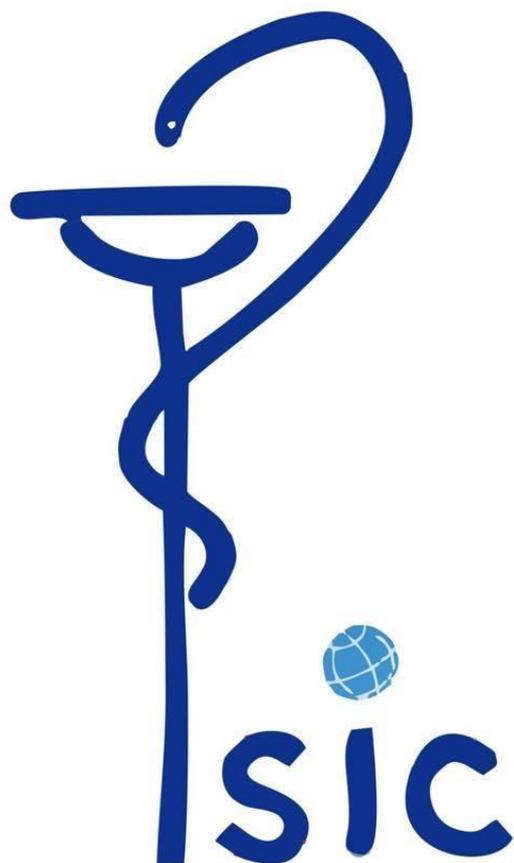




***IXth International Interdisciplinary  
Scientific Conference of Young  
Scientists and medical students  
«Actual problems of clinical and  
theoretical medicine»***

*(International Scientific Interdisciplinary Conference – ISIC)*

*Kharkiv National Medical University - 2016*



***Abstract Book Of 19<sup>th</sup> International  
Interdisciplinary Scientific Conference Of  
Young Scientists And Medical Students***

***«Actual Problems Of Clinical And  
Theoretical Medicine»***



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of LDL cholesterol ( $r = 0,42$ ;  $p < 0,001$ ) and VLDL ( $r = 0,39$ ;  $p < 0,001$ ). In patients from the group I was found a significant increase in left ventricular posterior wall thickness (TZSLZH) by 17% ( $p < 0,05$ ) and the size of the left atrium (LA) by 20% ( $p < 0,05$ ). In Group 2 patients revealed a direct correlation between blood pressure variability and TZSLZH ( $r = 0,67$ ;  $p < 0,05$ ) and an inverse correlation between average daily variability of blood pressure and the maximum rate of

early diastolic wave motion of the mitral valve ( $r = -0,51$ ;  $p < 0,05$ ).

**Conclusion.** The state of GB and diabetes type 2 in people with abdominal obesity appears much more expressed changes in systemic metabolic changes and progression of atherogenesis. It was found the increase of blood pressure variability with a predominance of concentric LV hypertrophy (68% of patients) with the formation of diastolic dysfunction.

**Martynenko A.A., Zelenskaya A.N.**

**PSYCHO-PHYSIOLOGICAL FACTORS OF ADAPTATION IN MEDICAL STUDENTS TO PROLONGED ACTION OF INFORMATIONAL STRESS**

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**Introduction.** According to the WHO in 2001 a fundamental rule of ability to live in happy healthy human body is "ability to adapt to ever-changing conditions of the external and internal environment". In modern conditions of scientific and technological progress a person must conscious and motivated to take responsibility for their own health. This is especially true of people whose professional activity is associated with the dominance of mental work on the background of long-term exposure information stressor.

**Objective:** the purpose of the study was to find the ways to improve the efficiency of the mental works in medical students with condition of preservation the healthy functioning of the body.

**Materials and methods.** The study involved students of the 2nd course medical university, who signed a voluntary consent to perform the research. Indicators of mental health and mental pace determined by the method of E. Kraepelin. The ability to adequately afferent synthesis was evaluated by the sensorimotor reaction (SMR) on the sound. Psychophysiological



condition of the person evaluated on a scale Spielberg-Hanina. Eysenck test for IQ level were performed in conditions of emotional well-being, to the maximum level of error from the emotional stressor. Efficiency of the general adaptive reaction, vegetative reactivity and vegetative support of the organism were carried out by calculating the vegetation index of Kerdo and Hildebrant index. Deviation these indexes from standard values indicates the degree of misalignment of the vegetative regulation of visceral systems in the process of adaptation to the informational stressor.

**Results and discussion.** In the initial research stage a group of students in the amount of 35 people with an average IQ level has been formed. On a scale SpielbergHanina testing, study group was distributed as follows: 18.9% were students with high levels of anxiety (Group 1); 60.7% showed an average level of anxiety (Group 2); 20.4% of students with low levels of anxiety (Group 3).

Accordingly, in each group was carried out tests of mental operability and installation work on the sound at the beginning of research and in the dynamics of training during the school year before the exams. At the end of each semester determined the level of anxiety. During the semester pedagogical observation conducted the degree of systematization the accumulation of knowledge by students and their efficiency of assimilation, as well as psychological and pedagogical correction of training mental operability.

**Conclusion.** Students who regularly maintained their professional knowledge at a level sufficient to perform the program tasks of training, have shown efficiency of mental work and reducing mental stress. For maximum number of students of this group (84.7%) general adaptation reaction of the body to the action duration of the information stressor defined as adaptive response training.

**Maslova J.**

### **FEATURES OF THE ACCOMMODATIVE-CONVERGENCE SYSTEM OF TEENAGERS**

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**Actuality.** Conservation of visual function of teenagers and creating essential conditions of

formation of visual system taking into consideration physiological features of an organism.