

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ**



МАТЕРІАЛИ

**106-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького колективу
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Матеріали підсумкової 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) – Чернівці: Медуніверситет, 2025. – 450 с. іл.

У збірнику представлені матеріали 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) зі стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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antioxidant and cerebroprotective properties of the ZNM substance in the conditions of closed traumatic brain injury of medium severity.

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STABILIZATION OF ADAPTATION POTENTIAL WITH THE HELP OF CORRECTIVE TECHNIQUES AS AN IMPORTANT POINT DURING THE PERIOD OF WAR

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Introduction. The present dictates new conditions for us and requires resources for rapid adaptation. The healthcare system faces new challenges because the future of the state directly depends on the mental and physical health of the young generation. According to various authors, the state of health and the course of various diseases cannot be considered without taking into account the body's adaptation processes. A person is able to physiologically adapt to any changes in the external or internal environment, using various mechanisms. The physiological essence of adaptation is a set of functional mechanisms that ensure adequate adaptation of the organism to the influence of the environment, harmonious development, and preservation of the proper level of homeostasis parameters.

The aim of the study. To investigate how empirical and practical knowledge about the possibilities of one's own psyche affects the adaptation potential of children, and their physical and mental health, through the use of a correctional program for teaching special techniques. To determine whether there is a relationship between adaptive potential, corrective techniques, and the quality of learning.

Materials and methods. We conducted a survey and testing using validated methods before and after a series of training sessions under the program "Children and War: Teaching Healing Techniques" among 2 groups of children (50 students of 6th grade) to compare the level of adaptive potential. They used theoretical (the method of analysis and generalization of scientific literature to find out the state of research on the problem of adaptation potential of children); empirical (observation method); conversation method; method of psychodiagnostic research (event impact scale); anthropometry, determination of blood pressure according to the Korotkov method, assessment of adaptation potential according to the R.M. Baevsky method, and mathematical (statistical analysis of the obtained results to determine the average values and the average error of the studied indicators and the significance of the differences in the obtained results).

Results. During the screening-diagnosis of 6th graders using the AP formula, it was found that only 10% of children had satisfactory adaptation. In the majority of the examined, 38 (76 %) noted the tension of adaptation mechanisms, and in 7 (14 %) children, adaptation was unsatisfactory. Along with the changed functional state of adaptive reactions, primarily of the cardiovascular system, a decrease in its reserve was found. Thus, 16 children (32%) had a lower IR among the participants in the study, 29 children (58%) had a low level, and 5 (10%) schoolchildren had an average level. The Ruffier index in 90% of schoolchildren did not correspond to a sufficient reserve of the circulatory system. The analysis of the results of the measurement of morphofunctional indicators showed that the highest level of adaptation potential belongs to students who mainly practiced in sports sections, and the third and fourth levels of AP include children who have excess body weight and deviations in the work of the cardiovascular and respiratory systems. Re-evaluating the indicators of the 1st group of children, there was an improvement in results by 15% in all parameters of the scale of the impact of events and a decrease in the level of intrusions.

Conclusions. Neglecting the anatomical, physiological, and psychological characteristics of children will lead to the complication of adaptation. The level of adaptation potential in the conditions of constant triggers during a full-scale war depends on the child's ability to self-soothe and psychological self-stabilization and directly affects the state of health.