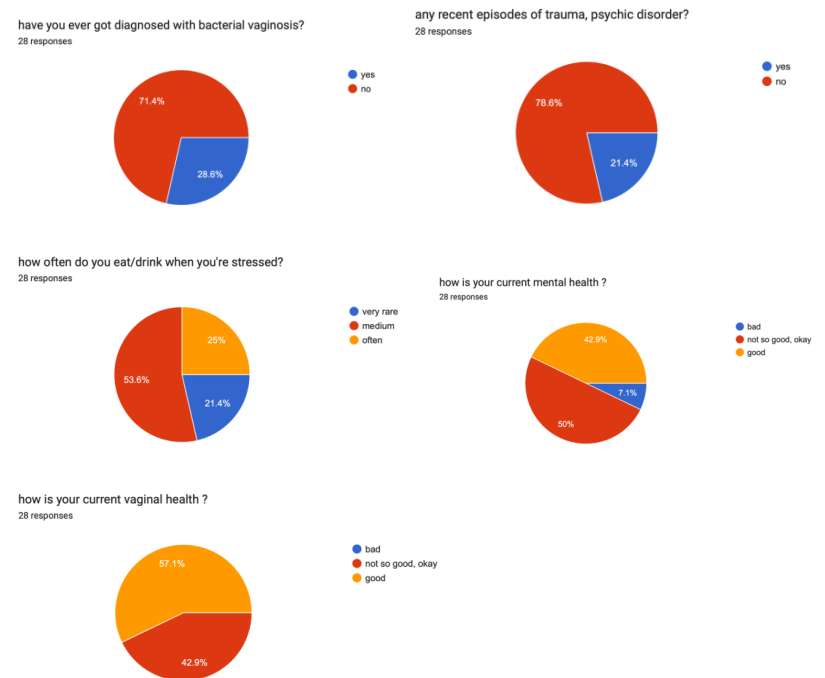


Fig. 4. Connection between diagnostically proved bacterial vaginosis, mental health and eating behavior of respondent woman

Conclusions: The study confirmed a significant correlation between mental health and vaginal health. Specifically this was correct for women who reported poor mental health were more likely to experience abnormal vaginal discharge and infections such as bacterial vaginosis. Healthcare providers should be aware of the potential impact of stress, anxiety, and depression on vaginal health and take a holistic approach to care that addresses both physical and mental health.

When women are under stress and are tensed, they face anxiety and depression. Automatically they get lethargic and their appetite gets dysfunctional. Either they eat less or drink less which leads to urine stagnation and urinary tract infections. Urinary tract infections can also lead to impairment of normal vaginal microbiota. Some respondents might be more susceptible for infections like bacterial vaginosis compare to others depending on their anxiety level. Most women have opted for a yes when it comes to changing of discharge during the misbalanced mental condition.

20. Influence of body mass index on the degree of compensation of type 2 diabetes

Asir Anish Vinsha

svitlana.opalenyk@uzhnu.edu.ua

Uzhhorod National University

Medical faculty №2

Department of internal diseases

Trustee of the paper: PhD S. M. Opalenyk

Introduction. Type 2 diabetes mellitus (DM) is a common disease whose prevalence is expected to double by the year 2030. Excess weight and physical inactivity are also associated with an increased risk of developing various diseases, particularly type 2 diabetes. At the same time, the prevalence of DM increases with an increase in the body mass index.

Aim of the study. To assess the influence of body mass index on the degree of compensation of type 2 diabetes

Materials and methods. The subject of the study were 50 patients (21 - men, 29 - women) with age from 42 to 66 years. Body mass index (BMI) was determined by the formula m/h^2 (m – body weight in kilograms, h – height in meters). The level of glycosylated hemoglobin was also determined in all patients. Patients were divided into 4 groups: group I - patients with BMI 25-29.9 kg/m² (17 patients), group II - patients with BMI 30-34.9 kg/m² (19 patients), group III - patients with BMI 35-39.9 kg/m² (8 patients), group IV - patients with BMI >40 kg/m² (6 patients).

