



функції, спілкування та соціальна підтримка. Всі види вегетативної дисфункції мали негативний вплив на якість життя, найбільший взаємозв'язок виявлено між дисфункцією кишкового-шлункового тракту та порушенням терморегуляції і показниками якості життя.

Таким чином, нами виявлено високу частоту вегетативних розладів у хворих на хворобу Паркінсона, які корелюють з стадією захворювання та низькою ефективністю протипаркінсонічної терапії. Вегетативні порушення суттєво впливають на якість життя хворих на хворобу Паркінсона, погіршуючи її, та потребують активної медикаментозної чи немедикаментозної корекції.

### СЕКЦІЯ 13 АКТУАЛЬНІ ПИТАННЯ ПЕДІАТРІЇ, НЕОНАТОЛОГІЇ, ДИТЯЧОЇ ХІРУРГІЇ ТА ОТОЛАРИНГОЛОГІЇ

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#### **OPTIMIZATION OF THE WORK OF "WEIGHT MANAGEMENT SCHOOL" IN CHILDREN'S ENDOCRINOLOGICAL HOSPITAL**

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Currently, one of the important areas in medicine is the creation of "schools for teaching patients". Patients who have undergone such training significantly improve the effectiveness of treatment. "Schools of weight management" in pediatrics should be adapted to age perception.

The purpose of the work is to optimize the work of "weight management school", to adapt the method for children of different ages, to evaluate its effectiveness.

107 children with I-IV degree obesity were examined. To assess the effectiveness of "weight management school", children were divided into 2 groups. Children of the first group (n = 87) received traditional treatment (diet therapy, exercise therapy, according to the indications – symptomatic therapy, physiotherapy) after a course of study in "weight management school". Children of the second group (n = 33) received similar treatment without training in "weight management school".

The program of training of children with obesity in "weight management school" is developed. Group training is aimed at forming in children with obesity and their parent's motivation for treatment and self-control of the disease, lifestyle changes. The technique is adapted for patients of senior preschool, primary school age and adolescents. Education of preschool children and children of primary school age is carried out in the form of role play story. Information blocks are presented in the form of poems that are easy to remember, fairy tale therapy is used. For didactic purposes and to change the style of eating behavior for preschoolers and young students, various fairy tales have been written for effective learning.

For teenagers in "weight management school" microlectures, practical employments are spent, patients learn to make the diet, solve situational problems, the interactive form of training is used. For the purpose of soft psychocorrection music therapy is used.

The control was performed in children after 6 months. Regardless of age, 75 (86.2%) children who underwent "weight management school" training showed positive dynamics. At the stage of weight loss: successfully (> 5 kg) – in 28 (32%) children, exclusively (> 10 kg) – in 7 (8%) children. 40 (45.9%) patients stabilized body weight. In 12 (13.7%) children, weight gain progressed due to the reluctance of the family to change their lifestyle in accordance with the recommendations. Currently, 75 (86.2%) children are at the stage of maintaining body weight. In group 2, weight gain progressed in 21 (63.6%) children, 12 (36.4%) children stabilized body weight.

So, the program of training in "weight management school" for preschool children, junior school students and teenagers is created; training in "weight management school" creates motivation to stick to a diet, exercises, self-monitoring of the disease; classes at "weight management school" allowed for effective rehabilitation of 86.2% of obese children.