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FILOZOFIA I PSYCHOLOGIA EDUKACJI

PROFESJONALNA PEDAGOGIKA
NAUCZYCIELA

EDUKACJA HUMANISTYCZNA

EDUKACJA SPECJALNA

EDUKACJA MEDYCZNA

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SPECIALIZED EDUCATION***Bystrova Yu. A.***

Pedagogical and social support of children with disabilities in rehabilitation educational institution__ 114

Golub N. M.

Ways to improve motivation in writing speech activity of primary schoolchildren with the general underdevelopment of speech_____ 119

Davydenko H.V.

Practical Implementation of Principles of Modern Inclusion at Vinnytsia Institute of University “Ukraine”_____ 123

Dmytrieva I. V., Grynenko O. M., Solopko D. B.

Native language as means of formation of pupils of special school of spiritual CULTURE foundations_ 128

Ivanenko A.S.

Peculiarities of displaying of mentally retarded teenager pupils’ sex-role behavior_ 133

Nykonenko N.V.

Level Approach to Modern Preparation of Special School Teachers_____ 135

Savitsky A.N.

Individual approach to the organization individualized in education of children with a Down syndrome_____ 139

Shishmintzev I. M.

Originality of the correction-educational work on the installation of the culture of human interrelations in the intellectually backward teenagers_____ 144

MEDICAL EDUCATION***Antonenko M.Yu., Zelinskaya N.A.,******Melnichuk T.A.***

“Round table” as innovative pedagogical method in postgraduate education of dentistry approach to study clinical and immunological aspects of caries disease_____ 149

Antonenko M., Znachkova E., Sayapina L.

Sub-speciality in the system of the post-graduate dental education, for example the laser dentistry_____ 152

Antonenko M., Sayapina L., Znachkova E.

Medical debate - one of the methods of practical training internship dentists forming clinical thinking___ 156

Grygorova I.A., Tikhonova L.V., Teslenko***O.O., Grygorov S.M.***

Improving of the master course in neurology efficiency under the conditions of Ukrainian higher medical education integration in the European space_____ 159

Alexeenko A., Kravchenko V., Martynenko N.

Philosophical and social sciences for medical students_____ 164

**PHARMACEUTICAL EDUCATION:
ECONOMICS AND MANAGEMENT*****Artyukh T.O., Zarichkova M.V.***

Problems and prospects of the modern system adaptive management development in pharmaceutical establishments_____ 170

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PHILOSOPHICAL AND SOCIAL SCIENCES FOR MEDICAL STUDENTS

NAUKI FILOZOFICZNE I SPOŁECZNE DLA STUDENTÓW MEDYCYNY

Alexeenko A., Kravchenko V., Martynenko N. Philosophical and social sciences for medical students.

Article dwells upon the philosophy of humanitarian education and culture of health, which plays an important role in the formation of student's personality. Authors of the article substantiate the necessity of some educational courses for the students of medical schools, such as "Ethic" and "Ethical Problems of Medicine", "Spirituality and Health", "Culture of Health", and etc. Knowledge, which students get in frames of these courses, they can use for the formation of sanitary-educational practices in their work with the population, for the formation of basic skills of healthy lifestyle against incurable diseases.

Key words: philosophy of health, humanitarian training, spirituality and health, culture of health, ethical problems of medicine.

Aleksiejenko A., Krawczenko W., Martynenko N. Nauki filozoficzne i społeczne dla studentów medycyny.

Streszczenie tego artykułu dotyczy filozofii edukacji humanitarnej i kultury zdrowia. Autorzy przedstawiają różne punkty widzenia na temat głównych elementów filozofii zdrowia i zdrowego stylu życia oraz oferują wykładać kursy etyki, duchowości, kultury zdrowotnej studentom medycyny. Tę wiedzę, nasi studenci mogą wykorzystać w praktykach sanitarno-edukacyjnych z ludźmi. Mogą oni zaferować popularne lekcje nie tylko dla specjalistów, ale też dla zwykłych ludzi, jako pomoc w tworzeniu podstawowych umiejętności prowadzenia zdrowego stylu życia i ochrony ludzkości przed chorobami niebezpiecznymi i nieuleczalnymi.

