

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



МАТЕРІАЛИ

**104-ї підсумкової науково-практичної конференції
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БУКОВИНСЬКОГО ДЕРЖАВНОГО МЕДИЧНОГО УНІВЕРСИТЕТУ
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Конференція внесена до Реєстру заходів безперервного професійного розвитку,
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(Sanofi Avenis / Nutterman and Cie GmbH) 300 mg, 2 caps., 3 times per day) 60 days and COPD therapy (Symbicort Turbuhaler (budesonide 160 mg/d + formoterol fumarate 4,5 mg/s) (AstraZeneca AB, Sweden) inhaled 2 times per day for 60 days, Berodual (ipratropium / fenoterol (250/500 mg/ml) (Institute de Angele Italy / Boehringer Ingelheim International GmbH) nebulizer inhalation 2 times per day, azithromycin (Azithro Sandoz, Ukraine Sandoz) 500 mg, 1 time per day for 10 days). The second group (basic group, 2) consisted of 55 NASH patients with obesity of I degree and COPD 2 D, in addition to the same basic COPD therapy, they received Antral (Farmak, Ukraine) 200 mg, 3 times per day for 60 days as a hepatoprotector. The average age of patients was $(55,7 \pm 3,22)$ years. The control group consisted of 30 apparently healthy persons (AHP).

Results. The concentration of total lipids in the blood of patients from the 1st group after treatment has not decreased significantly and exceeded the normative data ($p < 0,05$), while in patients of the 2nd group, it has decreased by 16,7% ($p < 0,05$). The total cholesterol level indicated a significant decrease in all groups in 8,8%, 20,1% ($p < 0,05$) in comparison with the pre-treatment data, still exceeding the AHP ($p < 0,05$). The increased pre-treatment triacylglycerol blood level significantly reduced only in patients of the 2nd group in 21,4% ($p < 0,05$), but did not reach normative data. At the same time, in patients of the 1st group, changes in treatment dynamics were not significant ($p < 0,05$). Analysis of postprandial glycemia in patients of the 1st and 2nd groups showed a decrease in glucose levels by 11,1% and 20,6%, respectively ($p < 0,05$) compared with the pre-treatment parameters ($p < 0,05$) with the normalization of the indicator. The HOMA IR index was reduced on an empty stomach (respectively in 10,9%, 44,4% ($p < 0,05$)).

Conclusions. Antral has a strong effect on the correction of lipid distress syndrome with a probable decrease of total cholesterol level, triacylglycerols, low-density lipoprotein cholesterol ($p < 0,05$), which was accompanied by a significant reduction of liver steatosis degree. In the dynamics of treatment with antral for 60 days, NASH patients with concomitant COPD and obesity significantly decreased the insulin blood level which was raised before treatment, normalized postprandial glucose in the blood, and the degree of insulin resistance significantly decreased ($p < 0,05$).

Koshura A.V.

PROGRAMMING OF INDEPENDENT PHYSICAL ACTIVITY FOR STUDENTS OF HIGHER EDUCATION INSTITUTIONS

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Introduction. Current socio-economic conditions in Ukraine have acutely raised the question of introducing physical education and sports into the everyday life of students. Regular physical activity is proven to be beneficial for the mental health and physical capacity, general health condition, and physical fitness of students. In modern science and practice, there is an active search for ways to improve physical education in higher education institutions.

Purpose of the study. The study aimed to substantiate the organizational and methodological fundamentals of programming independent physical activity for students.

Material and methods. The following methods were applied in the study: theoretical analysis and generalization of literary sources; anthropometric methods; pedagogical testing; pedagogical observations; methods of Mathematical Statistics. The study involved 1- and 2-year students of Bukovinian State Medical University.

