



Lytvyniuk N. Ya.

**ESTIMATION OF THE FREQUENCY OF THE SPREAD OF RISK FACTORS FOR
CARDIOVASCULAR DISEASES AMONG THE MEDICAL STAFF**

*Department of Social Medicine and Public Health
Higher State Educational Establishment of Ukraine
«Bukovinian State Medical University»*

The rates of cardiovascular morbidity and mortality in Ukraine remain high, despite the implementation of preventive and therapeutic measures. The study of cardiovascular disease (CVD) is one of the priority areas for the development of modern health care. In Ukraine, the prevalence of cardiovascular diseases significantly exceeds that in most European countries. Due to their activities, medical workers are rather widely involved in preventive examinations, but despite this, they remain a very «vulnerable» part of the population for CVD. This is due to the intensity of their work. Cardiovascular diseases among physicians have been little studied, and it is difficult to systematize them.

The aim of our study is to assess the frequency of the spread of various risk factors for cardiovascular disease (CVD) among the medical staff of MHCF «City Polyclinic № 5».

As a result of the study, the following tasks were solved: the prevalence of risk factors for cardiovascular diseases among the medical staff of the clinic number 5 in Chernivtsi has been studied; - the effect of smoking and drinking alcohol, physical activity, excessive salt intake, malnutrition on the occurrence of cardiovascular diseases has been analyzed.

The object of the study was 70 people of the medical staff of the MHCF «City Polyclinic №. 5», Chernivtsi. The study did not include hospital technical staff. In the course of work, for each employee who agreed to undergo an additional examination, the blood test determined the levels of glucose, total cholesterol (CHC), high density lipoprotein (HDL) and low density lipoprotein (LDL) cholesterol. A special questionnaire was filled out for each employee - a questionnaire. Statistical data processing was carried out using the following methods: confidence criterion t , nonparametric Mann-Whitney test (U-test). χ^2 criterion adjusted for Yates continuity, Fisher criterion (F-criterion). Differences were considered statistically significant with bilateral p values <0.05 . The average age of the subjects was 50 ± 6.4 . Among them, 25 doctors (35.7%), 45 nurses (57.1%), 5 - junior medical staff (5.7%): of which 92.8% are women. As a result of the study, the following data were obtained: increased blood pressure was detected in 28 (40%) of the subjects, taking into account those who regularly take antihypertensive drugs. Among the surveyed 52 (74.3%) employees indicated that they had never smoked. 18 (25.7%) employees smoked or had smoked previously. Lack of overweight ($BMI \leq 25.0$) was observed in 30 employees (42.8%), signs of overweight – in 33 employees (47.1%), signs of obesity – in 7 (10%) people, (BMI more than 30, 0). The frequency of other risk factors for cardiovascular diseases was as follows: low physical activity - 68%, malnutrition - 42%, hyperlipidemia - 49%. Excessive salt intake is 65%.

Considering the above, the following conclusions can be drawn: a high frequency of well-known risk factors for cardiovascular diseases, especially low physical activity, and hyperlipidemia were among the most common risk factors. The frequency of the study of group arterial hypertension, smoking, obesity was also high.

Sluchenska R.V.

FORMING THE BASES OF A HEALTHY LIFE: A THEORETICAL ASPECT

*Department of Emergency and Military Medicine
Higher State Educational Establishment of Ukraine
«Bukovinian State Medical University»*

Health is one of the prerequisites for a person to achieve his or her goals and challenges. Each person faces crisis, transitional conditions in this process when a person finds strength and resources to cope with them. The concept "health" cannot be considered without those specific behavioral models that enable a person to improve his or her life quality and attitude to health as a real value.