Słowa kluczowe: filozofia zdrowia, edukacja humanitarna, duchowość i zdrowie, kultura zdrowotna, zdrowy styl życia, etyczne problemy medycyny.

Humanitarian education plays an important role in the formation of student's personality. It forms scientific outlook, value orientation and vital position of student's youth. Student years have to be the period of character, intellect and values' perfection. System of value orientations defines the attitude of person to the surrounding

world, other people, and for him/herself. It is the basis of outlook and the main point of motivation for vital activity and "philosophy of life".

High medical school tries to give students knowledge, forms skills and attainments in the most important fields; teaches them to fill knowledge permanently, and go the way of self-perfection in profession and life; creates conditions for the development of initiative and creative doctor's individuality.

Philosophy plays a significant role in this process. More than that, we offer students elective courses "Ethic" and "Ethical Problems of Medicine". A big variety of ethical aspects of medical activity have been discussing in these courses: communication of doctor and patient, the results of introduction of modern biotechnologies into medical practice, etc. Spirituality of modern medicine can become a big point for the elective course "Spirituality and Health". Topic of correlation of spirituality and health especially last decade became very important and was actively debated not just by clergymen, but also by physicians and their patients. Because of that knowledge of human nature is a vital necessity and the element of general culture of individual. Unfortunately, the majority of subjects at medical university mostly give the information of human diseases, without detail explanation how to take care of health.

Humanitarian training has to be filled by the anthropological content. Medical activity has complicated character. Medicine use for treatment new technologies and different methods and majority of people sure that it will help and they should not take care of their health. There are some important aspects of health. Among them we have to mention spiritual, psychological, physical, and social ones. Spiritual aspect of health involves understanding the integrity of our identity, defines the sense of our life, and our internal harmony. The compulsory part of spiritual health of a person is its capacity for empathy and compassion, honesty, kindness, and tolerance. Psychological aspect of health is a balance of psychic processes and their manifestations and it is an ability of people to control the situation of high stress, a life based on the co-understanding and emotional comfort in society, as well as personal inner comfort. Physical aspect of health provides optimum performance of all systems of the human body (cardiovascular, respiratory, muscular, etc.). This notion of "physi-

cal health” is based on the ability to control the body, physical endurance, and high efficiency and employability. Social factor of health helps to understand the significance of health for social and individual life. The society has to support human health, because in this case healthy citizen can do maximum for successful development [1, 4-14].

Culture of health is an important component of general culture of person. It defines the formation, preservation and strengthening of health. Each person is not just “a consumer” of health, but also “a producer” of it. We have to remember that health is “a gift of grace” and we should use it very carefully. Level of health culture can be high and low. High level means being in harmony with nature and surrounding people. Important element of health culture is careful and right attitude of individual for himself, the pursuit of self-knowledge, formation, development and perfection of own identity. Those people who have a lot of diseases, excess weight, drink alcohol, smoke, irritable and do not feel the comfort in the communication with surrounding people, do not follow principles of healthy lifestyle – have low level of health culture. It is necessary to understand that health culture is not only the sum of knowledge, skills and experiences, but also healthy, human oriented lifestyle. Level of health culture depends not only on spare capacities of human being (physical, psychic and spiritual), but also the skill to use them in right way. So, longevity, healthy and happy life depends mostly from the human being... Modern human being of any age, nationality or race has to go through the mutation in sphere of spirituality and in perfection of physical body. In sphere of spirituality people have to follow moral laws and principles; have to take care about people around, and they should not forget about their own health (spiritual, emotional and physical ones); people should be pure both in deeds and thoughts; they should not hate anybody or anything (because hatred is drying the souls), as a result people will get the chance to feel the gracious; it is necessary to refuse from negative emotions, because they lead all of people for unhappy life; mankind should be humble and follow God’s will doing everything for realization of personal missions on the Earth. In perfection of physical body human being have to prepare physical body for the vibrations of new epoch, by eating of light food without toxins and injurants; tobacco, narcotics, and alcohol ruin immune sys-