Results. The study results show that the average body length for boys constitutes 177-178 cm and 165-166 cm for girls, respectively. The average height of boys is 7-8 % greater than girls. These data indicate that the growth of the body at this age is almost completed. The common body weight for boys is considered to be 66-69 kg. In girls, these indices are 13-19.67 kg lower. The physical development of students in terms of body height, weight, and chest circumference is observed to be within the normal range. During the study at a higher education institution, the parameters of physical development do not undergo significant changes. Strength, endurance, and speed-power qualities are the least developed. Flexibility and speed have somewhat higher

development. Students of the same age group are characterized by great heterogeneity in physical fitness. Thus, 36% of students have a low level of strength development, 12% - below average and 18% - average, 11% - above average and 21.25% - high. A similar trend persists in the development of other physical qualities. The large dispersion of results also characterizes the functional capacity of students. On average, students' systolic blood pressure is 128 mm Hg, and diastolic pressure is recorded as 71 mm Hg. The average values of students' systolic and diastolic blood pressure are within the normal range. In the course of training, students' physical fitness level is gradually decreasing. Thus, the proposed technology for preparing students for independent physical activity is comprehensive and requires various means and methods of influence oriented to the student's personality. Approbation of the developed programming of independent physical training activity in the practice of physical education of higher education institutions showed its effectiveness, which is confirmed by the increase in students' interest in physical education and sports as well as in the level of physical fitness.

Conclusions. The physical development of students in terms of body height, weight, and chest circumference is within the normal range. During the study at a higher education institution, the parameters of physical development do not undergo significant changes. Programming of independent physical activity involves a hierarchical sequence of main stages (maturing of good sports attitude and interest of students toward physical activity, formation of a system of scientific, practical, and specific knowledge necessary for independent workouts, formation of relevant abilities and skills, involvement students in regular physical activity), pedagogical settings, teaching tools, and methods.

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FEATURES OF CORRECTION OF CLINICAL MANIFESTATIONS IN PATIENTS WITH NON-ALCOHOLIC STEATOHEPATITIS AND DIABETIC KIDNEY DISEASE AGAINST THE BACKGROUND OF TYPE 2 DIABETES

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Introduction. The relevance of finding optimal methods of treatment for patients with a comorbid course of nonalcoholic steatohepatitis (NASH) that developed against the background of type 2 diabetes mellitus (DM2) is due to the fact that these diseases have a number of common cause-and-effect mechanisms, and under the conditions of the development of diabetic kidney disease (DKD) also has a number of mechanisms of mutual encumbrance.

The aim of the study. To find out the possible influence of the complex of metformin, rosuvastatin, essentielle forte H and quercetin on the clinical course of nonalcoholic steatohepatitis, diabetic kidney disease, and type 2 diabetes.

Material and methods. Studies were conducted on the dynamics of treatment in 60 patients with NASH with DM2 and stage I-III DKD, among whom 48 patients (80.0%) were diagnosed with NASH of mild activity, and 12 (20.0%) had NASH moderate activity. A comorbid disease in 100% of patients with NASH was DM2 of moderate severity, among which 15 (25.0%) had in the stage of compensation, 45 (75.0%) had subcompensated diabetes. All patients with NASH and DM2 had comorbid DKD, in particular, 21 cases of DKD stage I-II (35.0%), 20 people with DKD stage III (33.3%), 19 people with DKD stage IV (31.7%). 15 (25.0%) of the examined persons were diagnosed with secondary arterial hypertension (AH) of the renal genesis of the I-II degree, 11 people (18.3%) were diagnosed with essential hypertension of the I-II stage, I-II degree.

Results. Under the influence of the therapy received by the 2nd group of patients, improvement in well-being, reduction of symptoms of astheno-vegetative, intoxication syndrome, and dyspeptic manifestations was noted on the 6-7th day from the start of treatment, while in patients of the 1st group - only on the 12th-13th day. A month after the start of therapy, the astheno-vegetative syndrome of a much lower intensity remained only in 1 person (3.13%) of the 2nd group, while in the 1st group it remained in 9 patients (32.1%) ($p < 0,05$). In the same period, the feeling of heaviness and pain in the right subcostal area disappeared in the majority of patients of the 2nd