

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



МАТЕРІАЛИ

**104-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького персоналу
БУКОВИНСЬКОГО ДЕРЖАВНОГО МЕДИЧНОГО УНІВЕРСИТЕТУ
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physical education and sports is beyond doubt. Sensibly organized, dynamic, diverse, and engaging physical education classes open up a range of future goals.

Conclusions. All of the above indicates the need to take efficient measures to encourage students' interest in various types of physical activity, to form a personality's orientation towards physical culture and sports, and also, in general, the formation of attitudes towards a healthy lifestyle.

Teleki Ya.M.

FEATURES OF THE CLINICAL COURSE OF OSTEOARTHRITIS IN COMBINATION WITH HYPERTENSION

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Introduction. Osteoarthritis is a prevalent and costly debilitating condition that affects 240 million people worldwide. Osteoarthritis is a whole-joint disorder, not only involving articular cartilage degradation but also subchondral bone disturbance, synovitis, *etc.* Osteoarthritis afflicts both load-bearing (knee and hip) and non-load-bearing joints (hand). About half of patients with osteoarthritis have additional five or more comorbidities. Some significant factors in the development and advance of osteoarthritis are diabetes and obesity, which are a cluster of four cardiometabolic risk factors, obesity, along with aging and injury.

The aim of the study was to investigate the features of the clinical course of osteoarthritis in combination with hypertension.

Material and methods. 35 patients, who were at the rheumatology department of the Municipal Institution Chernivtsi Regional Clinical Hospital were examined. The intensity of the pain syndrome was expressed by the pain index. The intensity of crunch in the joints was described by the tribal system. Joint deformity was assessed by three types of changes: limitation of range of motion; axial deformation; violation of contact of articular surfaces. The Lequesne Algo functional Index was used to assess the pain syndrome and general condition of patients. According to the questionnaire, 3 indicators were determined: pain or discomfort, the maximum distance when walking without pain and functional activity. The maximum distance when walking without pain was estimated in points. Functional activity was determined in points according to patients' answers to questions. The WOMAC index (Western Ontario and McMaster University) was determined as well. The assessment was measured on a visual scale in millimeters. The indicator "0" was regarded as the absence of pain, stiffness or difficulty, at 100 mm the intensity of pain, stiffness or difficulty was considered maximum.

Results. The course of osteoarthritis was found to be extremely severe with limited range of motion in the joints, their deformation and significant deterioration of functional capacity, duration of pain, periodic prolonged exacerbations, the predominance of knee and hip injuries (64.8%) and 14.8 persons - small joints. This showed the advance and generalization of processes in various joints, aggravation of the course and prognosis of osteoarthritis, especially in women. Their prevalence was registered at II radiological stage (59.27% and 74.0%, respectively).

Conclusion. Osteoarthritis with comorbid hypertension is associated with an increased stage, intensity of joint ache, especially in the morning, severe hip damage and their combination with damage to the knee joints with stage II and a higher degree of functional impairment, impaired mobility and daily activities.

Zub L.O.

CYTOKINE IMBALANCE IN PATIENTS WITH RHEUMATOID ARTHRITIS AND NEPHROPATHY

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Introduction. Cytokines are sensitive and informative indicators of pathological processes in the kidneys. Pro- and anti-inflammatory cytokines play a major role in formation and development

kidney lesions in patients with rheumatoid arthritis (RA). This determines the need to evaluate the cytokine profile in RA patients with kidney damage.

The aim of the study. To determine and analyze changes in the cytokine profile in patients with rheumatoid arthritis with kidney damage.

Material and methods. 108 patients with RA were examined, including patients with RA without kidney damage, who made up the I group of the study (n=38); RA patients with glomerulonephritis made up the II study group (n=35); patients with RA with the presence of interstitial nephritis made up the III group of the study (n=35). A group of healthy individuals according to age (n=20) was also studied. The average age of the examined patients was 47.0 ± 5.4 years. The study was conducted in accordance with ethical norms and requirements in accordance with the 2008 revision of the Declaration of Helsinki. Along with generally accepted examinations, patients were examined for the content of interleukin- 1β (IL- 1β), interleukin-10 (IL-10), transforming growth factor-beta1 TFR β 1, by immunoenzymatic methods. Processing of the statistical material of the research results was carried out with the help of the "EXEL" and "BioStat" application programs. The reliability of the difference between indicators was determined using the Student's test.

Results. The results of the study showed a probable increase in the levels of IL- 1β , TFR β 1, in all groups of patients compared to healthy ones ($p < 0.05$). It should be noted that an increase in the level of TFR β 1 was likely in patients with glomerulonephritis, in comparison with the group of patients with RA with interstitial nephritis ($p < 0.05$). Such changes can be provoked by a significant immune imbalance as a result of the progression of RA, as well as by pronounced disorders that occur during advance of glomerular lesions of the kidneys. The content of IL-10 was reduced in all groups of studied patients in comparison with normal values ($p < 0.05$).

Conclusions. Therefore, it can be concluded that the development of immune inflammation causes accelerated advance of both rheumatoid arthritis itself and kidney lesions associated with it, which initially had a non-immune nature of inflammation. Determination of the profile of pro- and anti-inflammatory cytokines plays a major role in the detection and timely correction of kidney pathology in patients with rheumatoid arthritis.

Андрієць М.М.

РУХОВА АКТИВНІСТЬ СТУДЕНТІВ В УМОВАХ ДИСТАНЦІЙНОГО НАВЧАННЯ

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Вступ. В сучасних умовах в Україні особливо гостро постала проблема фізичного розвитку молоді. Епідемія Covid-19 та воєнний стан в Україні стали причиною переходу навчальних закладів на дистанційну форму навчання. На сьогодні існує безліч інноваційних методів, які допомагають викладачам модернізувати та урізноманітнити онлайн-заняття, проте проведення занять в онлайн-форматі призвели до зменшення фізичної активності студентів. Тому, безсумнівно, потрібно підвищувати мотивацію студентів, в межах позанавчальної діяльності, до збільшення фізичного навантаження шляхом самостійних занять задля зміцнення фізичного здоров'я.

Мета дослідження. Визначення стану рухової активності студентів та розроблення комплексу вправ для самостійних занять спортом.

Результати дослідження. Аналіз наукових досліджень доводить, що ефективність навчання з фізичної культури залежить від активності та мотивації. При дистанційному навчанні студенти ведуть малорухливий спосіб життя, постійно перебувають в межах одного приміщення, що призводить до підвищення розумового та психічного та зниження фізичного навантаження. Внаслідок цього порушуються деякі фізичні функції організму та погіршується стан здоров'я.

В процесі дослідження було проаналізовано стан здоров'я студентів БДМУ на основі медичних довідок. Аналізуючи групи I курсу було визначено кількість студентів основної,