

ABSTRACT BOOK

**ALL UKRAINIAN SCIENTIFIC AND
PRACTICAL ABSENTEE CONFERENCE
WITH INTERNATIONAL PARTICIPATION
“POLTAVA’S DAYS OF PUBLIC HEALTH”
MAY 28, 2021, POLTAVA, UKRAINA**

DOI: 10.36740/WLek202106144

FACTORS INFLUENCING THE PSYCHO-EMOTIONAL STATE OF CAREGIVERS IN PATIENTS WITH DEMENTIA DURING A CORONAVIRUS PANDEMIC

Olga V. Orlova, Lilia V. Zhyvotovska, Yuriy O. Fisun, Oleksiy A. Kazakov

POLTAVA STATE MEDICAL UNIVERSITY, POLTAVA, UKRAINE

Introduction: Any large-scale outbreak of a dangerous infection has a negative impact on people and society. Acute coronavirus respiratory syndrome quickly caused a pandemic. Active quarantine measures and social distancing in public places have been developed to slow the spread. Social constraints have significantly affected the organization of the outpatient service, which in turn has caused significant difficulties for carers. Widespread "infodemia" provoked socio-psychological reactions, such as tension, anxiety and fear, loss of landmarks and plans for the future.

The aim: to investigate the factors that affect the level of stress resistance of people caring for patients with dementia.

Materials and methods: a comprehensive clinical-psychopathological, socio-demographic and psychodiagnostic examination of 46 caregivers and 46 patients with dementia was conducted on the basis of KP "Regional Institution for Psychiatric Care POR" using the Short Mental State Examination Scale (Mini-Mental State Examination, MMSE, 1975) to assess the severity of dementia and the questionnaire PSM-25 (adapted by N.E. Vodopyanova, 2009) to determine the level of psychological stress. Patients caring for patients were divided into 3 groups. In Gr. I was included 8 (17.4%) caregivers with a low level (up to 100 points) of mental stress (MS), in Gr. II - 23 (50%) with an average level of MS (100–154 points), in Gr. III - 24 (32.6%) with a high level of MS (more than 155 points).

Results: an increase in the frequency of psychological stress in caregivers depending on the progression of the degree of dementia in patients: in Gr. I a mild degree of dementia was in $75.0 \pm 0.15\%$ of cases compared with Gr. II - $21.74 \pm 8.6\%$ ($\chi^2 = 7.355$, $p < 0.007$) and Gr. III ($\chi^2 = 15.221$, $p < 0.001$), where no patients were registered. It is stated that the psychological load has a direct correlation with the duration of patient care: in Gr. III for more than 10 years cared for in 66.7 ± 12 , 17% of caregivers in comparison with Gr. I - 12.5 ± 11 , 69% ($\chi^2 = 5.957$, $p < 0.0015$), and in Gr. II - $17.39 \pm 7.9\%$ ($\chi^2 = 9.474$, $p < 0.003$). Negative impact was observed in people who combined care and daily work: in Gr. I there were no working caregivers in comparison with Gr. II - $73.91 \pm 9.16\%$ ($\chi^2 = 9.407$, $p < 0.003$), and with Gr. III - $80.0 \pm 10.33\%$ ($\chi^2 = 13.382$, $p < 0.001$).

Conclusions: the study identified factors that influenced the psycho-emotional state of caregivers: the degree of dementia in the patient, the duration of care and employment of caregivers.

KEY WORDS: dementia, mental stress, caregivers, stress, coronavirus disease.

INTERNAL FACTORS AS PREDICTORS OF BURNOUT SYNDROME IN STUDENTS

Borys I. Palamar, Vitalii M. Rudichenko, Liubov A. Lytvynova, Svitlana V. Vlasenko

BOGOMOLETS NATIONAL MEDICAL UNIVERSITY, KYIV, UKRAINE

Introduction: Exhaustion is a consequence of physical and psychological load. Students have a negative effect on emotional exhaustion (EB) by an increase in stressors of different natures of origin. EB has a destructive and destructive effect on humans. At the same time, physiological, mental and physical capabilities are reduced, which does not allow students to study normally and build their future. Studying and preventing the impact of risk factors is an important aspect of preventive work.

The purpose of the study.

The aim: To investigate the presence of personal factors in higher education institutions that can adversely affect the development of emotional burnout syndrome (CEV).

Materials and methods: The research was carried out among students of Bogomolets National Medical University and Taras Shevchenko National University of Kyiv using theoretical, empirical and statistical methods.

Results: To study the development and spread of CEV among students, a study of personal characteristics of anxiety, neuroticism and extraversion, which may be predictors in the sevegenesis, was conducted. It was found that 8.49% of students have low levels of personal anxiety (OT), an average OT level of 42.09% and a high level of OT in 49.46%. introverts and deep introverts 12.77%; extroverts and bright extroverts 25.36%. No students with very low levels of neuroticism were found.

Conclusions: The study found a significant prevalence of personal characteristics that have signs of internal negative factors among students. There are individual manifestations and variations in the influence of negative factors.

KEY WORDS: Anxiety, extraversion, introversion, neuroticism