Results. Analyzing the data of the research, it was found that all patients of the I group were compensated and had a mild degree of severity type 2 diabetes. In the II group, 10 patients were compensated and had mild type 2 diabetes, 9 patients were subcompensated with an average degree of severity. III group patients — 5 patient was subcompensated with type 2 diabetes of moderate severity, 3 patients were decompensated and with severe severity of the disease. All IV group patients had decompensated severe type 2 diabetes. A strong correlation between BMI and glycosylated hemoglobin was also found ($r=0.76$; $p=0.001$). **Conclusions.** The clinical examination showed that with an increase in the BMI of patients with type 2 diabetes, the degree of compensation decreases and the severity of the disease increases.

21. Use of short course of Anti biotics in patients with diseases of upper respiratory tract: Advantages and Disadvantages

Anisha Fathima Nazarbash

Mf2.anisha.fathima@student.uzhnu.edu.ua

Kadeeja Thoufeen Rafeeqe

Mf2.kadeeja.thoufeen@student.uzhnu.edu.ua

Uzhgorod National University

Medical faculty 2

Department of the internal diseases

Trustee of the paper : Teaching assistant Dr.Loshak Kateryna Oleksandrivna.

Introduction : The overuse or inappropriate use of Antibiotics has contributed to the emerging threat of Antibiotic Resistance. Antibiotic Resistance is currently a major public health problem. It has been proven that most inappropriate use of Antibiotics is during the treatment of diseases of upper respiratory tract.

Aim of Study: To prove that short course of Antibiotic are equivalent in efficacy to longer course of Antibiotics for the diseases of upper respiratory tract.

Materials and Methods : We retrospectively studied the medical history of 50 patients from September 2022 to February 2023 in private medical centre, “prevention”. These patients were diagnosed with acute sinusitis, acute pharyngitis and acute tonsillitis. Under each disease they were categorised into two main groups. In group 1, were the patients who took short course of antibiotics . In group 2 , were the patients who have taken a long course of antibiotics. Objective examination, visual methods such as x-ray of paranasal sinuses were used and general blood analyses , C-protein level were monitored in these patients.

Conclusion: It was proven that using short course of antibiotics in some cases were as effective as using long course of antibiotics.

22. Pearls and pitfalls on withdrawal of antihypertensive medications

Venmathi Ramesh

venmathuramesh99@gmail.com

Uzhhorod National University

Department of Internal Diseases

Trustee of the paper:Sc.D.Prof.Okshana Shmuliak

Introduction: Hypertension is a widespread disorder that affects the majority of individuals globally and raises the risk of serious health issues. The blood pressure-lowering effects of antihypertensives may come with some undesirable side effects, but these are significantly outweighed by the advantages of avoiding serious health issues. According to studies, a small group of people who had been taking antihypertensive drugs successfully achieved normotension after stopping their treatment.

Aim of the study: To determine the benefits and drawbacks of stopping antihypertensive medication.

Method: People who were at risk for cerebrovascular and cardiovascular events were excluded from the cohort studies used in the reviewed papers, which involved elderly and middle-aged persons with well-controlled hypertension. Age, body weight, monotherapy/low dose antihypertensives, and low BP before the withdrawal was taken into account for successful discontinuation and to attain normotension.

Results: According to studies, 22—50% of people can successfully stop taking antihypertensives for a year or longer without experiencing rebound hypertension. For the remaining patients, however, antihypertensives must be restarted because of undesirable effects like rebound hypertension, orthostatic hypotension, general malaise, and palpitations. For people who take clonidine, a centrally acting antihypertensive or combined therapy, the report shows adverse reactions that are greater than those who take other antihypertensives. The withdrawal group who didn't restart AHT had a lower risk of cardiovascular events and an equal mortality risk compared to those who continued receiving therapy or in the placebo group.

Conclusion: As a result, there are pros and cons to stopping the use of antihypertensive drugs. To successfully achieve normotensive status, the trial of antihypertensive withdrawal could be conducted on a chosen group of patients using the data from previous trials.

