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HEALTH STATUS IN MEDICAL STUDENTS

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Abstract. Information about health of individuals definitely has great importance helping in prevention of any pathology development by knowing the health status, health risks and health outcomes. Information about health status should be useful and easy accessible to all potential users from health care specialists to the general public, for instance, by health promotion, diseases prevention, clinical treatment, rehabilitation and other, monitoring and evaluation as a part of daily routine in health sector.

Keywords: health status, prevention, health promotion, index of health, students.

Introduction. Students, especially of medical specialties, are often influenced by such adverse factors as lack of time for rest and physical development, intense mental load, permanent stress [1,2,3]. These factors can undoubtedly lead to a deviation of the functional state of the organism [4]. Therefore, the analysis of the health index is the one of the topical problems of monitoring the level of physical well-being of young people.

The purpose of our research was to analyze the health index in medical students of Kharkiv National Medical University.

Results and discussion. To detect the number of visits to doctors related to health problems and to analyze the students' health index a questionnaire was used followed by the calculation of the index by the formula, which takes into account the number of visits for medical aid and the total number of examined people.

The research involved 145 volunteers, among them 39 males (27%) and 106 females (73%). According to the results three groups of students were distinguished: in group I (10%) there were young people who never visited a doctor for health reasons; in group II (79%) where people visited doctors 1 - 4 times per year, and group III (11%) people who visited the doctor more than 4 times per year. The percentage showing the amount of students in the group I to the total number of examined people determined the numerical value of the health index equaled to 10%.

Distribution in groups taking into account gender is determined as following: in group I - 64% of males and 36% of females, in group II - 22% of males and 78% of females, in group III - 31% of males and 69% of females.

The obtained results of the research have shown a lesser number of visits to the doctor among male that could be explained by one of the theories related to the gender aspects of pain manifestation. It is known that testosterone has an anti-nociceptive effect; androgens inhibit synthesis and release of cytokines. In contrast, estrogens, by acting on the α -receptors, cause the nociceptive effect. Therefore, the pain sensitivity in female is higher. At the same time, depending on changes in the hormonal status in women, there is a decrease in the pain threshold: at a low level of estrogen and progesterone in the premenstrual phase of the ovarian-menstrual cycle, with the oscillation of female sex hormones, with a reduced amount of testosterone [4]. In addition, low estrogen levels in women inhibits the production of serotonin, which can cause depression [5].

Conclusions. Thus, according to the results of the research, the index of health of medical students equals 89%. In same time a lesser number of visits to doctor among males has been revealed. Such differences can be explained by the influence of female and male sex hormones.

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