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FAMILY PLANNING AND MEDICAL STUDENTS

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Family planning (FP) is a strategy or approach adopted by UN and international federation on population policies after post–World War II period to prevent overburden number of children by one woman (i.e unwanted pregnancy) and to prevent any sexually transmitted infections (STIs).

Despite high efficiency of condom in STIs prevention and unwanted pregnancy which is next to abstinence the rates of sexually transmitted diseases continue to rise and hence the need to carry out this study to assess the level of knowledge on condom use.

The male condom is the best method for reducing the risk of STIs for those who choose to have intercourse.

It is to this background that this study was carried out to assess the level of knowledge on condom use and to recommend ways of educating these students who will pass out of the university to be health professionals to deliver health services including FP choices and proper ways to execute them to which condoms are not exception.

Aim of study. To evaluate the knowledge about the effectiveness of condom in the prevention of unwanted pregnancy and STIs.

Material and methods. The study involved 40 students of 4th -6th course studying in BSMU i.e. 20 Ukrainian students (who can read and understand English language) and 20 foreign students. The foreign students were further stratified into the four large nationals in the university. i.e. India(5), Ghana(5), Nigeria (5) and Somalia (5). The subjects for the study were selected using simple stratified sampling technique involving sex and nationality. Each of the students for the study received a questionnaire

which was filled by the students themselves without any interpretation or explanation of any question in order to avoid any bias. The knowledge on effectiveness of condom use was assessed by each of the students given a fathom penis/vagina to demonstrate their level of knowledge. Level of knowledge was graded in to 1scale (1-3). Grade1 as poor knowledge, grade 2 moderate and grade 3 as having good knowledge.

Results. The study revealed that 95% of the students were aware of condom as a family planning method. The 5% knew about the male condom but did not know the existence of the female condom. Most of the students indicated their source of information on FP and condom use was acquired from friends. Majority (75%) of the students uses condom in each act of sex. Only 20% do not use condom during each act of sex. Most (50%) students are not using condom because they indicated lack of sexual enjoyment as the reason.

Conclusion. From the above study, it can be revealed that most students were aware of the existence of condom as a family planning method and its importance. The main source of their information came from friends. Hence I therefore recommend the need to incorporate FP methods in the curricula of each department of the university in order to impact the right source of information regarding the use of condom use. Also most students who did not use condom indicated lack of sexual enjoyment hence the need to offer the youth proper education on how to use condom in order to achieve the desired results during sexual intercourse.

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VARIATIONS IN BLOOD PRESSURE DEPENDING ON WEATHER
CONDITIONS AT DIFFERENT CLIMATIC REGIONS

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Introduction. The variations in weather conditions can influence on the organism's homeostasis, causing some diseases. Changed climate could be considered as a long acting stress factor, and blood pressure usually reacts first for the stress action.

Aim. The aim of this study is to analyze the variations in blood pressure among foreign students in Ukraine at different climatic conditions (winter) compared to students in Ghana (Africa) who have only summer (hot weather).

Materials & methods. Blood pressure was measured using sphygmomanometer. Blood pressure was measured during classes hours for a period of five (5) days. Two (2) groups were considered during the study (a study group and control group). Blood pressure of 45 students Legon University, Ghana were taken as Control Group and that of Bukovinian State Medical University, Ukraine were collected as Study Group (SG) (48 students). Systolic

and diastolic pressure were measured in mmHg and Mean (average) values were used to determine variations in blood pressure by Standard Deviation Method. A Student's criteria for independent groups was used to compare variations in systolic and diastolic pressure depending on weather conditions at different climatic region, Ghana & Ukraine respectively.

Results. The results of systolic and diastolic pressure (in mmHg) recorded showed that 22.9% of study group of foreign students of Bukovinian State Medical University (SG) had an increase in blood pressure with maximum systolic pressure of 140 ± 4.7 mmHg and diastolic pressure of 100 ± 5.6 mmHg making the fall into a prehypertensive stage. The reason being that academic calendar of Bukovinian State Medical University (SG) covers cold weather and there are frequent fluctuations in temperature at short intervals of time. This increases atmospheric pressure causing heart rate to work faster



than usual (heart rate increases), therefore blood pressure increases (organism is preparing itself for adaptation). Students in Legon University (CG) results recorded 3.6% ($p < 0.05$) increase in blood pressure which is insignificant because their weather condition is stable at throughout the year without a fluctuation in temperature (organism is already adapted). Their maximum systolic pressure was 125 ± 3.5 mmHg & minimum diastolic pressure was 80 ± 2.3 mmHg.