tem, as a result people have oncology, allergy and other incurable diseases; population have to limit the consumption of products, which can cause the problems in digestive system (they are individual for each person); people should eat tasty and useful food; they should not forget about the necessity of drinking pure still water. Each person can have long healthy and happy life, if accepted all those lessons of wisdom, which got at the definite stage of development [2, c. 5-6]. Unfortunately, today the majority of population has low level of culture and knowledge in sphere of nutrition. People do not know about damage of some products for the health. So, we offer the elective course for medical students “Culture of Health” to complete this gap.

Economic crisis is accompanied by the crisis of morality. Because of that it is necessary to help our students in spiritual and moral upbringing.

Humanism has to be the main point of modern education. The contradiction between anthropocentrism and socio-centrism could be solved by the orientation of the individual onto the universal values, such as Truth, Goodness and Beauty.

In 20th century the main points of education balanced between the poles. Transcendental values correlated to mental, emotional, and volitional characteristics of personality. In history of pedagogic thought Jan Amos Comenius advocated the need of three kinds of education: intellectual, moral and religious. Johann Heinrich Pestalozzi considered that there were three fundamental forces, formed human nature: mental, power of heart and technical ones. All of them – connected with mind, heart, and hands. Education of mind means accumulation of knowledge; upbringing of heart means moral and religious views formation, education for hands means physical training and technical skills. Love is the deepest internal power. It is the basis of heart power, which encourages the moral and religious behavior. The ideal human being, for J. Pestalozzi, combines these three fundamental types of education [3, c. 27-31].

Doctor is a healer. His/her task is to help patients in renewing of the broken integrity of human body. This process should be realized not only on physical level, but also in deep, sacral one.

Russian religious philosopher Ivan Ilyin (1883-1954) in the article “On Calling the Doctor” had written of spiritual nature of a doctor and a patient. From his point of view, they both have to

be spiritual creatures, so together they could find the right way of healing [4, c. 45]. Healer has to follow his own advises and should not sin, because just in this case all his/her energetic and physical structures, thoughts, feelings, emotions, and wishes will be in harmony. It is important, because from the control of emotional and mental spheres originates the true health of a person.

We can find the examples of similar analysis in the works of doctors-philosophers of the East. The Spiritual Physick of Abu Bakr Muhammad Ibn Zakariya Al-Razi gave lots of advises for the correction of emotional points of human behavior to avoid the manifestation of many diseases [5, c. 2-16].

Unfortunately, globalization and scientific-technical progress negatively affected spiritual, psychic and physical health of people [6, c. 7-9].

There are many alarming trends, such as: rapid development of biotechnology, genetic engineering, and technology for modulation the structure of DNA: the rapid development of information technology and increasing range of information (exponentially); active environmental degradation; the emergence of new types of dependencies (computer, game, etc.), and strengthening the traditional ones (drug, alcohol and carbohydrate); increase of the difference (polarity) between wealth and poverty; the concentration of vast wealth and power between the hands of limited groups of people; depletion of the huge number of people, etc. The general sense of these trends suggests that the recent development of civilization distorted and disrupted the natural integrity of all life processes, which are common at the basis, and which maintained spirituality and spiritual institutions of society. Moral laws for thousands of years were the criteria for human life, which kept ongoing process of human evolution in their natural development. Today, the whole system of evolutionary ascent and harmonious movement of life is destroyed and replaced by a surrogate model of "Quick success". It does not encourage the spiritual evolution of individual, and develops the human selfishness, driven by calculating, cold-blooded, integral behavior, and is completely directed by unspiritual

