

HYGIENIC ASSESSMENT OF NUTRITIONAL STATUS AND LIFESTYLE OF PATIENTS WITH ESSENTIAL ARTERIAL HYPERTENSION

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Introduction. Cardiovascular diseases (CVD) are the main cause of mortality and disabilities in most countries, including Ukraine. Hypertension is a leader in the CVD in the general structure of morbidity among the adult population. The issues of arterial hypertension (AH) prevention, especially the introduction of dietary nutrition, are particularly relevant.

Aim. The hygienic assessment of the nutritional status and nutrition of patients with essential hypertension to develop ways to optimize their nutrition.

Objectives. To study somatometric indices and to calculate the body mass index of patients with arterial hypertension. Evaluate the nutritional status of patients and determine the risk factors for hypertension.

Materials and methods. To assess the nutrition of patients with hypertension we used a questionnaire, which was developed by the experts of Nutrition Hygiene Department of Bogomolets National Medical University, tested and appraised by specialists of following leading institutions in the field of food hygiene, gastroenterology and dietetics.

42 patients of the cardiology department of the hospital were examined: men (n = 17); women (n = 25). Statistical processing of the results was performed using the IBM SPSS Statistical Base v. 22 and MS Excel statistical software package.

Results. Women with arterial hypertension had a significantly higher Quetelet biomass index than men ($p < 0.05$) and were more likely to suffer from obesity. Significant differences in body mass of men and women were not detected.

It was revealed that women with arterial hypertension salt food more often than men. Women with arterial hypertension are more likely to have breakfast than men. Although unlike men most women had three or more meals a day.

Overweight, food salting, limited physical activity are among the leading factors of the arterial hypertension risk in women; overweight, the presence of bad habits (tobacco, alcohol), food salting, limited physical activity – in men, correspondently.

Conclusions. The most effective measures, differentiated for men and women, to prevent the deterioration of patients with arterial hypertension were proposed. According to the WHO data, life pattern system (LPS) -based prevention is a universal measure against AH, and the use of measures recommended by the European Society of Cardiologists and the Ukrainian Association of Cardiologists contributes to a reduction in the number of new cases by 50%.

HYGIENIC ASSESSMENT OF ARTIFICIAL ILLUMINATION IN HOSTEL FOR MEDICAL STUDENTS OF IV YEAR

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Introduction. Artificial light is composed of http://ec.europa.eu/health/scientific_committees/opinions_layman/artificial-light/en/glossary/def/electromagnetic-spectrum.htm visible light and there is a concern that the emission levels of some lamps could be harmful for the eyes. Both natural and artificial light can also disrupt the human body clock and the hormonal system, and thus can cause health problems according to EU the Scientific Committee on Consumer Safety (SCCS), the Scientific Committee on Health and Environmental Risks (SCHER) and the Scientific Committee on Emerging and Newly Identified Health Risks (SCENIHR).

Aim of our research is hygienic assessment of artificial illumination in hostel for medical students of IV year of study.

Objectives: 1) To perform hygienic inspection in apartments of IV year students of NMU concerning the illumination standpoints; 2) to measure the level of artificial illuminance in inspected premises; 3) To hygienically assess the received results.

Materials and methods of research: Method of sanitary examination (sanitary-technical), physical method were used in the study, with further statistical processing and hygienic description of analysis data.

Results. During the study, it was found that the design of inspected apartments was similar and arrangement of illumination reinforcement was typically the same. General illumination was represented by 4 fluorescent lamps