23. Ascariasis: Opportunities for timely diagnosis and treatment (clinical scenario)

Sakshi Bhatia, Riya Naryal

mf2.sakshi.bhatia@student.uzhnu.edu.ua

Uzhhorod National University

Medical Faculty No2

Department of Pediatrics

Trustee of the paper: Dr. Olga Pushkarenko

Introduction: Ascariasis is a common childhood infection caused by *Ascaris lumbricoides*. With most patients being asymptomatic, conventional methods of examination, are often unsatisfactory and inconclusive for identifying worms in the biliary tract. Ultrasonography is a non-invasive, quick and safe procedure known to have diagnostic accuracy.

Aim of the study: Analysing the possibilities of diagnosis , role of ultrasonography and other methods.

Material: We report the case of a 16 yearold female who presented with bouts of back pain for 1 month. Neurologist performed an ultrasound of the kidney. Accidentally, a hyperechoic structure in the GB (gallbladder) was visualised. Also, the patient reported an attack of severe pain in the right hypochondrium , 6 months ago and had to call an ambulance help. Since, the attack was relieved ,she did not go to the hospital.

Method: We performed detailed imaging using B mode USG(Ultrasonography). It showed a dilated gallbladder with multiple fixed linear echogenic, tubular, parallel lines and anechoic

central line. A part was calcified with acoustic shadow (1/3 size of GB). Common bile duct and intrahepatic biliary system wasn't extended. Follow up USG was also performed.

Results: The USG findings were consistent with Ascariasis. The diagnosis was further proved by lab findings(Ig antibodies against *Ascaris*) and positive response to antihelminthic therapy. But further cholecystectomy had to be done as patient was still symptomatic .It yielded a dead calcified worm in the gallbladder.

Conclusion: USG may be used as the first line diagnosis of choice for timely diagnosis of Ascariasis to prevent complications like calcifications, pancreatitis,etc.. It is sensitive and selective to establish a differential diagnosis in upper quadrant pain and monitoring management. However, it is not a screening test and absence of USG findings can still be consistent with Ascariasis. Thus, USG must be aided with lab tests and patient symptoms like pain, vomiting etc. to fully establish or rule out the diagnosis.

24. LIVER STEATOMETRY

Otieno Nicholas Adams, Moyinoluwa Odumosu

Nicklausadam79@gmail.com

Uzhhorod National University

Medical Faculty No.2

Department of Pediatrics and Infectious diseases

Trustee of the paper: Doctor Pushkarenko Olga

Introduction: Liver steatometry is an ultrasound quantitative method of assessing the degree of fat content in the liver, especially at the early forms of steatosis, and is an excellent alternative to liver biopsy.

Aim of the study: an attempt was made to analyze the possibilities of the method after laparoscopic cholecystectomy for gallstone disease (GD).

Method: 30 patients were examined using laboratory methods, B-mode ultrasound examination data, steatometry, and elastography using Soneus P7, Ultrasign (Ukraine).

Results: All patients of the study group with GD were diagnosed with liver steatosis of various degrees of severity: 1st stage of steatosis, 2.25+/- 0.01 dB/cm - 10 people (33.3%), II stage of steatosis, 2.7+/-

0.02 dB/cm - 14 people (46.7%), III stage steatosis, 3.2+/- 0.01 dB/cm - 6 people (20%). Diffuse form has taken place in 26 patients (86.7%), focal form - in 4 (13.3%).

Among the studied contingent were patients with overweight and obesity (76.7%), type 2 diabetes (13.3%), cardiovascular diseases (hypertension, atherosclerosis, 26.7%), depression/eating disorders (40%), disturbed biochemical parameters of the liver (23.3%) and blood lipids (80%). No significant difference was found between preoperative steatometry data and data after 3 months. However, after 6 months, some patients (40% of them) who followed the recommendations for diet, physical activity and took ursodeoxycholic acid have shown a significant improvement in their condition with a direct correlation of such data as a decrease in body weight, normalization of laboratory parameters and a decrease in the level of the attenuation coefficient (AC, $r = 1.0$). In 10 patients, AC was unchanged, more likely due to impaired compliance. 8 patients required cardiologist, endocrinologist and psychotherapist consultation to improve their condition.