mind. This trend is one of the most disturbing and dangerous nowadays and spiritually developed people have to do their best trying to correct this situation, because all of us can mention the increasing of the proportion of cancer and cardiovascular diseases; the emergence of a number of new and previously unknown diseases and syndromes (orphan ones); general increasing of mental load, the appearance of burnout and chronic fatigue; increasing proportion of mental illnesses and disorders (Alzheimer's, Parkinson's, multiple sclerosis, etc.); increased number of suicides; the deterioration of quality of life and quality of death and the weakening of all types of health from a huge number of people who became hostages of the achievements of scientific and technical progress, full and absolute freedom of human ego and super-ego. Clergymen and Christian physicians subdivided diseases onto physical, emotional and spiritual ones. First of all, we should define the disease. The disease is a violation of vital activity under the influence of harmful irritants of external or internal surroundings. In this situation adaptation of organism to the external environment becomes lower, but at the same time all defenses are mobilizing [7, c. 22-30]. The priests, clergymen and prophets of the ancient times intuitively knew that they interfere to a very specific area. Not only in ancient times, but now there is knowledge of cleaning the internal field from negative thoughts and feelings, which can become the energetic cause of diseases. True doctor can not heal just physical body without taking into account emotional and spiritual problems [4, c. 57].

Nowadays people are mostly depended on the material world. Unfortunately, evolution of human being has led to disregard of irrational intuition that regulates emotional and physical health [8, c. 5].

Social aspects of health and health care are also important for human being. For better understanding of the role of society and state in human life are presented by educational courses "Sociology" and "Political Science".

Social policy is one of the most important directions of internal activity of contemporary state. There are many spheres of this politics:

protection of working population (realization of the right for labour), and timely paid salary; sponsorship and the development of education, skill formation, medical aid and health care, cultural and educational activity; provision of worthy standard of living for invalids, retired and unemployed people, students; compensations of loses after natural catastrophes and disasters.

So, social politics is a kind of state activity in organization and regulation of social sphere with an aim of satisfaction of social needs, provision of social guarantees and social protection of citizens.

There are some approaches to definition of the direction of this policy. It can be explained by different understanding of the number of social guarantees and social protection, financial sources and functional destination. So, liberals are sure that social politics has to provide the stability, mitigate conflict in society from the state budget. Conservative groups think that social policy should encourage the state to create legal conditions for the self-sufficiency of social needs by the population. From their point of view, state social guarantees damage the society, because they generate dependency and a tendency to abuse the social assistance.

Social-democratic concept provides state activity with equality of individual opportunities of citizens to meet social needs, and for this purpose introduce the policy of leveling of the incomes, and control of property differentiation of society.

Socialists-Marxists considered that the main functional direction of social policy the high level of social protection, which did not depend on the individual's labour activity, widened with the strengthening of economics and creates the conditions for its integrated development.

In all these approaches health care and medical aid are the most important components of social policy.

According to concepts of social policy there are three systems of health care in the states of liberal, conservative, social-democratic, and communist (socialist) political orientation. The main signs, according to which we distinguish

the state policy in health care, are as follows:

- correlation of state and private forms of medical service;
- chance for all of the citizens to get the medical service;
- existence or absence of adopted state programme of health care;
- the size of state financial support of medical sphere (according to European Union standards -78,8%).

Liberal model of health care offers not very high outlays for health care (in the USA – 41,4 %). The majority forms of medical service are based on the individual (voluntary) and collective kinds of insurance. Commercial companies with employers and workers are interested in that. But nearly 40% of the population does not get such kind of insurance. Because of that since 1965 in the USA have been existed two national governmental programmes of medical aid for poor people – “Medicare” and “Medic Aid”. Since 2010 the USA adopted the law of spread the national medical service for the population.

Conservative model of national programmes of health care is the oldest (since 1980s of the 19th century) European one and the Germany is typical representative of it. The obligatory medical insurance is at the basis of this model. Hired workers and employers make their contributions to medical insurance fund. State's part in sponsorship of medical sphere is 72 %. The main peculiarity of this model is big variety of prices for patients, so, not all of them can get the qualified medical service.

Social-democratic model of national programmes of health care is based on the domination of governmental system of medical entertainments and dominative (more than 90 %) state sponsorship of medical service. Scandinavian states are the typical example of this model.

Socialist (communist) model existed in the USSR and in the majority of other socialist states. It was characterized by governmental sponsorship of all medical entertainments and the whole activity of health care and medical science and system of specialists' training.

