

**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
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improvement and development of previously acquired knowledge of professional English in the medical field for conducting professional and scientific research activities.

Borysiuk A.S.

MENTAL HEALTH IN A STATE OF WAR

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Introduction. The issue of mental and psychological health of the population of Ukraine is becoming increasingly relevant. The number of mental disorders and borderline conditions is rapidly increasing. A large number of our fellow citizens have neurotic problems, typical not only for a "transitional" society with its economic instability, high unemployment, fast-paced life, and significant personal responsibility, but also due to the state of war. In times of war, familiar values are lost, old stereotypes are destroyed, and behavioral patterns change.

The aim of the study. Theoretical overview of social and psychological features of mental health of the individual during state of war.

Material and methods. Theoretical analysis, synthesis and generalization of research results. War has caused numerous irreversible processes that will be extremely difficult, and sometimes impossible, to restore in life.

Results. Common reactions to strong distress include behavioral responses such as crying, screaming, laughter, hyperactivity, immobility, aggression, sleep disturbances, and fears; emotional responses like shock, irritability, fear, sadness, anxiety, shame, numbness, rapid emotional changes; cognitive responses such as poor concentration, forgetfulness, confusion, reflection, indecision; and general responses like lack of energy, emptiness, hopelessness, and social withdrawal. Adaptation in times of war is a necessary element of self-preservation. Reactions like anger, despair, shame, fear, and hatred are entirely typical and normal. Each person has the right to react in their own way to changes and protect themselves from negative consequences. In this way, the personality becomes accustomed, accepts the situation, and adjusts to constant "emotional swings." This defensive reaction allows individuals to continue living, enjoying life, being happy, and working. For a long time after the war, we will encounter individuals with vividly expressed "warrior psyche" complexes, including a strong desire to be understood – to have such reciprocal communication with their surroundings that justifies morally their participation in brutal violence for social benefit; to be socially recognized; to strive for acceptance in the system of social relationships and peaceful life with a higher social status than before; and astonishment at the realities of peaceful life (at a time when they risked their lives, nothing has changed in the country, and society did not notice their absence); insufficient measures or violations/absence of consistency and sequence in the implementation of rehabilitation measures lead to the development of addictive disorders. Three main groups of symptoms that tend to intensify over time are identified: excessive arousal; periodic episodes of depressive mood; features of dissociative reactions.

Conclusions. Therefore, the content of mental health is not limited only to medical and psychological criteria, but includes those social norms that affect a person's life. Mental health is a state of well-being in which each person can realize their potential, cope with life stresses, work productively and fruitfully, and contribute to the life of their community.

Manchul B.V.

EXPLORATION INTO THE HARMONY OF INTERDISCIPLINARITY: CROSSING BOUNDARIES AND ADVANCING COOPERATION

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Introduction. The ongoing discourse continues to delve into the nuanced equilibrium within interdisciplinary exploration, where the focal points revolve around fostering collaborative frameworks, mitigating disciplinary separations, and optimizing tools to enhance seamless interdisciplinary communication. This intricate tapestry of discussions underscores the multifaceted

nature of interdisciplinary endeavors, highlighting the necessity to navigate diverse knowledge domains cohesively. The pursuit of a harmonious balance in these central themes propels the evolution of interdisciplinary research and underscores the vital role it plays in addressing complex, multifaceted challenges that extend beyond the boundaries of traditional disciplines. In the contemporary landscape, the call for enhanced synergy and innovative methodologies resonates, urging scholars and practitioners to embrace the interconnectedness of knowledge and leverage it to propel advancements at the intersection of diverse fields.

The aim of the study. The inquiry directs its attention toward unraveling the balanced dynamics inherent in interdisciplinary exploration across diverse scientific domains. Natural sciences, frequently wielding predominant influence, engage in a reciprocal relationship within interdisciplinary endeavors, securing financial backing more frequently than counterparts in social sciences and humanities.

Material and methods. An emerging pattern reveals challenges in interdisciplinary collaboration, as practitioners in natural or engineering disciplines occasionally exhibit hesitancy in partnering with socio-humanitarian counterparts. Social sciences, usually introduced post-project initiation, contribute distinctive perspectives.

Results. Foremost, balanced facets in interdisciplinary scientific exploration extend across integration realms, spanning the equitable distribution of functions, maintaining a harmonious staffing equilibrium, ensuring financial parity, achieving coherence in knowledge production, and establishing equilibrium in autonomy. Yet, these symmetries remain subtly interwoven into daily interactions, shaping the perceived significance of socio-scientific endeavors and determining their arbiters. Additionally, social sciences and humanities play a pivotal role in crafting precise definitions of problems and effective resolution strategies, while also facilitating the articulation of research findings for accessible integration into societal dialogues.

Conclusion. The historical narrative of interdisciplinary research harmony prompts reflection, with the trajectory of the 20th century showcasing heightened expectations for societal issue resolution. However, challenges in achieving harmony persisted. Some scientists embraced a reciprocal approach, establishing interdisciplinary connections with artificial intelligence, assimilating its methodologies, and adopting a scientific lexicon. Others, rooted in environmental studies, encountered hurdles in devising robust methodologies to address complex ecological and societal challenges. The pivotal role of effective communication among academic disciplines, and scientists specifically, remains paramount for realizing the full potential of interdisciplinary exploration.

Marchuk I.V.

VALUES AND MOTIVATIONAL ASPECTS OF PROFESSIONAL READINESS OF MEDICAL NURSES FOR PALLIATIVE CARE

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Introduction. Palliative care is oriented towards the comprehensive satisfaction of a patient's needs, including physical, psychological, social and spiritual aspects. This means that the team of professionals (doctors, nurses, psychologists, social workers, etc.) collaborates to provide a holistic approach to patient's care. New discoveries in medical science, the use of a modern technology, complex diagnostic and bioethical interventions in the human body pose moral, ethical and motivational challenges to healthcare workers, challenges that can only be tackled by humane individuals.

The aim of the study. The purpose of this research is to determine the essence and structure of the value and motivational components of the professional readiness of medical nurses for work in the palliative care field. It aims to explore and summarize the indicators of the prevailing motives in the readiness of medical nurses to work with incurable patients.

Material and methods. The value and motivational component of the professional readiness of medical nurses for work in the palliative care field was studied using specific questions