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INNOVATION AND DEVELOPMENT IN WORLD SCIENCE



**PROCEEDINGS OF VIII INTERNATIONAL
SCIENTIFIC AND PRACTICAL CONFERENCE
MAY 25-27, 2026**

**ZURICH
2026**

INNOVATION AND DEVELOPMENT IN WORLD SCIENCE

Proceedings of VIII International Scientific and Practical Conference
Zurich, Switzerland
25-27 May 2026

Zurich, Switzerland

2026

UDC 001.1

The 8th International scientific and practical conference “Innovation and development in world science” (May 25-27, 2026) MDPC Publishing, Zurich, Switzerland. 2026. 525 p.

ISBN 978-3-954753-21-5

The recommended citation for this publication is:

Ivanov I. Analysis of the phaunistic composition of Ukraine // Innovation and development in world science. Proceedings of the 8th International scientific and practical conference. MDPC Publishing. Zurich, Switzerland. 2026. Pp. 21-27. URL: <https://sci-conf.com.ua/viii-mizhnarodna-naukovo-praktichna-konferentsiya-innovation-and-development-in-world-science-25-27-05-2026-tsyurih-shvejtsariya-arhiv/>.

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HEALTHCARE WITHOUT LABORATORIES: DIAGNOSING PARASITIC DISEASE IN UNDERSERVED REGIONS

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Introduction. At present no one in the world is surprised by existence of variable methods for diagnosing parasites. But in low-income countries diagnosing parasites is still the problem. It is based more on observation than on laboratory confirmation. So the goal of my work is to highlight the importance of understanding universal elementary approaches to accurate diagnosing parasitic infections without technologies.

Aim. To analyse the diagnosing parasites in underserved regions and highlight fundamental methods of their identification.

Materials and methods. This work is a review on scientific literature from international bases that include Scopus, Google Scholar, PubMed.

Results and discussion. First of all, like in case of a general illness, doctors should take a medical history. We can classify parasitic signs into common and specific groups. Common symptoms for gastrointestinal parasites can include diarrhea, stomach ache, weight loss, flatulence, malabsorption disorders, weakness and fatigue [1]. Though extraintestinal localization of parasites is also possible. In this case symptoms can include nervous disorders, cold limbs, lethargy, mechanical necrosis of areas around a pathogen [2]. Undeniably, specific symptoms are the most informative. For instance, Loa Loa that causes Calabar swelling or even can be visible in the eye and under the skin [3].

Also doctors have to consider the data on endemic regions. Parasites are widespread in the tropical and subtropical zones, especially in Africa, South America

and countries in the Far East [4].

On the other hand, specialists shouldn't exclude the risk of parasitic import by traveling. Surely, the economically developed countries might have outbreaks of invasion, which is the result of tourism. The example of such invasion was in Belgium, where students went on a trip to Rwanda and lake Kivu, Congo. Lately, one student, after taking a swim in it, was hospitalized due to acute appendicitis but after some laboratory research doctors diagnosed asymptomatic schistosomiasis [5].

Considering the high level of parasitic infection and importance of their identification, healthcare workers decide to pay attention to smartphones. According to a retrospective analysis of the data, doctors can use some characteristics of the lens to make microscope without professional equipment. The technique is very simple: we just need to attach the lens to the smartphone's camera. The final result depends on the type of lens. For instance, a 3-millimeter lens can show the eggs of Schistosoma, while a 12-millimeter lens can make the eggs of Ascaris lumbricoides be visible. Also healthcare workers can manipulate with spatial resolution and field of view. [6, 7].

Conclusions. All things considered, in low-income countries doctors use knowledge of characteristic symptoms, endemic regions and even hand-made microscopes to identify different types of parasites. The problem lies in the lack of adequate hygiene and medical treatment accompanied by a high level of infection and low level of drugs and technologies. Infectious diseases caused parasites are one of the most dangerous diseases in the modern world. They require much more attention from the part of medical scientists.

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