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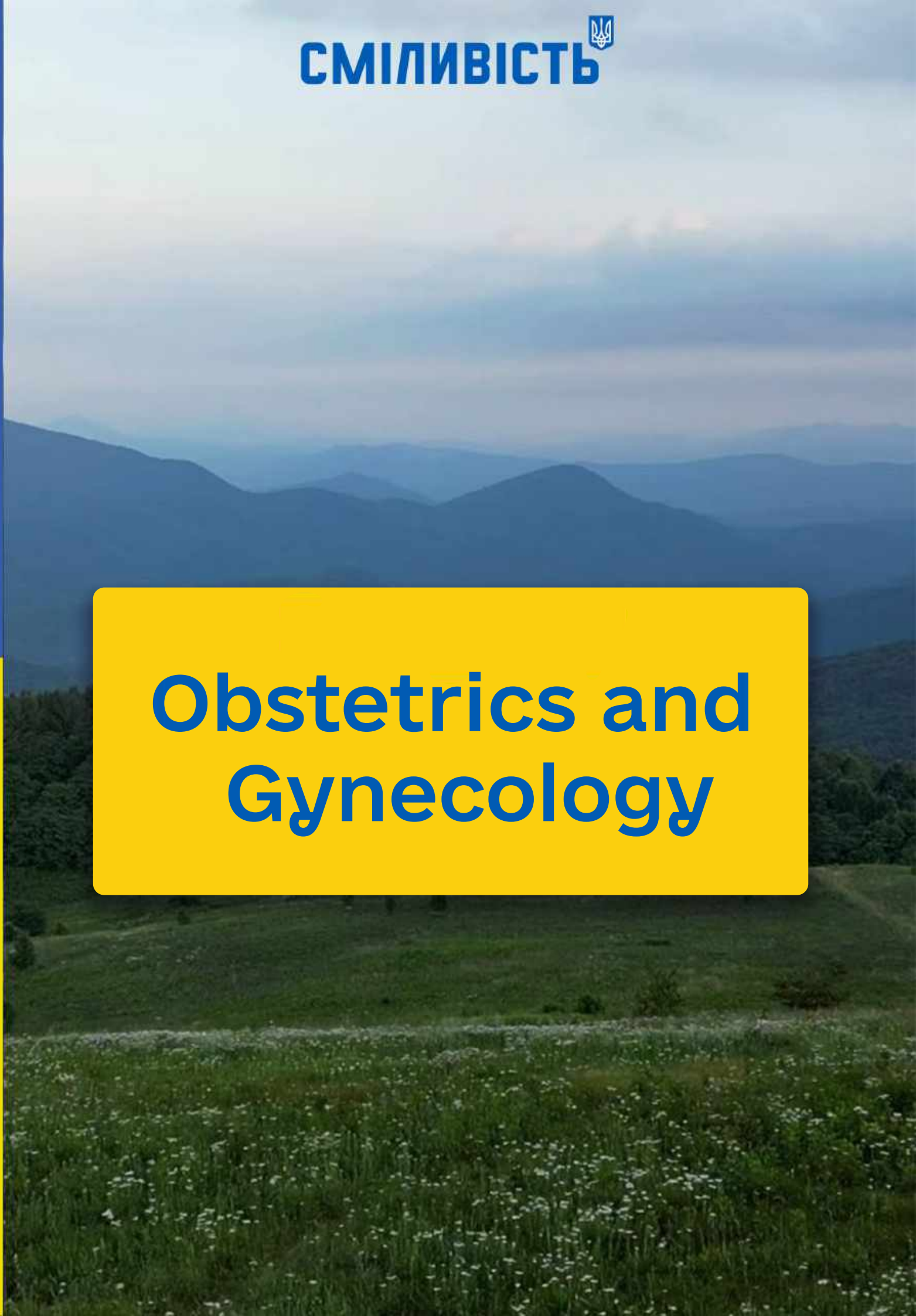

Obstetrics and Gynecology

Analyzing the literature, which presents observations of patients who were under conditions of hypokinesia, we concluded that prolonged exposure to this factor also leads to pain in the back and discomfort in the spinal column.

However, the etiological aspects of the presented violations are different. In osteoporosis, pain and discomfort are caused by changes in the skeletal system, due to a decrease in bone mass. Prolonged hypokinesia undergoes significant changes in the muscular system and ligamentous apparatus.

Thus, assessing the pain syndrome of this localization during prolonged hypokinesia and osteoporosis, we came to the conclusion that it is the same naturally, but not in origin.

By ignoring the beginning structural changes in the bones, the doctor misses the initial stage of osteoporosis and does not prescribe timely adequate therapy.

Conclusions. In women who have been in hypokinesia for a long time, at the first appearance of pain in the back and discomfort in the lumbar column, it is necessary to conduct a study of the bone structure using a modern, fairly accurate, and informative method - densitometry.

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STRESS AND RELATED FACTORS AMONG PREGNANT WOMEN DURING THE COVID-19 PANDEMIC IN UKRAINE

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Relevance. Stress is a widespread problem faced by the majority of the world's population. Women, especially pregnant women, are a vulnerable group of the population. Women are susceptible to stress during pregnancy due to significant hormonal and physiological changes. While carrying a child, the expectant mother may react differently to certain stressful situations. It is especially difficult to cope with stress in our time, when the COVID-19 pandemic is raging on the planet. Stress is a very formidable enemy of a pregnant woman, it can provoke a miscarriage. During pregnancy, it can permanently change the physiology and functioning of the

hypothalamic-pituitary-adrenal axis, responsible for regulating metabolism, blood pressure and immune response. Mothers who were exposed to stressful factors during childbearing will have worse maternal interaction with the infant in the postpartum period.

Objective. The aim of our study was to determine the prevalence and factors of stress in pregnant women during the COVID-19 pandemic in Ukraine.

Materials and methods. We conducted an online survey using a Google form among 37 pregnant women. The questionnaire included 20 questions about women's mental health, their feelings before (5 questions) and during pregnancy (15 questions). We also included sociodemographic, obstetric and gynecological factors and intimate partners. Logistic regression analysis was used to identify factors associated with stress. The study was conducted in the Kharkiv region.

Results. The study included 37 women from Kharkiv region. It was found that the prevalence of stress is 19% of the total number. While 53% noted a slight impact of stress on their body, on the contrary, they became more careful about their health, began to visit doctors more often. 28% of pregnant women noted a significant decrease in stress after visiting a psychologist and doing hobbies that distracted them from the news about the pandemic. It was also determined that the level of stress is higher in women of the first trimester (38,1%) of pregnancy and the third trimester (49,9%). While women of the 2nd trimester almost did not notice any manifestations of stress and anxiety (12%). This may be due to the influence of hormonal background of pregnant women.

Conclusions. Thus, summarizing the data obtained after the study, we can say that the prevalence of stress among pregnant women was relatively high. We recommend that all pregnant women should be screened and treated for stress, especially during the first and third trimester. Particular attention should be paid to early detection and treatment of antenatal depression.