Conclusion: Steatometry and the determination of the attenuation coefficient make it possible to assess the state of the liver after laparoscopic cholecystectomy in order to control the effectiveness of postoperative treatment and compliance on the part of the patient.

25. The Assessment of Drugs and Substance Abuse Prevalence: A Case Study among Undergraduates in Selected South Western Universities in Nigeria

Ezekiel Olumide Hamzat

Ezekiel.hamzat22@gmail.com

Uzhhorod National University

Medical Faculty No. 2

Trustee of the paper: PhD. Prof. Joshua Owolabi

Introduction: The current prevalence of drug and substance abuse has plagued society, caused its members to lose self-consciousness, and led to mental disorders, death, addiction, and other hardship. The burden of drug and substance abuse is perceived to be on the rise and is globally recognized as a public health concern with a far-reaching detriment to individuals and society as a whole. The world today is witnessing an upsurge of issues that are of global dimension, for example, drug abuse, human trafficking, HIV/AIDS, environmental degradation and pollution, etc. The problems including drug abuse heralded an unending desire in our nation to sensitize her citizens especially the youths of the mishaps of drug use and abuse which is at an alarming stage. As a matter of fact, the social effects of abuse of alcohol include road accidents, loss of jobs, poor academic and job performances, instability in family setup, etc. are sources of concern to the government. Thus, the research aim was to assess the prevalence and awareness of drug and substance abuse among undergraduates in four southwestern universities in Nigeria.

Aim of the study: To survey the prevalence and awareness of drug and substance abuse among undergraduates in southwestern Nigeria universities suggesting solutions to manage prevalence.

Methods: The sample of 400 students included 100 male and female students in the 15- to 29-year age range from each of the four

selected universities in southwest Nigeria between December 2019 and June 2020. Descriptive statistics and Pearson chi-square tests were used for data analysis using the statistical package for social sciences (SPSS).

Results: Four hundred students satisfied the inclusion criteria and suitably completed the questionnaire. Most respondents were in the 15- to 19-year and 20- to 24-year age groups and were female (68%). Drug and substance abuse prevalence was 45.7%; one in every four students abused substances despite an aggregate risk awareness level of 94.6%. Alcohol and cigarettes—legally and socially accepted substances—were the most abused (61.5% and 54.5%, respectively). Codeine containing syrup and tramadol topped the list of drugs, ranking higher than cannabis. The major motive was to ‘get high’ and numb emotional problems caused by predominantly socioeconomic and societal factors.

Conclusion: The study showed a notable prevalence of drug and substance abuse across the selected universities in southwest Nigeria.

26. Comparative evaluation of covid 19 variants and their respective symptoms and clinical manifestations in COVID-19 patients in South Africa

Sadhamini Weeraratna, Vishakha Uniyal
mf2.sadhamini.pradeepa@student.uzhnu.edu.ua
Uzhhorod National University
Medical Faculty No.2
Department of Internal Medicine

Trustee of the paper: PhD, associate Professor Dr. Oksana Moskal

Introduction: Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2-virus. Most people who fall sick with COVID-19 will experience mild to moderate symptoms and

recover without special treatment. However, some will become seriously ill and require medical attention. The relevance of the topic of investigation is due to the fact that South Africa was in the news headlines due to their unrelenting wave of variants, infections and fatalities related to deaths. The SARS-CoV-2 omicron variant of concern was identified in South Africa in November, 2021, and was associated with an increase in COVID-19 cases.

Aim of the study: To conduct an assessment of the various COVID variants in South Africa and the clinical symptoms and manifestations associated with the variants.

Material and Methods: The subjects and data will be extrapolated from contemporary research papers available online that have been conducted in each country respectively. The data from South Africa comes from data linkages for national, South African COVID-19 case data, SARS-CoV-2 laboratory test data, SARS-CoV-2 genome data, and COVID-19 hospital admissions data. For individuals diagnosed with COVID-19 via TaqPath PCR tests, infections were designated as either SGTF or non-SGTF. In South Africa the Omicron variant was identified using S gene target failure (SGTF) The delta variant was identified by genome sequencing.

