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**THE ROLE OF INFORMATION SEMINARS AMONG YOUNG PEOPLE IN
PREVENTING SUDDEN ARRHYTHMIC SYNDROME AND DEATH (SADS)**

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Abstract: Educational / informational seminars were held on the prevention and care of SADS syndromes. The object of the research is 160 foreign students of medical universities in the city of Dnipro. A questionnaire has been developed to test awareness and preventive knowledge about SADS. A preliminary and post-test control group design (design of four Solomon groups) was used in a longitudinal study during 1 year of follow-up. The effectiveness of training workshops in raising awareness of short-term and long-term (after 1 year) SADS programs among student youth has been statistically confirmed.

Keywords: SADS, Young people, Prophylactic intervention, SADS education/Awareness seminar, Longitudinal Studies.

SADS is a blanket term used to describe sudden disruptions in the heart's rhythm, usually caused by a genetic or undiagnosed heart condition. The increase in high profile incidents involving young elite athletes has raised concerns and highlighted the need for the exploration of prophylactic intervention to reduce the current rate of occurrence.

The aim of this study is to investigate if SADS education / Awareness seminars could show efficacy in improving the awareness of SADS short-term and long-term

(after 1 year) among young international students in Medical Universities in Dnipro, Dnipro city, Ukraine.

The method employed involved a Control Group Pretest-Posttest Design (The Solomon four group design). A questionnaire was developed to test awareness and prophylactic knowledge of SADS and the researcher collected Data by surveying 160 participants (February-March 2020 – February-March 2021). McNemar Paired Test showed contrasts between the proportions of respondents and responses to the parameters used to measure changes in the awareness levels of the study cohort pre-/post-intervention. There were more statistically significant contrasts observed in the proportions of participants' responses ($t=4$ ($p<05$)), than non-significant contrasts ($t=3$ ($p>05$)) pre-/post-intervention. This inferred that the intervention had a net statistically significant effect on the participants' level of SADS knowledge/awareness post-intervention, and hence, proof of efficacy and association. One year later, the proportion of the students who displayed long-term retention of the intervention information after 1 year (70%) was more than those who did not retain the intervention information (30%). Results suggested that the intervention is associated with the observed improved awareness level and also long-term prophylactic knowledge retention potential.

It has been established that information seminars are an effective form of preventive health education and the persistent preservation of a high level of awareness of SADS among students of medical universities and can be applied among other population groups in different countries of the world. Further experimental studies will be required to further confirm these results. The SADS awareness raising technique is recommended for general practitioners to work with families with victims of sudden cardiac arrest. Further experimental studies will be required to further confirm these results.