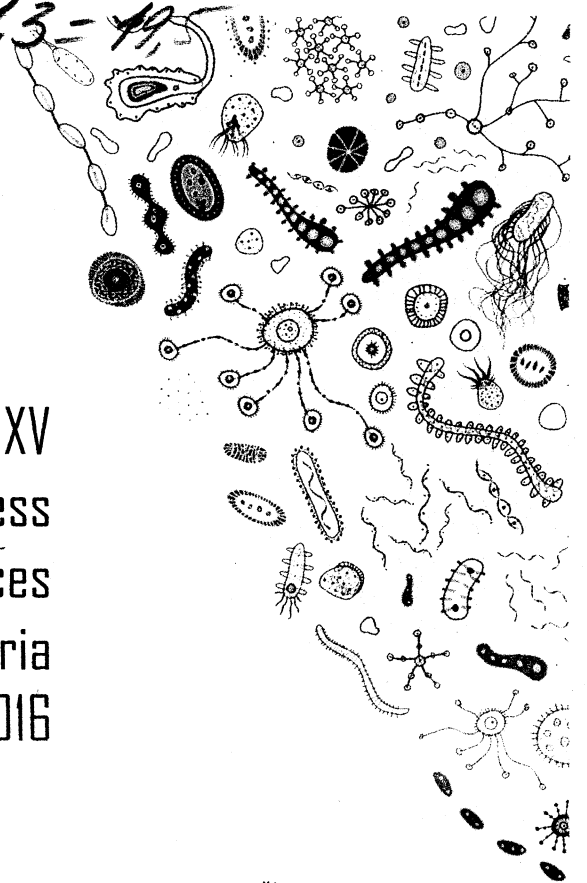


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155 x 1,3 = 19,15



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Abstract Book



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EPIDEMIOLOGY OF HEADACHE IN REGIONAL MEDICAL STUDENTS

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Abstract:

Introduction: Headaches are the most prevalent neurological disorder and among the most frequent symptoms in general practice. Headache disorder is a major public health issue and is a great burden for a person, health care system, and a society. Most people having headache do not ask for a specialized medical care and take analgesics without any control, which complicates the statistical analysis of the actual prevalence of cephalgias among the population. Aim: to reveal the prevalence of headache among the medical students and to draw their attention to the need for a differentiated approach to treatment.

Materials and methods: We conducted a survey of 146 students of Bukovynian State Medical University aged 19 to 26 years by using specially designed questionnaires. The type of headache was established by diagnostic criteria of the classification of the International Headache Society, 2003.

Results: Our study has found that headaches bother 121 (82.8%) students. Among respondents periodic headache was observed in 71.9% (105 students). 16 (10.1%) students experienced chronic headaches that bothered them more than 15 days a month. Among girls the prevalence of headache was significantly higher than among men - 62.1% and 38.9% respectively. Among the students the most frequent headache (58.7%) was tension headache, 9.1% of respondents had migraine headache, 32.2% felt other types of headaches. According to ICHD II, infrequent episodic tension-type headache amounted to 71.3%, frequent episodic tension-type headache - 26.2%, chronic tension-type headache - 2.5%. Because of headache 81.7% of students are forced to take analgesics: 65.3% - 1-4 times a month, 27.6% - 5-9 times per month, 7.1% - more than 10 times per month. The majority of students did not consult the doctor, and independently used nonsteroidal anti-inflammatory drugs or antispasmodics.

Conclusion: By means of the research there was found a high prevalence of headaches among medical students. There was determined the prevalence of primary cephalgias, namely, migraine without aura and episodic tension-type headaches. There was shown a lack of awareness of students about the causes of headache reflected in inadequate symptomatic treatment in most cases.

Keywords: headache, epidemiology, medical students

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CHALLENGES OF HIGHER EDUCATION IN THE DENTAL EDUCATION

Abstract:

Introduction: Higher education faces tremendous challenges, resulting from the competition among increasing number of new providers of programs and the raising expectations of the students for more efficient learning model. The purpose of this investigation is to study how the learning environment in the FDM of MU Sofia corresponds to these trends as perceived by the undergraduate dental students.

Materials and methods: A self-administered questionnaire had been distributed to 250 undergraduate dental students from 1 to 5th year (50 people from each course) in March, 2016. 44 closed and semi-closed questions gather information about: (1) the forms of teaching; (2) the conditions for learning and development; (3) the interaction between teachers and students; (4) the interaction between students and the institution. SPSS version 19 was applied. Response rate is at 64%. Only statistically significant differences ($p < 0.05$) had been discussed.

Results: 1. Most of the students accept the lectures as a necessary form of teaching (45%) when being able to choose the lecturer (33.0%). They consider the seminars as a quite effective form of control (87.5%) if applied in coordination between departments (61.25%); examinations' criteria need improvement (56.25%). 2. Students find the technical conditions good enough for practical training (58.0%), but very insufficient for relax, self-directed studies, sports, art (64.6%). 3. Only 18% of students report that they feel respected by the teachers and 58.75% claim to have encountered disrespectful attitude from some of them. About 69% report to get answers from teachers upon having asked them, but few find them satisfactory. The professional attitude of 40% of the teachers according to the students is like "craftsmanship". 4. Students assess the cooperation of the students' office as very friendly but inefficient because of the lack of timely information deanery.

Conclusion: Contrary to the expectations, students are willing to attend regularly the lecture course and appreciate high standards of teaching. They demonstrate a mature critical attitude towards the teaching process, the teachers and the institution. The close cooperation with teachers is valued while the lack of consideration is not tolerated. Their criticism has to be taken into consideration in order to achieve excellence of dental education.

key words: dental education, students-teachers interaction, learning environment.

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