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Conclusion. The prevalence of atrial fibrillation increases markedly with older age: about 5% of people over 65 years and 10% of people age older than 80 years suffer from atrial fibrillation. The CHA₂DS₂-VASc score can help estimate stroke risk in patients with non-valvular atrial fibrillation and determine which antithrombotic therapy is most appropriate.

Keywords: non-valvular atrial fibrillation, arrhythmia, thromboembolic risk, stroke.

37. A COMPARATIVE STUDY OF PATIENT SATISFACTION WITH MENTAL HEALTH SERVICES IN ARMENIA AND MOLDOVA

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Introduction: Mental health is just as important as physical health to the overall well-being of individuals, societies and countries. It is accountable for 12% of the global burden of disease whereas global budgets of the majority of the countries allocate less than 1% of their total health expenditure to mental health care. Morbidity rates for psychiatric diseases in Republic of Armenia have increased from 228 per 100,000 general population in 2006 to 243.6 in 2009. Whereas the prevalence of mental and behavior disorders among the population of Republic of Moldova has grown from 2,599 per 100,000 people to 2,649 in 2009. This qualitative research study examines and compares patient satisfaction with mental health care services in Armenia and Moldova.

Methods: An exploratory qualitative study on patient satisfaction with mental health care services was conducted in Yerevan and Chisinau. The study collected data via in-depth interviews. The study population included caregivers of 18 to 65 years old mentally ill patients. A semi-structured in-depth interview guide was developed in English, and translated into Armenian and Romanian. A trained interviewer for Armenia conducted 21 in-depth interviews and one focus group, while for Moldova the student investigator conducted 24 in-depth interviews. Detailed notes were taken during the interview and later transcribed in English. The transcripts were coded by words, phrases and ideas, and analyzed by hand. Several ethics committees approved the study.

Results and discussion: Four domains expressing the main concerns that the participants had, that influenced their patients'/relatives' satisfaction and revealing information that would be more helpful to improve the quality of care in mental health were: financial access, commodities in hospital, medical staff qualifications and attitudes, and overall satisfaction of patient and relative. Part of the similarities between Armenia and Moldova is the fact that participants and patients were overall satisfied with the services, despite the shortage of drugs at times, additional expenses it caused and uncomfortable conditions within the hospital.

Recommendations: Based on the results of the study the following recommendations are made:

- I. Conduct regular patient satisfaction assessments in the mental health care sector;
- II. Use patient satisfaction assessments to inform mental health care policy and legislation development;
- III. Use the assessments of patient and caregiver satisfaction with mental health care as part of the overall evaluation of the sector to improve and maintain service quality;

- IV. Train mental health care providers on basic human rights/patient-provider communication;
- V. Control/improve the basic conditions for patients at the mental health care hospitals/dispensaries, including food, bedding, and recreation time/facilities;
- VI. Increase patients'/caregivers' awareness of their rights and standards of care;
- VII. Ensure social protection mechanisms for people with mental health disorders.

38. EPIDEMIOLOGY OF PERIODIC LIMB MOVEMENT DISORDER

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Introduction: Periodic limb movement disorder (PLMD) is characterized by periodic episodes of repetitive and highly stereotyped limb movements that occur during sleep, affecting the lower limbs, lasting 0,5 to 5 seconds and the pause between the episodes is about 20-40 seconds. Purpose of the study is studying the scientific literature about the prevalence of periodic limb movement disorder in different disorders.

Materials and methods: There were studied about 50 articles about the prevalence of periodic limb movement disorder.

Discussion results: Periodic limb movement disorder is frequently encountered among sleep disorders. Its prevalence is about 3,9% to 6% in general population. The prevalence in persons of age upper than 60 is 34%. In children periodic limb movements prevalence is 7,7%. In patients with sleep obstructive apnea, periodic limb movements prevalence is about 4-5%. In patients with insomnia periodic limb movement disorder is encountered in about 1 to 15 % of all patients.

Conclusions: Periodic limb movement disorder is a disorder with a high prevalence in general population. An appropriate clinical approach is still discussed. PLMD is frequently encountered in different pathologies and this finding may give a solution in finding a proper clinical approach.

Key words: Periodic limb movement, epidemiology, obstructive sleep apnea.

39. HYPOTHYROIDISM AND DYSLIPIDEMIA

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Introduction: Hypothyroidism is a relatively common endocrine disorder usually accompanied with changes in serum lipid profiles. Recent studies consistently demonstrate elevated levels of serum total cholesterol, low-density lipoprotein cholesterol (LDL-C), apolipoprotein B, lipoprotein(a), and possibly triglycerides in individuals with overt hypothyroidism, all of which are reversible with