

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



МАТЕРІАЛИ

**105-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького персоналу
БУКОВИНСЬКОГО ДЕРЖАВНОГО МЕДИЧНОГО УНІВЕРСИТЕТУ
присвяченої 80-річчю БДМУ
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Матеріали підсумкової 105-ї науково-практичної конференції з міжнародною участю професорсько-викладацького персоналу Буковинського державного медичного університету, присвяченої 80-річчю БДМУ (м. Чернівці, 05, 07, 12 лютого 2024 р.) – Чернівці: Медуніверситет, 2024. – 477 с. іл.

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У збірнику представлені матеріали 105-ї підсумкової науково-практичної конференції з міжнародною участю професорсько-викладацького персоналу Буковинського державного медичного університету, присвяченої 80-річчю БДМУ (м. Чернівці, 05, 07, 12 лютого 2024 р.) із стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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Conclusions. To sum up, the conducted research points to the increase of anxiety to the subclinical level in patients with radicular manifestations of lumbar osteochondrosis and a decrease of the cerebral circulation autoregulation level due to the increase in the tone of resistance cerebral vessels. The obtained data substantiate the necessity to include angiotropic and psychotropic medication to the treatment complex of patients with radicular syndromes of lumbar osteochondrosis.

Savka S.D.

EVALUATION OF THE EFFECTIVENESS OF COMPLEX TREATMENT OF DEPRESSIVE DISORDERS ASSOCIATED WITH CARDIOVASCULAR DISEASES

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Introduction. According to the World Health Organization, chronic diseases are the leading global cause of death and disability. Many chronic diseases, including diabetes, cardiovascular and respiratory diseases, and oncological pathology can lead to emotional stress, anxiety, and depression in patients. In addition, psychological conditions such as anxiety and depression can increase the risk of developing chronic diseases. The prevalence of stress, anxiety, and depression in individuals with chronic conditions is rising, and chronic conditions comorbid with psychiatric pathology often have a longer course. They are associated with high healthcare costs, including pharmacological therapy, as well as a difficult prognosis. Therefore, chronic diseases create significant psychological stress and harm mental health, acting as negative psychological stimuli.

The aim of the study. The aim of this study was to develop the principles of early diagnosis and complex correction of mental disorders comorbid with diseases of the cardiovascular system.

Material and methods. Sixty-five patients with a depressive disorder between the ages of 18 and 75 were included in the research process. The main group of the study included patients (45 people) with depressive disorder and comorbid cardiovascular diseases. The control group included 20 patients with depression without accompanying somatic pathology. The level of depression and anxiety in patients was determined by the Hamilton Depression Rating Scale (HDRS) and the Hamilton Anxiety Rating Scale (HARS). Quality of life was assessed using the methodology developed by (Mezzich, Cohen, and Ruiperez 1999).

Results. We evaluated the effectiveness of the treatment of depressive disorders by comparing the dynamics of indicators of experimental psychological methods HDRS and HARS and assessment of the quality of life and main psychopathological symptoms. Psychopharmacological correction of depressive disorders consisted of antidepressants, which included mianserin in a dose of 30 mg in the evening, and anxiolytics, which included pregabalin was used in a dose of 75 mg twice a day. In the patients of the main group the positive dynamics of depression reduction amounted to 8 units when treated with an antidepressant; the dynamics of anxiety reduction during treatment with antidepressants in complex therapy was 2 times more effective compared to treatment with antidepressants alone; the quality of life was also higher by two units when using antidepressants in complex therapy.

Conclusions. We observed the highest effectiveness in the reduction of depression when treated with antidepressants, which in fact confirms the high level of probable correlation index, a slightly smaller, but also probable, correlation index between the use of anxiolytics and the level of anxiety, and the general quality of life indicator was most associated with the implementation of a complex treatment.

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PAIN MANAGEMENT IN NON-DEMENTED ELDERLY PATIENTS

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The aim of research. Persistent pain is a frequent health problem in the elderly. Its prevalence ranges from 45% to 80%. Chronic neurological and cardiovascular disease, cancer and