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INFLUENCE OF ESSENTIAL PHOSPHOLIPIDS ON SOME INDICATORS OF ENDOTHELIUM FUNCTIONING IN PATIENTS WITH GASTROPULMONAL PATHOLOGY

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It is known that essential phospholipids, along with cholesterol and proteins, play an important role in ensuring the structural and functional stability of cell membranes. In patients with chronic obstructive pulmonary disease (COPD) with concomitant chronic pancreatitis (CP), the cytoskeleton is damaged due to a chronic inflammatory reaction, which causes the development of endothelial dysfunction. Therefore, the use of a drug containing these components is pathogenetically appropriate for the correction of the detected changes.

The aim of our study was to analyze influence of essential phospholipids on some indicators of endotheliumfunctioning in patients with gastropulmonal pathology. Investigation of 52 patients with COLD B-C groups, where the obstruction degree corresponded to COLD 1-2 with a low risk and more pronounced symptomatics (B), and also COLD 3 with a high risk but less pronounced symptomatics (C), - I group, 60 CP patients with corresponding characteristics of groups with concomitant COLD (II group) and 19 almost healthy individuals as a referent group was carried out. Patients of group II were divided into 3 subgroups according to the obtained treatment. Patients of IA subgroup (19 persons) received basic therapy according to the MPH order of Ukraine №555 dated from 27.06.2013. 23 patients, who received "Essentsiale forte H" two capsules three times a day during 1/12, except generally accepted treatment, constituted IB subgroup. In patients of IB subgroup (18 patients) the basic treatment was combined with additional administration of kvertsetin in a dose of 1.0 g three times a day during 14 days. Vascular function was assessed by recording endothelium-dependent vasodilation of the brachial artery (PA) by ultrasound on the device "En Visor HP Philips".

It was found that in patients who received on the background of basic treatment "Essentiale forte H" there was a decrease in the diameter of the brachial artery by 9.5%, in the comparison group by only 4.5% with the existing intergroup difference.There was also a tendency to improve under the conditions of complex therapy speed indicators in the main group by 16.1%, shear stress on the endothelium by 11.5%, in the comparison group, on the contrary, there was a slowing of blood flow on the background of basic treatment.

After treatment, the sensitivity of the brachial artery in the comparison group increased 1.36 times, in the main group 1.95 times ($p<0.05$). The positive effect of "Essentiale forte H" on the vessels of patients with COPD with concomitant CP is confirmed by the obtained parameters of non-invasive examination of the brachial artery, namely the growth of endothelium-dependent vasodilation 2.1 times ($p<0.05$).

Thus, the use of essential phospholipids in the complex treatment of patients with COPD with concomitant CP helps to improve endothelial function and reduces the manifestations of endothelial dysfunction.

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APPLICATION AND PERSPECTIVES OF DISTANCE EDUCATION IN UKRAINE

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According to the latest research, approximately 30% of educational establishments in Ukraine agreed with the recommendations and initiated the organization of studies in a distance mode. Unlike tuition by correspondence, the distance education is open and active system of providing educational services, which is believed to contain a high-quality and intense communication between a teacher and a student with the help of modern technologies. This form of independent learning provides a student with the freedom of choice as to a place, time and the intensity of the educational process.