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THE STUDY OF THE STATE OF FUNCTIONAL CAPACITY OF MEDICAL STUDENTS

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Relevance. One of the key aspects of human health is known to be the physical health. The high institution aims to educate and prepare not only a qualified specialist but also worker with a sufficient level of both physical and mental health able to fulfill their professional responsibilities. Students, particularly, the ones of high medical institutions, are known to be the category of population that is extremely prone to a high risk of health disorders.

The aim of the study was to assess the state of functional capacity of medical students
Materials and methods. The study involved 58 medical students (19 students of the 1st year of studying, 22 – of the 3rd year and 17 – of the 5th year); the students have not been previously involved into great sport. In order to assess the functional capacity of the students the Martine-Kushelevsky test was used (heart rate and systolic blood pressure were measured 3 times: right before the functional probe, right after the functional probe and 3 min after the functional probe); the students were divided into the following groups: normotensive (full recovery is expected 3-5 min after the probe),



hypo-/hypertensive (characterized by a significant decrease/increase of blood pressure within 3-5 min after the probe; recovery is expected within 10 min); dystonic (fluctuations of the blood pressure value up to 10 min after the probe; full recovery is expected 10-15 min after the probe); stair-stepped (the increase of heart rate as well as blood pressure value is expected in 2-3 min, followed by a 10-min period of fluctuations of the systolic-diastolic blood pressure difference (up to 80 mmHg).

Results. Within the group of the 1st-year students 9 students (47,4%) were referred to normotensive type of reaction, 5(26,3%) – had hypo-/hypertensive reaction, 3(15,8%) – had dystonic type and 2(10,5%) students showed stair-stepped reaction. The group of 3rd-year students showed the following results: 4 students (18,2%) had normotensive reaction, 10(45,5%) – had hypo-/hypertensive reaction; 3(13,6%) – experienced dystonic reaction and 5(22,7%) students had stair-stepped reaction. With the group of 5th-year students 6 students (35,3%) had normotensive reaction, 3(17,6%) – had hypo-/hypertensive reaction, 5 (29,4%) experienced dystonic reaction and 3 students (17,6%) had stair-stepped reaction.

Conclusions. Obtained results contribute to a significant decrease of functional capacity in students of the 3rd year of studying in comparison with 1st-year students and partial recovery of the physical state of health at the 5th year of studying. Therefore, medical students are extremely prone to various psychosocial exposures leading to overwork and consequent weakening of physical health.

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PREVENTION OF EMOTIONAL COMBUSTION SYNDROME IN MEDICAL WORKERS

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Currently, not only the number of symptoms has expanded, but the list of professions whose representatives are at risk of emotional burnout has increased. These professions include social workers, doctors, teachers, politicians, managers, lawyers, and more. As