

**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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Results. One of the important characteristics of the medical industry of these countries is the contract-competition approach to the formation of the management of institutions, which takes into account personal and professional qualities, management skills and the ability to communicate, establish effective communication in the institution's team, skills in strategic planning, crisis management and response in emergency situations, teambuilding, ability to work for results, creativity, etc. Thus, the presence of a medical education is not a necessary language when participating in the competition and selection for a position, because much more important criteria are used. A fairly extensive network of educational services works in the West to train such effective managers. Such programs are established for top managers, their deputies (deputies), team members or civil servants of category "A" and "B", who combine training in Ukrainian and English with modern experts, trainers, representatives of WHO, UNICEF and others international structures.

One of the key aspects of the formation of a new generation of health care managers is understanding the essence of the principles of barrier-freeness and inclusion in the context of observing human rights to receive medical services. Practical observance of the human right to health care involves a qualitative approach to creating conditions, providing services, taking into account the specific needs of a person with a disability. Therefore, the manager of a health care facility should have a good understanding of the basic international and national regulatory acts that regulate ensuring compliance with human rights (employee, colleague, patient), medical ethics, combating various forms of discrimination, gender inequality, mobbing and bullying, be able to apply mediative technologies in preventing or resolving conflict situations.

Conclusion. Therefore, the effectiveness of the reform of the medical system in Ukraine primarily depends on effective management, i.e. specially trained specialists who speak foreign languages, are communicators, know how to act in crisis (emergency) situations, and set up the team for results. This is precisely why, in our opinion, it is necessary to reform the system of training such managers, who should receive the entire package of special knowledge, modern skills for organizing the work of the institution, specialists who are able to think strategically, create their own team.

Vlasyk L.Y.

THE IMPACT OF WAR AS A DISASTER ON THE MENTAL HEALTH OF THE CIVILIAN POPULATION

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Introduction. Disasters are unforeseen and often sudden events that cause significant damage, destruction, and human suffering. The Russia's war on the territory of Ukraine is seen as a disaster of a global scale due to its devastating consequences, massive migration, and the number of deaths among the civilian population. The breach of the Kakhovska dam in June 2023 is a large-scale environmental disaster that goes beyond the borders of Ukraine; the extent of which may not be clear for years or even decades. The equivalent of examining reports of injury and death from military action (as well as disasters in general) is considered to be an examination of the mental health effects of these events (Awuah, et al., 2022).

The aim of the study. Analysis of the impact of a local flood, pandemic COVID-19, military operations on the mental health of the civilian population was our aim.

Material and methods. The materials were the data of a cross-sectional study on the basis of the Ptoukha Institute for Demography and Social Studies of the NAS of Ukraine among students of higher education institutions of Ukraine (2022) regarding the life and health, with its own statistical processing and with joint interpretation of the results; data of a sociological study of the needs of internally displaced persons in the Chernivtsi region (2022); used data from an epidemiological study of the economically active population (2017-2018) for an example of the indirect effect on the mental health of those employed in the market 10 years after the flood.

Results. Despite high frequency and devastating repercussions of floods and droughts, there currently is limited epidemiological evidence on their health impacts, partly because disasters are

studied retrospectively. A flood of local importance in Bukovina caused damage to the workers of the market and, among other factors, contributed to mental health disorders. Among common health problems, respondents of economically active population noted stress and overwork 34.3%, female – 42.7%, male – 24.7%. Respondents from the “market” group 29.7%. Depression was reported by 11.7% of respondents, female – 15.1%, male – 7.9%, the least civil servants – 3.3%. The long-term expected consequences of mental health disorders are harmful habits and the resulting increase in non-communicable diseases. The breach of the Kakhovska dam unfolded on the front line of the war, increasing the impact on the environment. Detailed assessment, response and recovery are currently not possible due to active hostilities and the presence of mines and unexploded ordnance.

Information about changes in people's lives is usually collected through social surveys. Students often become respondents in sociological researches due to their high level of digital literacy and social activity. Psychological problems for students during the war increased compared to those during the COVID-19 pandemic (77.4% vs. 55.1%), ($p < 0.001$). Females were more likely to report having psychological problems than male (85.2% vs. 53.8%), ($p < 0.001$). 33% of internally displaced persons had problems with adaptation and needed the services of a psychologist.

Conclusions. All natural disasters have a long-term effect on the mental health of the civilian population, leading to an increase in non-communicable diseases. Studying mental health disorders is equivalent to studying the human toll of war. A detailed assessment of the consequences of the war as a natural disaster is impossible, because the events are unfolding on the front line and mines.

Yasynska E.Ts.

ANALYSIS OF TOTAL INDICATORS OF THE QUALITY OF LIFE OF PATIENTS WITH CARDIOVASCULAR PATHOLOGY

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Introduction. According to the definition of the World Health Organization (WHO), quality of life is the perception by individuals of their position in life in the context of culture and value system and in relation to their goals, expectations, standards and problems. Cardiac arrhythmias and myocardial infarction have a very negative impact on the quality of life of patients with this pathology. The quality of life of patients with cardiovascular diseases is assessed using a summary assessment of emotional, social, psychological and physical factors. The tactics and outcome of treatment of cardiovascular diseases depends on improving the patient's quality of life.

The aim of the study was to assess the total indicators of the quality of life of patients with cardiovascular pathology using specially adapted scales and questionnaires. During the study, the following tasks were solved: the total indicators of the level of anxiety were determined and the analysis was carried out regarding the interpretation of the results of situational and personal anxiety in patients with cardiovascular pathology.

Material and methods. To study the quality of life in patients with cardiovascular pathology, we used the Minnesota Quality of Life Questionnaire (MLHFQ) ("Living with Heart Failure Questionnaire", modified Spielberg-Hanin situational and personal anxiety scales. 70 respondents (45 men and 25 women aged 40 years and older) who were treated at the Chernivtsi Regional Cardiology Center for three years. The average age of the subjects was 59.2 years. Mathematical and statistical analysis of the obtained results was carried out using the methods of mathematical statistics: Student's criterion (τ), linear correlation coefficient.

Results. Total indicators of the level of anxiety in patients with cardiovascular pathology were determined. 45 patients (49%) had a high level of anxiety and the lowest quality of life indicators. Of them, 30 (66.7%) were men and 15 were women (33.4%). Such indicators were obtained by analyzing questions related to emotional disorders, socialization, energy, etc. Patients of older age groups (70 years and older) who had a complications of cardiovascular diseases in the anamnesis (myocardial infarction, cardiac arrhythmias, etc.) received the maximum number of points on the negative events evaluation scale. A total of 15 patients. Among them, 12 men (80%)