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DEFENITION OF INTESTINAL WALL VIABILITY IN THE EXPERIMENT

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Defenition of bowel wall viability (DBWV) - is one of the unsolved problems of abdominal surgery. Determination of circulatory disorders of intestine, identifying areas of necrosis is determinant to choose the amount of resection and suture place, their capacity. When using methods based on visual inspection, the probability of the results to a large extent determine the factors that influence the degree of which it is impossible to assess and make appropriate adjustments. This makes the actual search for new methods that allow to adequately and quickly asses the availability and depth of morphofunctional changes in the intestinal wall.

The purpose of the experiment was to investigate changes in spectral and photoplethysmography information in the development of bowel necrosis, to develop new methods of determining DBWV intestinal wall.

The objects of the study were 12 breed rabbits of both sexes, with no obvious signs of disease and with normal values of laboratory tests.

Modeling ischemia of the small intestine was carried out by the developed method (certificate of innovative

Conclusions. The results obtained above showed that some foreign students in Bukovinian State Medical University have increased blood pressure, and it needs a time to adapt to the weather in Ukraine to prevent hypertensive conditions. The prospective for further researches is to find average time, needed for blood pressure adaptation and to find means for reducing risk of blood pressure growth in changed climatic conditions.

proposal №69/05), which enables to simulate the projected degree of ischemia. The degree of ischemia measured by the developed technique (patent of Ukraine for utility model №25701), which is non-invasive determination of hemoglobin oxygenation of arterial blood.

To evaluate the morphological changes of the bowel wall were carried out histochemical (Schiff reaction, alkaline phosphatase and nonspecific esterase mucosa of the small intestine) and histological (hematoxylin-eosin staining) study.

Informative study of the proposed method showed that the developed method of assessment of bowel viability, provides rapid quantitative assessment of the degree of oxygenation of the intestinal wall, which is closely correlated to its viability. The method is convenient and easy to use, enabling its wide application in practical surgery. The developed method determination of bowel viability involves highly probable, noninvasive assessment of the degree of oxygenation of the intestinal wall, which allows determination prevent of life-threatening complications in surgical interventions on hollow organs of digestion.

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HYPERTRIGYCERIDEMIA AND METABOLIC SYNDROME IN PATIENTS WITH TYPE 2 DIABETES

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Both, metabolic syndrome and diabetes mellitus (DM), are strongly associated with hypertriglyceridemia (HTG). In type 1 diabetes the absence of insulin reduces the ability of lipoprotein lipase to reduce triglycerides (TG) into fatty acids, resulting in elevated TG levels. In type 2 diabetes, insulin resistance leads to enhanced production and reduced clearance of TG. HTG with low concentrations of HDL cholesterol is a classic feature of insulin resistance and characterizes the lipid profile in type 2 diabetes. The concept of the metabolic syndrome has proven to be useful in emphasizing the importance of obesity, insulin resistance and related lipoprotein disturbances in the assessment of the risk of cardiovascular disease (CVD) – the major cause of morbidity and mortality in type 2 diabetes.

In this concern, the objective of the present study was to evaluate the association of HTG with metabolic syndrome (MS) in patients with type 2 diabetes.

Material and methods. We studied 38 patients with type 2 diabetes (42% men and 58% women, mean age – $56,0 \pm 1,36$ years), hospitalized to Chernivtsi Regional Endocrinological Center during a month period. In 29% of participating patients the duration of diabetes was less than 5 years, in 40% – 5-10 years, 31% of patients had diabetes longer than 10 years (average duration of DM – $8,0 \pm 0,79$ years). Among all examined patients 18% were treated by oral hypoglycemic agents, 20% were on combined hypoglycemic therapy and 11% received insulin preparations. Fasting and postprandial glucose concentration, fasting triglycerides level were measured