**SGTF: S gene target failure*

Results: The proportions of SGTF versus non-SGTF infections varying significantly by geographical province. Also, individuals with SGTF infections were more likely to be aged 5–59 years (vs ≥ 60 years) and be diagnosed by the private sector (vs the public sector) and were less likely to be admitted to hospital than were individuals with non-SGTF infections

The omicron variant of the virus that causes COVID-19 may have a much higher rate of asymptomatic ‘carriage’ than earlier variants.

Among participants reporting one or more potential symptoms of COVID-19 in the matched group and testing positive when delta

was dominant, the most frequently reported symptoms from the individuals were: runny nose [81·6%], headache [77·9%], sneezing [70·7%], sore throat [60·8%], and loss of smell [52·7%]. Among those testing positive when omicron was dominant, the most frequently reported symptoms were runny nose [76·5%], headache [74·7%], sore throat [70·5%], sneezing [63·0%], persistent cough [49·8%], and hoarse voice [42·6%].

Participants infected during omicron prevalence were less likely to display at least one out of the three classic COVID-19 symptoms (fever, loss of smell, and persistent cough) compared with individuals infected with delta. However, sore throat and hoarse voice were significantly more likely to be present during omicron prevalence than during delta prevalence

Duration of acute symptoms was longer for delta (mean duration 8·89 days, 95% CI 8·61–9·17; median duration 8·0 days, IQR 5·0–12·0) than for omicron (mean duration 6·87 days, 6·58–7·16; median duration 5·0 days, IQR 3·0–9·0;

**IQR: interquartile range*

Conclusions: This higher asymptomatic carriage rate is likely a major factor in the rapid and widespread dissemination of the variant, even among populations with high prior rates of coronavirus infection. The symptoms that characterise an omicron infection differ moderately from those of the delta SARS-CoV-2 variant. The two symptoms that were consistently more prevalent among omicron than among delta cases (regardless of vaccination status) were sore throat and hoarse voice. Loss of smell, altered smell, eye soreness, and sneezing significantly less prevalent during omicron prevalence than during delta prevalence in both vaccination groups. Many debilitating symptoms such as brain fog, eye burning, dizziness, fever, and headaches were all significantly less prevalent in omicron cases. Additionally, hospital admission

was significantly lower in patients infected during omicron prevalence than in patients infected during delta prevalence. This supports previous findings from South Africa which showed the omicron variant to be milder in terms of severity. Finally, the duration of acute symptoms was shorter during omicron prevalence than during delta prevalence, with the average presentation of omicron being 2 days shorter than that of delta. Furthermore, a third dose of vaccine was associated with a greater reduction in symptom duration in participants infected during omicron prevalence compared with those infected during delta prevalence

27. Clear cell renal cell carcinoma: imaging possibility on ultrasonography and its staging

Dajiedkyrpang Rymbai, Precious Cherechi Jerry

mf2.dajiedkyrpang.rymbai@student.uzhnu.edu.ua

Uzhhorod National University

Medicine Faculty № 2

Clinica Bilyaka, Urology, Uzhhorod, Ukraine

Trustee of paper: Dr.Pushkarenko Olga

Objectives: Renal cell carcinomas (RCC) are the most common malignant renal tumor. Nowadays, US is considered a feasible first-imaging option for screening renal tumors. Ultrasonography uses high-frequency sound waves to create images of internal organs and tissues. It is non-invasive, relatively inexpensive, and does not expose patients to ionizing radiation. However, the ability of ultrasonography to detect CCRCC can be limited, particularly in cases where the tumor is small or located in an area that is difficult to visualize. Staging of renal cell cancer is one of the most important predictors of prognosis and treatment.

Materials: Using a Toshiba Aplio ultrasound machine with a 3-6 MHz transducer transabdominal sonography grey-scale B-mode

with color Doppler was performed for 28 patients with clear cell renal cell carcinoma histologically confirmed after nephrectomy. Analysis of results was carried out using program STATISTICA 10.0.

