

**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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Конференція внесена до Реєстру заходів безперервного професійного розвитку,  
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respiratory extraesophageal symptoms of gastroesophageal reflux disease D, and esophagitis of the I-II stage was diagnosed in 26.7% of patients.

Signs of broncho-obstructive syndrome, according to spirometry data, were found in 18.2% of patients with gastroesophageal reflux disease without esophagitis and in 44.5% of patients with gastroesophageal reflux disease with esophagitis. The intensity of broncho-obstructive syndrome manifestations directly correlated with the duration of gastroesophageal reflux disease and the presence of harmful habits. According to the results obtained by the MQ GERD-Q, the score in patients with respiratory extraesophageal symptoms of gastroesophageal reflux disease without esophagitis averaged  $15.25 \pm 2.15$ , and in patients with respiratory extraesophageal symptoms of gastroesophageal reflux disease with esophagitis it was  $21.82 \pm 4.14$ . The evaluation of the treatment results with MQ GERD-Q showed positive dynamics in reducing the number of points in the questionnaire after 1 week to  $12.61 \pm 2.12$  in patients with respiratory extraesophageal symptoms of gastroesophageal reflux disease without esophagitis and up to  $18.32 \pm 3.11$  in patients with respiratory extraesophageal symptoms of gastroesophageal reflux disease with esophagitis. After 4 weeks, the sum of points on the MQ GERD-Q was  $6.58 \pm 1.76$  and  $8.64 \pm 2.34$ , respectively.

**Conclusions.** Thus, in elderly patients, the frequency of respiratory extraesophageal symptoms of gastroesophageal reflux disease increased in comparison with the general population. The severity of the symptoms of respiratory extraesophageal symptoms of gastroesophageal reflux disease ("lower" type, broncho-obstructive syndrome) correlated with the progression of gastroesophageal reflux disease, the development of esophagitis and the wrong lifestyle. Treatment with omeprazole at a dose of 40 mg/d for 4 weeks was effective in all patients according to the MQ GERD. Having received the incomplete disappearance of respiratory extraesophageal symptoms of gastroesophageal reflux disease, we recommended the patient to continue the prescribed therapy for up to 8 weeks and to modify the lifestyle.

**Sluchenska R. V.**

## **ISSUES IN STUDENT ATTITUDE TOWARDS PHYSICAL EDUCATION AND SPORTS ACTIVITY IN THE MODERN UNIVERSITY MEDIUM**

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**Introduction.** It is necessary to point out that the effectiveness of physical education classes directly depends on the extent of students' awareness of the goals of physical education and the personal value of such courses. Therefore, it is necessary to search for such methods of organizing physical education classes and strategies of influence, which could most effectively ensure forming a positive personality orientation in physical education classes.

**Purpose of the study.** Recently, many specialists in the field of physical education have raised the issue of the need to increase interest and improve the student's attitude toward physical education and sports. The analysis of the formation of the orientation of students' personalities showed that the majority have practically no physical education and sport orientation.

**Material and methods.** The study of the formation of the orientation of the student's personality in physical education classes allows us to state that the orientation is at a low level as a whole. It is necessary to note that 29% of girls and 4.5% of boys have never participated in sports. Most students, except for mandatory classes, are not involved in physical culture. However, according to the survey data, 28.5% of boys and 39% of girls indicate that the university has all the conditions for physical culture, and they may practice sports at a suitable time. It was found that the vast majority of 1st-year students (75.8%) attend training sessions due to necessity, and only 9.4% attend physical education classes with desire.

**Results.** Despite the general trends of students' orientation, an essential point of their positive motivation is the state of the sport training facilities of educational institutions, the orientation of the educational process and content of classes, the level of requirements of the curriculum, special courses, etc. Thus, the necessity to find ways which increase students' interest in

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