

**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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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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morphological evaluation of gastric biopsy specimens, liver ultrasonography, liver enzymes (ALT, alanine aminotransferase; AST, aspartate aminotransferase) were evaluated before and after the treatment period.

Results. In both groups, the successful eradication of *H.pylori* led to a reduction in endoscopic signs of inflammation, stomach and duodenal ulcers healing, epithelialization of gastroduodenal erosions, improvement of gastric mucosa histology and reduction in gastritis activity degree. However, in the main group 1, a more significant clinical improvement was observed compared to group 2, in which dyspepsia (nausea, early satiety, feeling of heaviness in the epigastrium after eating, belching, regurgitation) by the end of treatment was still present in 29.6% of patients, in contrast to 14.8% in group 1 ($p<0.001$). A significant ($p<0.001$) decrease in inflammatory cell infiltration was found in both groups. However, patients in group 1 showed better results, as the degree of polymorphonuclear infiltration decreased by 63.9%, mononuclear infiltration by 66.7% ($p<0.001$), while in group 2 these indicators decreased by 44.1% and 47.4% ($p<0.001$), respectively. In addition, degenerative and necrotic changes in epithelial cells with multiple cases of gastroduodenal erosions were still present in group 2 patients after six weeks of therapy. Manifestations of atrophy of the gastric mucosa, intestinal metaplasia, and the state of the microcirculatory bed were not statistically different in samples taken before and after treatment in both groups. At the same time, in the main group 1, after 6 weeks of treatment with L-glutathione, the level of transaminases normalized. In group 2, serum ALT and AST levels were higher than the reference range at the end of the treatment period and were significantly higher than those in group 1 ($p<0.05$).

Conclusions. The administration of L-glutathione after anti-helicobacter therapy made it possible to optimize the course of therapy as a whole. According to the results of the study, L-glutathione contributed to a faster regression of inflammatory infiltration of the mucous membrane of the gastroduodenal zone and showed a cell-protective effect.

Palichuk Yu. I.

**FORMATION OF HEALTH PRESERVATION CULTURE
AMONG HIGHER EDUCATION INSTITUTION (HEI) STUDENTS THROUGH
PHYSICAL EDUCATION MEANS**

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Introduction. The values of student rearing that are focused on acknowledging the worth of the individual, their right to unrestricted growth, and their ability to express themselves become more important in the higher education system. As a result, fostering a culture of health keeping among students during physical education sessions becomes important as a means of improving their overall growth.

The aim of the study. To substantiate the pedagogical strategy of building a culture of health preservation for university students through physical education.

Material and methods. The following methods contributed to our research: theoretical (literature review, psychological-pedagogical and educational-methodical sources on health issues, health preservation, and physical education in higher education); empirical (observation of educational and educational activities, analysis of results, interviews, surveys); pedagogical experiment (descriptive and formative) contributed to examining the actual state and peculiarities of health preservation culture formation among students.

Results. The conducted experiment provided results that demonstrate the higher quality level of application of health preservation and strengthening knowledge and abilities by students in the experimental group in non-standard conditions. Simultaneously, they can plan exercises and health-promoting events under various circumstances while considering the surrounding environment.

An analysis has been conducted on the extent to which students at higher education institutions are forming a culture of health preservation. The descriptive experiment's findings

showed that, at least initially, there are no appreciable variations in the degree of health preservation culture among students in the experimental and control groups: the development of needs and value orientations aimed at preserving and strengthening health, self-assessment, self-control, awareness of their actions in the field of health preservation, physical development, and the ability to use potential opportunities for preserving their health are predominantly at low and moderate levels in both groups and qualitatively similar.

Conclusions. The pedagogical experiment provided results that showed the experimental group's students formed a culture of health preservation more so than the control. It demonstrates how well the experimental approach enhances the creation of a health preservation culture through physical education.

Pavliukovych N.D.

METHODS OF LASER POLIARYMETRY FOR ERYTHROCYTE MORPHOLOGY INVESTIGATION IN PATIENTS WITH COMORBID PATHOLOGY

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Introduction. Changes in the rheological properties of blood are one of the most important moments in the pathogenesis of most diseases, especially in case of comorbidity.

The aim of the study. To investigate possible structural changes of erythrocytes membranes (EM) in patients with chronic heart failure (CHF) and diabetes mellitus type 2 (DM).

Methods of optical physics reveal and objectify structural changes of EM, which can expand the arsenal of diagnostic methods of rheological disorders detection due to various pathological conditions.

Material and methods. 60 patients with CHF the (I group) and 55 patients with CHF with comorbid DM (the II group) were included in the research. For objective assessment of EM functional state laser polarimetry of the red cell suspension smear was applied.

Results. Intensity distribution of Fourier spectrum histogram of erythrocytes suspension smear had symmetrical "bell-like" appearance. Unlike this, intensity distribution of Fourier spectrum of erythrocytes suspension smear in patients of the II group was uneven, and histogram transformed into asymmetric dependence.

The revealed fact indicates the growth of EM anisotropic component, conditioned primarily by conformational changes of the EM protein structure due to chronic hyperglycemia (activation of the peroxic oxidation of the biopolymers and lipids, protein molecules glycolization, and, as a result, the change of the conformational and spatial orientation of the protein fibrils, including integrated, of the erythrocyte membrane), which is accompanied by worsening of EM morphological features. Correlation analysis showed a statistically significant direct relationship between the level of fasting glucose and anisotropy degree of the red blood cells suspension in patients with CHF and DM.

Conclusions. Thus, laser polymerization methods of the EM may be used for early diagnosis of erythrocytes structural changes in patients with CHF and DM.

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CLINICAL AND ULTRASONOGRAPHIC ASPECTS OF CHRONIC COLECYSTITIS IN PATIENTS WITH HYPOTHYROIDISM.

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Introduction. Hypothyroidism, especially its subclinical forms, is a common disease in which changes occur in many tissues of the body. It has been studied that changes in homeostasis in tissues sensitive to thyroid hormones include carbohydrate, fat and protein metabolism. In turn, changes in fat metabolism lead to dyslipidemia, which is often combined with diseases of the gastrointestinal tract, in particular, chronic cholecystitis. Clinical and ultrasonographic features of the integrated course of chronic cholecystitis and hypothyroidism require further investigation.