State guaranteed free medical aid for each citizen, but due to the population growth

and its incidence, environmental degradation and the increasing impact of other factors on health, increasingly required higher costs from the state and local government budgets. In the face of declining efficiency of social production, the system was unable to meet the growing needs of health care and illegal part of the cost of medical services gradually translated into the population. It started with the creation of a health insurance system, unfortunately, for obvious reasons (decay of the USSR) has not been completed.

The performance of each model cannot be estimated unambiguously. For example, the liberal model requires in the structure of wages, cost of employers for workers has to lay much money for medical services, and this causes the rise in commodity products. With low wages to receive medical care becomes almost impossible. Although this model encourages people to healthy lifestyle, and care about their health.

Conservative model gives the chance for extension the possibilities of obtaining medical services. But their high cost in terms of growth rate, which is always accompanied by an increase of morbidity, creates excessive burden on the budget and significantly limits the financing of health services. This automatically leads to social tension and tend to increase taxes on workers. The rising cost of medical services and limited insurance funds constrains to involve patients' costs.

Social-democratic and socialist models extent the interests of the majority of society and especially those people, who unable to pay for medical services. However, their wide availability requires increasing expenditures, but this is only possible with the predominance of growth efficiency over the pace of growth needs in the health service. Now it is not possible, even in countries with high developed economies.

It turns out that the ideal model state program of health care in the world does not exist and create them in practice impossible. Therefore, it is necessary to improve and develop existing system so that the maximum extent possible to satisfy the needs of the population of the country and humanity in general to protect health. Nowadays we should remember that one invisible disease in some insignificant areas

can quickly become a threat for all the mankind (AIDS) and the epidemics – without organization of state control of them is really a global problem. Thus, for any model development and implementation of public policy and public programmes of health care is increasingly becoming objective, necessary and essential function of the state [9, c. 90-99].

Humanitarian education will help in understanding of the problem of gender inequality, which affects all countries of the world. Since 2005, the World Economic Forum proposed quantitative measure of gender inequality calculating the so-called gender gap index. Depending on the value of this index is compiled ranking of countries according to the degree of bridging the gap between men and women in the provision of real rights in the economic, political and other spheres. It is estimated that any country has not achieved full equality between men and women yet.

The Global Gender Gap Index examines the gap between men and women in four fundamental categories: economic participation and opportunity, educational attainment, health and survival and political empowerment.

According to the Global Gender Gap Index (2012) Ukraine got 34th rank in economic participation and opportunity, 22nd one in educational attainment, 34th one in health and survival and 119th one in political empowerment out of 135 countries [10].

It is necessary to analyze and re-estimate the health care policy using the gender approach, its adaptation to male and female needs. We have to take into account biological, social-economic and cultural factors. So, importance of bio-physiological factor gives us the evidence that there are some diseases, which have just men or women (for example, diseases of reproductive organs: prostatitis, hysterymyoma, etc.). Some of diseases affect both sexes, but with different consequences (sexually transmitted diseases (STDs in women's vulnerability to 4-fold higher), alcoholism (the dependence of women forms faster than that of men).

Social factors include the abilities of health care, education, and social protection in

prophylactic of a big variety of diseases.

Social and cultural factors often cause the gender difference in the incidence and assess their own ailments that make women and men more vulnerable (e.g., social setting for women's greater responsibility for their health, especially in the context of motherhood leads to minimize the importance of men's health). An important aspect here is the behavior of self-preservation and responsibility of men and women for their health (e.g., the level of contraceptive use among certain groups of men, use of preventive services less often men than women; certain infantilism men in relation to their own health).

Social and economic factors also may contribute to gender issues in public health (e.g., poverty can have an impact on the incidence of men and women, their potential for prevention / treatment, etc.).

For a gender analysis of health systems it is necessary to consider the situation of men and women from some standpoints: people like patients and / or recipients of health care services; like providers of services in health care; decision-makers at the legislative and executive branches, and like responsible people, who make own choice about their health and models of behavior that affect the health. But it is the topic for future investigations.

Reviewer

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