Results: Tumors of T1a (14,3%) were <4 cm in diameter, confined to kidney, isoechoic or mildly hyperechoic. The largest number of patients (42,9%) represented T1b >4 cm but <7 cm also confined to kidney, mostly mixed echogenicity, in both stages the contour is smooth and clear, diagnostic of pseudocapsule as hypoechoic halo very important in case of partial nephrectomy. Combination grey-scale B-mode with color Doppler shows intense peripheral blood flow of the tumors (73%), intra-tumor foci (24%), penetrating vessels (25%). On the border with the tumor - echosigns of displacement of the renal vessels, breakage of one of the branches. The average value of RI in the center of the tumor 0.43 ± 0.1 , on the periphery - 0.76 ± 0.09 . Tumors of T2 (7,1%) were limited to kidney >7 cm - polypositional scanning helps determine the spread of the tumor toward the pelvic system. Tumors of T3 (32,1%) - extension into major veins (renal vein in 60%, IVC in 40%) or perinephric tissues. Tumors of T4 (3,6%) involves ipsilateral adrenal gland or invades beyond Gerota's fascia - irregular contour, decreased renal motility during respiration. There is a strong correlation between cystic inclusions and tumor aggressiveness (correlation coefficient +0.9).

Conclusions: Ultrasonography can be a useful initial imaging modality in the evaluation of patients with suspected RCC. The greatest effectiveness of US is observed in the presence of T1b, T2 and T3 stages to localize the tumor according to the (NCIU-nephrometry), a multidisciplinary approach, involving urologists, radiologists, and oncologists, is necessary for the optimal management of patients with CCRCC. Qualitative staging depends on the US apparatus and the expertise of the sonograph.

28. Urolithiasis

Puthiyapura Moiloth Jasmin, Meena Ashique Raj

Uzhhorod National University

Medical Faculty No. 2

Trustee of the paper: Bandyrun O.Y.

Introduction: The incidence of urolithiasis is increasing nowadays due to its polyetiological factors. Its complications affect the quality life of people. Previously it was prevalent in men but at present its incidence in woman drastically increased. Treatment can be therapeutic, surgical and ayurvedic which depends on different factors.

Aim of the study: To see the correlation between signs and symptoms with the treatment method used and the complications of urolithiasis

Material and methods: We selected few patients from urology department of a hospital in India, of different age groups and studied about the size, shape, position, content, number of incidence, complications, treatment used in those patients. All the studied patients are from state of Kerala, India.

Result: Most of the patients usually comes to emergency department with almost similar complaints which includes nausea, vomiting, abdominal pain, lower back pain and few other patients also with c dysuria and hematuria. These symptoms depend on the position, content, size and shape of the calculi. For e.g. in patient with hematuria, 22 years old male with history of back pain with two weeks there was a bilateral renal calculi (4.3mm right mid pole and 3mm lower pole and 1.6 mm lower pole and 3mm mid pole) but hematuria was caused by right upper ureteric calculus 1cm due to tearing of ureter wall. Procedure done was RIGHT URETEROSCOPY + LASER LITHOTRIPSY AND DJ STENTING UNDER SPINAL ANESTHESIA.

Conclusion: The above patient was just one case, but the treatment may vary in different patients and it can vary from making changes in diet, drinking water, using potassium citrate, anti-spasmodic, pain killers to lithotripsy, percutaneous nephrolithotomy and open surgery on the basis of different factors like hydronephrosis, renal insufficiency, urinary tract infections etc.

Підписано до друку 18.06.2023. Формат 64x84/16.

Папір офсетний. Друк цифровий. Гарнітура Noto Serif.

Умовн. друк ар. 3,3. Тираж 20 прим. Замов. № 1954.

Оригінал-макет виготовлено та віддруковано:

ФОП Яценко Євген Валерійович

Закарпатська обл., Ужгородський р-н, с. Минай, пл. Народна, 53