

Adamovska Oleksandra, Sarkis-Ivanova Vladislava

ANALYSIS OF RISK FACTORS FOR THE DEVELOPMENT OF VISION PATHOLOGY IN YOUNG PEOPLE

Kharkiv National Medical University
Department of Hygiene and Ecology No.1
Kharkiv, Ukraine
Scientific advisor: Katelevska Nataliia

Introduction. In the modern world, more than a billion persons have problems of the visual system, and this number is constantly growing. Diseases of the vision organs, as a nosological unit, take sixth in the general diseases rating. But this type of pathology significantly exceeds other in terms of the severity of psychosocial adjustment problems and the risk of complications. As an example, consider myopia. Myopia is one of the most common pathologies vision infor schoolchildren and students. Progression of this ordinary pathology of the visual system in the future can lead to cataracts, glaucoma, retinal detachment and blindness.

The aim of the research was to study the prevalence of vision pathology in students and analysis of risk factors that caused the forming of this pathology.

Materials and methods. Was conducted voluntary anonymous survey of 104 students studying at the Kharkiv national medical university aged 19-24 years. The results were processed statistical methods with using the standard Microsoft Excel program.

Research results and discussion. According to the survey 65 (62.5%) respondents regularly check their eyesight - once a year, 29 (27.9%) respondents - once every 6 months, and 10 (9.6%) - more than once a quarter. At the same time, the level diseases of vision organs among students of a medical university is close to 28.8% (30 persons).

That mean almost every third student has a pathology of the visual system. Among the causes of visual impairment, students name:

- use of computers, smartphones, tablets and other gadgets - 66 persons (63.5%);
- reading printed literature - 35 persons (33.7%);
- constant nervous tension, stress - 30 persons (28.9%).

Where in 19 (18.3%) respondents indicated a genetic predisposition to diseases of the organ of vision.

It should be noted, 60 (57.7%) students noticed that sometimes they could not see objects in the distance or sentences in a book, but they did not consider this as an eye disease.

Conclusion. The study allows us to conclude that there is a significant spread of diseases of the organs of vision among students of the Kharkiv National Medical University. Analysis of the risk factors that caused the formation of visual pathology in students shows that the most significant risk factor is the use of computer equipment, smartphones and other digital devices.

The fact that medical students note clinical symptoms of vision pathology, but do not associate them with the disease and the need for timely access to specialized medical care, draws special attention. This situation requires strengthening information work among students in relation to the prevention of diseases of the organs of vision.