

ACHIEVEMENTS PHARMACOLOGY TO IMPROVE THE QUALITY OF MEDICAL STUDENTS LIFE IN UKRAINE

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The quality of life is a subjective self-integrated physical, psychological, social, and emotional state of a person, his relationship with the people in accordance with personal beliefs.

We conducted a survey of students of medical universities of Ukraine (Kharkiv National Medical University, Dnepropetrovsk National Medical University, Zaporozhye State Medical University) to evaluate their quality of life. More than 65% of the modern medical students have serious disturbances in the quality of their student life: violation of the general condition and mood, deterioration of health, general endurance, disorders sleep, nutrition and relaxation, reduced resistance to colds, disability, memory, learning, striving for intellectual and spiritual development.

Each student, who took part in voluntary surveys, to consult with their therapist doctor about the feasibility and the absence of contraindications to the course use our recommended pharmacological drugs.

For the purpose of pharmacological correction of violations quality of life of medical students considered drugs such groups as adaptogens, antioxidants, antihypoxants, immunostimulations, nootropics, vitamins and minerals, cytogenes and other biogenic stimulators.

In view of the need for long-term course of supplementation metabolic action, the students for three months take a multivitamin drugs ("Vitrum", "Undevit") and nootropic drugs (piracetam, fezam) as an adaptation therapy.

Preliminary positive results after a month already noted by 5-12% of the students. Now our studies are still ongoing. and the usefulness of the proposed correction will be reviewed after 3 months, including the results of the last winter session.

We propose to continue an open on-line discussion of our results in this Student Forum 2016 framework. We look forward to your questions and prepared to discuss your constructive suggestions.