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Introduction. Circadian rhythm is one of the most important mechanisms in human body, which coordinates biological rhythms with the environmental changes in the day-night cycle. People are diurnal species, so we are used to work during the day and to sleep during the night. Sleep and Circadian Rhythm Disruption (SCRD) occurs when natural circadian rhythms are pushed out of synchronization, for example in shift work.

Aim of the study. Define the mechanistic links between sleep and circadian rhythm disruption and hyperglycemia. Apply this knowledge for the development of evidence-based clinical interventions. Transfer this knowledge to the broader community, patients and caregivers.

Materials and methods. This study was based on physiological, biological and laboratory investigations, that were used to determine respiratory frequency, heartbeat frequency, muscular strength, tremor, blood and liver tests.

Results. It was established that shift-workers have increased level of glucose in blood.

Conclusions. Sleep and Circadian Rhythm Disruption in shift work leads to hyperglycemia, that can induce diabetes mellitus.

Key words: circadian rhythm, disruption, shift work, hyperglycemia

214. HYGIENIC EVALUATION OF REAL FOOD AND NUTRITION OF STUDENTS

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Introduction. Health of the younger generation is a priority for any state. Thus, reforms in the higher education system emphasize the students' health status and physiological needs during the learning process.

Materials and methods. The study was conducted by questioning 50 students, including 11 men and 39 women, from study years I to VI. The questionnaire included 18 questions about daily nutrition.

Results. Nutrition is provided by a varied assortment of foods, providing the human body with nutrients and biologically active substances (proteins, lipids, carbohydrates, vitamins and mineral salts). The results of this study showed that 90% of students have an irregular diet and only 10% of them strictly follow a diet. Using the waist and body mass parameters of people in the study, we calculated BMI, which found that 80% of the examined subjects are normal weight, 6% are underweight, 8% overweight, and grade I obesity was reported in 6%. Analyzing student food surveys, we can see that most commonly used in vegetables in the daily diet are potato, carrot, onion and cabbage, and the least used are broccoli. If we are talking about the prevalence of fruit in the nutrition of the students, we notice that the most used fruits are apples, bananas and oranges, and the rest of the fruits are used at a lower percentage, the least used to be quince, plum and pear. Similarly, following the study I noticed that 54% of investigators prefer to eat spicy food, 46% prefer salty food. The share of people who love to eat sweet produce was 52% and the share of those who love fatty foods accounted for 8%.

Conclusions. The results of this study show that 80% of people are normal weight and 90% of them do not have a healthy diet, which requires us to develop measures to improve the nutrition of students in university institutions.

Key words: nutrition, students, body mass index, health

215. ASSESSMENT OF THE PHYSICAL ACTIVITY AND NUTRITION OF THE SECOND YEAR STUDENTS OF NICOLAE TESTEMITANU SUMP_h

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Introduction. Sedentariness annually kills more than 5.3 million people worldwide, representing 10% of the total deaths reported worldwide. Sedentariness and unbalanced diet is also common among students. These in turn brings various negative consequences on the health of the young adult such as metabolic and cardiovascular dysfunctions but also obesity, depression, etc.

Aim of the study. This study aims to evaluate the nutrition and daily activities of the 2nd year students. The aim of the study is to provide students with the general picture of the activity and the nutrition habits, serving as a reason for encouraging lifestyle improvement.

Materials and methods. In order to achieve the aim of the present research, 50 students of the 2nd year, aged between 20 and 24 years, were questioned. The questionnaire included grid questions with one and several variants of responses, matrix type questions and open questions regarding the physical activities and diet.

Results. Following the questionnaire, it was found that 80% of students do not follow a diet, 23% of them eat fast food every week and every 3rd student consumes sweets every day. Even if the most important meal of the day is lunch, 30% of students are used to eat after 10 pm. Liquid consumption is in 50% of cases - 1-1.5L. Analyzing the physical activity, it was found that 63% of students practice light physical activities only once a week, in 66% of cases the students spend their free time by reading, listening music or using the PC or tablet. Even though, 76% of the students would be motivated to change their lifestyle, 52% of them affirm that they are discouraged by the lack of time and 26% - by laziness.

Conclusions. About 6 out of 10 students with unbalanced diet and reduced physical activity may develop complications such as cardiovascular diseases, obesity, depression, etc. Thus, to raise awareness and prevent the occurrence and development of such diseases among students, a set of measures is needed to be taken both students, society, mass media, NGOs, etc.

Key words: student, regime, activity

216. THE STRATEGIES OF STRESS REACTION AMONG TEACHERS

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Introduction. According to the recent studies stress is a dangerous factor that affects teachers and the people who interact with them. Every day a teacher is forced to deal with negative situations that can be confronted through different methods: overcoming, avoiding, mitigating the effects and assumption.

Aim of the study. Emphasizing the strategies of stress reaction(answer) among teachers.

Materials and methods. This study was realized with 53 teachers, using a questionnaire composed of 4 standardized tests. Here we present the results of one test “The Ways of Coping Questionnaire” (Folkman and Lazarus), with open access for users), validated in our study with coefficient Cronbach $\alpha=0.846$.

Results. Overcoming all stressful situation can be realized through 8 coping strategies have been proposed by Lazarus. The pilot study in assessing the aspect of stress at the teachers highlighting that 89% of them have a medium potential of adaptation. However, from 53 teachers-6(11%) can deal with stressful situation due to a high potential of adaptation, where we can remark that