

We firmly believe that modern computer means of communication are able to provide the knowledge transfer and fast and unlimited access to a wide range of educational information more efficiently than classical means of teaching. Such computer technologies as interactive boards, electronic bulletin boards, and multimedia hypertext are accessible through the Internet. Other important aspects are the feedback and the “teacher - student” cooperation which can be easily achieved with the high-speed opportunities of computer programs and systems of information transfer unlike the traditional methods of studies.

Some disadvantages of distance education should be also mentioned as well. Despite the fact that distance education has a considerable number of positive features, there are a number of aspects which have not been considered sufficiently yet.

1) First of all, it is complicated to identify distance students – because of the modern stage of technological development it is quite problematic to identify who exactly is taking an examination.

2) The significant problem lies in a low capacity of the network during the educational or examinational teleconferences.

3) There is insufficient direct contact between a tutor and a distance student due to the extreme professional workload of native pedagogues. Students of the foreign distance courses can receive the replies to their letters within a few hours because of the fact that the number of teachers who are experienced in implementing distance education is higher than that of students. Therefore, distance learning requires continuous being “in the know” from the providers of educational process, that is, teachers.

To sum up, one of the main tasks of the present-day education is the preparation of a specialist who has the opportunity to study when and how it is convenient for him/her. Distance education has been created as an instrument for the global educational space and with the purpose of becoming the newest educational space which has no barriers or limitations. Perspectives of further research are believed to deal with investigation of the practical application of distance education in Ukraine.

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### **I LIQ CHUAN IS EFFECTIVE IN TREATING KNEE OSTEOARTHRITIS**

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I Liq Chuan (literally translated as Mental-Physical Martial Art) based on Tai Chi and Chan (Zen) principles. Tai Chi is a traditional Chinese mind-body exercise that enhances balance, strength, flexibility and self-efficacy, and reduces pain, depression and anxiety in diverse patient populations with chronic conditions. As a complementary mind-body approach, I Liq Chuan may be an especially applicable treatment for older adults with knee OA.

Objective of the study was to evaluate the effectiveness of I Liq Chuan in the treatment of knee osteoarthritis (OA) symptoms. 20 individuals with symptomatic tibiofemoral OA were examined. Patients were randomly assigned to 60 minutes of I Liq Chuan (15 modified basic exercises) by a certificated instructor with more than 10 years of teaching experience or Attention Control (wellness education and stretching) twice-weekly for 12 weeks. The primary outcome was the Western Ontario and McMaster Universities OA (WOMAC) pain score at 12 weeks. Secondary outcomes included WOMAC function, patient and physician global assessments, timed chair stand, depression index, self-efficacy scale, and quality of life. Analyses were compared by intention-to-treat principles.

The 20 patients had average age of 60 and BMI 30.0 kg/m<sup>2</sup>. Compared to the control group, patients assigned to I Liq Chuan exhibited significantly greater improvement in WOMAC pain (mean difference at 12 weeks = -118.80 mm; 95% confidence interval [-183.66 to -53.94]; P= 0.0005), WOMAC physical function, -324.60 mm (CI, -513.98 to -135.22; P= 0.001), patients global VAS, -2.15 cm (CI, -3.82 to -0.49; P= 0.01), physician global VAS, -1.71 cm (CI, -2.75 to -0.66; P=0.002), chair stand time, -10.88 sec. (CI, -15.91 to -5.84; P= 0.00005), CES-Depression

index, -6.70 (CI, -11.63 to -1.77; P= 0.009), self-efficacy score, 0.71 (CI, 0.03 to 1.39; P= 0.04) and SF-36 physical component summary, 7.43 (CI, 2.50 to 12.36; P=0.004). No severe adverse events were observed.

Thus, I Liq Chuan reduces pain and improves physical function, self-efficacy, depression and health-related quality of life for knee OA.

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