



INTERNATIONAL SCIENTIFIC UNITY

**XXXVIII INTERNATIONAL SCIENTIFIC AND
PRACTICAL CONFERENCE
«Development of Modern Science: State,
Problems and Prospects»**

Collection of abstracts

September 11-13, 2024
Brno, Czech Republic

UDC 01.1

XXXVIII International scientific and practical conference «Development of Modern Science: State, Problems and Prospects» (September 11-13, 2024) Brno, Czech Republic. International Scientific Unity, 2024. 218 p.

ISBN 978-617-8427-28-3

The collection of abstracts presents the materials of the participants of the International scientific and practical conference «Development of Modern Science: State, Problems and Prospects».

The conference is included in the Academic Research Index ReserchBib International catalog of scientific conferences.

The materials of the collection are presented in the author's edition and printed in the original language. The authors of the published materials bear full responsibility for the authenticity of the given facts, proper names, geographical names, quotations, economic and statistical data, industry terminology, and other information.

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ISBN 978-617-8427-28-3



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SECTION: MEDICINE

THE INFLUENCE OF CONSUMING VITAMIN MEDICATIONS ON CHILDREN

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Introduction. Vitamins are a necessary component for the body vital activity. The regular and balanced usage is the key to the child's physiological and psychosomatic development. Vitamins are especially important for children, because of their influence on almost all biochemical processes, taking part in the formation of all tissues and organs, also participate in immune reactions, improve metabolism and contribute to the development of mental abilities [1, 2]. The lack of vitamins is impaired to the child's resistance to infections, the risk of somatic diseases and disorders of physical and mental development increases [3]. Children are recommended to use vitamin medications only in cases of laboratory-confirmed deficiency and the presence of clinical signs of deficiency [4].

The aim of the study was to find out the parents' attitude to vitamin medications and the regularity of their intake.

Materials and methods. The analytical, descriptive, comparative and sociological survey methods were used in the study. The Google Forms survey was used for getting parents opinion. 36 women with only child took part in online survey, among whom 6.3 % have a child under one year old, 18.8 % aged 1-5 years, 31.3 % aged 5-10 years, 10-15 years old – 25,0 % and 15-18 – 18.8 %. Also 56.3 % have a girl, 43.8 % have a boy.

Results. In study 49.0 % answered that child consume vitamin medications regularly, 18.8 % – nonregular, 32.3 % – from time to time. Among the mothers 56.5 % use vitamin medications without any doctor's prescription. During the survey 58.8 % indicated that the greatest need for vitamins in children is after an illness, during high physical exertion and active growth in 14-16 age. But 67.5 % believe that rapid fatigue, frequent illnesses, and reduced work capacity are the main symptoms of vitamin deficiency in children. 49.3 % of respondents know about the symptoms of vitamin overdose. Also, 65.5 % of mothers believe that vitamin medications should be taken in a polluted environment, and 56.3 % answered that vitamin complexes can replace nutrient deficiencies. 38.5 % think that vitamin complexes should be taken 1-3 times a

year, 43.8 % – every six months, and 18.8 % are not sure. Also, 58.5 % claim that it is possible to take vitamins without consulting a doctor.

Conclusions. More than half of the interviewed parents take vitamin medications without a doctor's prescription and non-systemically. This not only does not improve the child's condition, but can lead to harmful consequences. In addition, more than a quarter of parents regularly, at least once a year, consume vitamin medications. Among the respondents, 56.3 % believe that vitamins can completely replace the lack of nutrients, that is false, because they are only a supplement to the main diet.

It is necessary to increase the awareness of parents about the undesirable consequences of the non-prescript use of vitamin medications and to increase the authority of the doctor as a consultant in health matters.

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FEATURES OF DIAGNOSIS AND TREATMENT OF POST-TRAUMATIC STRESS DISORDER COMBINED WITH TRAUMATIC BRAIN INJURY

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The role of latent persistent traumatic brain injury (TBI) in the development and course of acute stress disorder (ASD) and posttraumatic stress disorder (PTSD) is controversial, although many clinicians and health care professionals, as well as the community, assume that such a connection exists [1]. This raises the question of the