

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



МАТЕРІАЛИ

**104-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького персоналу
БУКОВИНСЬКОГО ДЕРЖАВНОГО МЕДИЧНОГО УНІВЕРСИТЕТУ
06, 08, 13 лютого 2023 року**

Конференція внесена до Реєстру заходів безперервного професійного розвитку,
які проводитимуться у 2023 році №5500074

Чернівці – 2023

examining blood cholesterol levels, compared to women with higher education – 15.7% ($p=0.014$). Interestingly, among the examined persons with higher education, more people visited a family doctor during the year – 89.5% against 60.8%. Respondents with a higher education considered examination in private institutions available in 57.4% of cases against 39.3% of answers of persons without higher education ($p<0.001$). However, among those who recognized themselves as inactive about their health, there were more respondents with higher education (66.7%) than among the rest of the respondents (49.3%) ($p=0.035$), which may indicate a more critical self-assessment of their lifestyle.

Conclusions. The influence of level of education of representatives of the economically active population had the most significant impact on indicators of a healthy (physical activity) and an unhealthy lifestyle (smoking). The level of education, along with other determinants (gender, marital status, income level, employment), should be considered when developing health programs.

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STUDYING INDIVIDUAL RISK FACTORS OF CARDIOVASCULAR DISEASES AMONG PHYSICIANS OF DIFFERENT SPECIALTIES

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Introduction. Cardiovascular diseases rank first among the causes of mortality in Ukraine, which make up 66% in the statistics of mortality among the population of Ukraine. Among the adult population of Ukraine, 26.4 million people have diseases of the circulatory system, which make up 57.5% of the population, among which 9.6 million people are of working age. In this regard, epidemiological studies of risk and anti-risk factors, elucidation of patterns of their influence in different sex-age, professional and social groups are of particular importance.

The aim of the study. To study the level of attitude of doctors of various specialties to health problems and to analyze their own risk factors for cardiovascular diseases.

During the study, the following tasks were solved: analysis of cardiovascular risk factors among doctors of various specialties and assessment of their own health indicators.

Material and methods. To study the risk factors of cardiovascular diseases among doctors of various specialties (family doctors, pediatricians, surgeons, neurologists), a sociological study was conducted using a special questionnaire, which included data on lifestyle, risk factors, and anti-risk factors. 110 respondents (50 men and 60 women aged 40 and older) took part in the study. Mathematical and statistical analysis of the obtained data was performed using methods of descriptive statistics: Spearman's rank correlation criterion (r_s) with a critical value of 0.82, at $p < 0.05$.

Results. In the course of the research the following data was obtained: among the identified risk factors, a significant place is occupied by risk factors of a social and cultural nature: unhealthy lifestyle, hypodynamia, stress, constant conflict relationships in the family and team, physical and mental overstrain, smoking, alcohol abuse. Among the examined men 14 people (28%) are overweight, among women - 20 people (33%), 76% of the respondents are afflicted by high blood pressure, 58% of them have sedentary lifestyle, and 60% suffer from stress. Among the respondents, 48.2% drink alcohol, 10.2% of them drink alcohol once a week, 38% only on holidays ($r_s=0.86$). 75% of respondents expressed a negative attitude towards smoking. 60.0% of the respondents lead an active lifestyle ($r_s=1.0$), 25% of the respondents actively engage in sports (15% - men, 10% - women).

Conclusions. According to the results of the study, the following conclusions were made: 75% of respondents consider a healthy lifestyle and moderate physical activity to be the leading factors of the population's health. Among the doctor respondents, 18% of respondents maintain a healthy lifestyle and are interested in their health, 65% of respondents have risk factors for cardiovascular diseases. Most respondents do not know their own health indicators.