

19 ТРАВНЯ 2023 РІК

М. УЖГОРОД, УКРАЇНА



DOI 10.36074/mcnd-19.05.2023
ISBN 978-617-8126-32-2

МАТЕРІАЛИ
V МІЖНАРОДНОЇ
НАУКОВОЇ КОНФЕРЕНЦІЇ



Міжнародний Центр Наукових Досліджень

ЗДОБУТКИ ТА ДОСЯГНЕННЯ ПРИКЛАДНИХ ТА ФУНДАМЕНТАЛЬНИХ НАУК ХХІ СТОЛІТТЯ

| 19 ТРАВНЯ 2023 РІК
м. Ужгород, Україна

Вінниця, Україна
«Європейська наукова платформа»
2023

СЕКЦІЯ XXII. МЕДИЧНІ НАУКИ ТА ГРОМАДСЬКЕ ЗДОРОВ'Я

THE EFFECTIVE IMPLEMENTATION OF HEALTH PROTECTING TECHNOLOGIES IN THE CONDITIONS OF LEARNING IN A MEDICAL HIGHER EDUCATION INSTITUTION

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In the structure of the most significant problems of preventive medicine, an important place is occupied by problems related to the development, scientific substantiation and effective implementation of health-preserving technologies with the complex use of medical, hygienic, physical culture and health technologies [1, 2, 3].

In this context, it should be emphasized that the introduction of modern health-preserving technologies, as a rule, involves the creation of favorable conditions for learning in a higher education institution, which determine the provision of optimal conditions for the organization of educational activities in accordance with age-sex and individual-typological characteristics, compliance with existing hygienic regulations, increasing the level of motor activity of young women and young men to the values of hygienically justified standards, eliminating stressful situations and implementing various psychohygienic approaches to optimizing the daily activities of student youth [4, 5, 6, 7].

The aim of the scientific work was to carry out an in-depth analysis of career orientation aspects and scientific substantiation of approaches to the effective implementation of health-preserving technologies in the conditions of training in a higher education institution of a medical profile.

The research focused on the development of such a component of the occupational profiles of the main dental specialties as psychophysiologicals, as well as on the establishment of regularities in the processes of formation of criterion indicators of higher nervous activity and attention functions, characteristics of the functional capabilities of the visual sensory system and the somatosensory analyzer of students were held on the basis of National Pirogov Memorial Medical University using modern hygienic, medical-sociological, psychophysiological, psychodiagnostic and statistical methods.

The obtained data made it possible to carry out a professional assessment of the educational process and a complex physiological and hygienic assessment of the features of professional training in a higher medical education institution and to substantiate psychophysiologicals of professional activity for such dental specialties as therapeutic, surgical and orthopedic dentistry, orthodontics, pediatric therapeutic and pediatric dentistry surgical stomatology, to determine the most effective ways of forming a preventive educational space in conditions of active use of modern health-preserving technologies, etc.

It was established that two clearly defined trends were registered in terms of indicators of the functional state of higher nervous activity during the period of study at the institution of higher medical education, regardless of gender differences. Indicators reflecting the peculiarities of the process of forming criterion characteristics of

sensorimotor reactions initially deteriorated somewhat (the largest values of the latent periods of simple and differentiated visual-motor reactions were typical for 3rd-year students), improving later and reaching the most optimal level of development in graduate students, on the other hand, the indicators that reflect the peculiarities of the processes of forming the criterion characteristics of the main nervous processes and, in particular, the indicators of the mobility and balance of the nervous processes, were distinguished by the gradual improvement of their values during the period of stay in the institution of higher education. The most adequate indicators of stability and switching of attention from adaptation positions were observed in 1st-year and 5th-year students, the least adequate – in 3rd-year and 1st-year students, the most optimal values of the functional state of the somatosensory analyzer were characteristic of young women and young men studying at 5 years, the least optimal – for young women who studied in the 1st year and young men who studied in the 3rd year.

At the same time, the results of the study of the peculiarities of the processes of formation of the leading psychophysiological functions of the organism of students of the medical faculty of the institution of higher medical education in the dynamics of a separate academic year, and, above all, the indicators of the speed of sensorimotor reactions, the critical frequency of the fusion of light flashes and visual-motor coordination, testified to the whole a number of pronounced adverse changes in their values.

Therefore, in the course of the conducted research, an analysis of career orientation aspects of the implementation of health-preserving technologies in the institution of higher education was carried out, psychophysiological bases of their use, taking into account the leading trends in the formation of psychophysiological functions of the organism of modern students. The data obtained during the study of the functional capabilities of the students, which indicate the presence of rather pronounced changes, first of all, a negative content on the part of their criterion values, create prerequisites for the development and implementation of measures of psychophysiological impact on the organism and psychohygienic correction.

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