ABSTRACT BOOK

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Materials and methods. 75 medical students agreed to participate in the experiment. Three study groups were formed using Ostberg testing and the Hildenbrand index calculation. The I-th group (24%) were "larks" - the morning type - with the most favorable period of work in the morning hours; The II-th group (18.7%) were "owls" - the evening type - with the most favorable period of work in the evening hours; The third group (57.3%) consisted of "pigeons" or arrhythmics - an indifferent type - maintaining a sufficiently high level of activity during the whole working day. By the duration of the individual minute, the accuracy of measuring the specified time intervals before and after carrying out the intellectual load by the Krepelin method was estimated.

Results of research. As a result, the greatest percentage of the balanced time factor (the internal time coincided with the course of the physical time, the error did not exceed ± 1%) was observed in the arrhythmic group - 88.4% of the students, who also had the most effective mental capacity with the lowest psycho-emotional stress. The "owls" had an acceleration of the time factor (78.6%). Maximum performance they showed in the second half of the day, but the number of errors remained significantly 2.5 times more than in "pigeons." The "lark" percentage of slowing of the time factor manifested itself in virtually all students (94.4%). The effectiveness of mental performance was observed from 9:00 to 11:00 hours, but psycho-emotional tension remained at a fairly high level.

Conclusions. Subjective acceleration of time perception testifies to information overload and tension of adaptation mechanisms. On the basis of the study, recommendations were made to help students optimize during the day the distribution of employment by mental and physical labor, depending on the individual profile of biorhythms and the speed of the flow of internal time.

Hloba N., Sarancha T., Palchinsky V.

FEATURES OF FUNCTIONAL RESERVES IN YOUNG PEOPLE WITH VARIOUS LEVEL OF PREDISPOSITION TO PSYCHOSOMATIC DISORDERS

Kharkiv National Medical University
(Department of Physiology)
Research advisor: Prof. Zhubrikova L.
Kharkiv, Ukraine

Introduction. Psychosomatic diseases are based on reaction of human body to psychological and emotional stress accompanied by development of functional changes and pathological disorders. Their development is determined both by expression of stress factors and by individual characteristics of a person. Such conditions are included in the ICD-10 list as "Somatoform disorders" (F45) that proves the necessity of their study.The aim of research was to study the peculiarities of functional reserves in young people based on their tendency to psychosomatic disorders.

Materials and methods. 25 students from KhNMU aged from 17 to 21 years were involved in the research. The tendency to psychosomatic disorders was evaluated by Toronto alexithymic scale (TAS-20), level of personal anxiety (PA) was determined

by Spielberg's anxiety scale, status of functional reserves was evaluated using the Martinett's test.

Results of research. According to TAS-20 results, 12% of examined with formed index of alexithymia (1st group) formed a high-risk group for susceptibility to psychosomatic disorders; 40% of patients were in the group of medium risk (2nd group) and 48% of them had a "non-alexistimic" type of personality (3rd group), which corresponds to low risk. Examination of level of PA in those groups revealed that in 3rd group 66.7% of patients had a moderate level of PA and 33.3% had a high level of PA; in 2nd and 1st groups all individuals had high level of it. The results of the Martinett's test showed that all persons from 3rd group had normotensive response to exercise stress, which indicates the optimal way of autonomic regulation of functions during exercise. In 2nd group, 80% had normotensive and 20% had hypertensive reactions; in 1st group 50% of patients had normotensive and 50% hypertensive response to exercise stress, showing less economical and ineffective type of regulation. The recovery period was characterized by normotensive reaction in 100% of persons from 3rd group. In the 2nd group about 40% had normotensive and 60% had dysregulative reaction; in 1st group dysregulative reaction and deficiency of hemodynamic parameters restoration was detected in all individuals.

Conclusions. The results of the research showed that approximately 52% of the examined persons have risk of developing somatoform disorders. Predisposition to these disorders depends on the level of PA (high PA was found in 77% of risk group). The quality of autonomic supply gets worse depending on expression of tendency to psychosomatic disorders that may lead to the appearance of various somatic symptoms in the future and worsening of quality of life, that confirms the necessity of further study of this problem.

Ivchenko N.

ANALYSIS OF CASES OF ALCOHOL POISONING AND ITS SURROGATES ACCORDING TO THE DEPARTMENT OF FORENSIC MEDICAL EXAMINATION OF CORPSES OF THE KHARKIV REGIONAL BUREAU OF FORENSIC MEDICAL EXAMINATION

Kharkiv National Medical University
(Department of Forensic Medicine, Medical Law)
Research advisor: Prof. Olhovsky V.
Kharkiv, Ukraine

Introduction. Currently, the problem of poisoning, particularly alcohol and its surrogates is quite relevant. This situation stems from the fact that alcoholic beverages are available without restrictions and at any place. Alcohol is the cause of many diseases, rash, reduced quality of life. Many scientists say: "Alcohol is like drugs, it is harmful to human health in all forms and at any dose, because it acts like morphine because creates the illusion of goodness and happiness, bringing the irreparable harm like any other poison."

Materials and methods. The material was archival data 450 cases of the deaths residents of Kharkov from alcohol poisoning and its surrogates carried out in KRBFME in 2016. Account gender and age, which averaged from 50 to 60 years, regardless of gender.

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