

risks. Newborns born to adolescent mothers are more likely to have low or very low birth weight, with the risk of long-term effects. Infants born to teen mothers and are at higher risk of being exposed to cigarette smoke. Adolescent motherhood remains a public health issue. Adolescent mothers should be provided with psychological and financial support and should be encouraged to continue the school.

Key words: adolescent, motherhood, public, health.

230. CIRCADIAN DESYNCHRONY IN SHIFT WORK

Cristina Mandric, Garbuz Alexandru

Nicolae Testemitanu State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

The circadian clock is one of the most important mechanism of human body that coordinates biological rhythms with environmental changes in the day-night cycle. It influences hormones, behavior, cognitive function, metabolism, cell proliferation, apoptosis and response to genotoxic stress.

The earliest recorded account of a circadian process dates from the 4th century B.C.E., the next dates was in Chinese medical texts dated to around the 13th century, but near our days discovered the first mammalian circadian clock mutation using mice in 1994. In circadian literature, synchronization means that rhythms display a 24 h period but may not necessarily be in the right phase, for example, abnormally delayed or advanced. We are diurnal species, so we are active during the day and sleep during the night. But exist specific categories of people with morning diurnal preference (larks) and evening preference (owls). Their internal biological clock adapted and work in own specific mode. Deviation from the normal mode leads to desynchronization of the circadian clock, for example among shift workers. Shift work is work that takes place on a schedule outside the traditional 8 am – 6 pm day. It can involve evening or night shifts, early morning shifts, and rotating shifts. Many reviews have been published regarding the subjective perceptions, health, performance and psychological aspects of shift work. Of course it is Associated with a number of health problems. This research concentrate on shift work in relation to desynchrony of biological clock and it's impact on the function of the liver. Through the physiologic and biologic methods I obtained that the level of glucose in blood through 24 hours changes concerning the schedule of work. Presumably, permanent shift work causes hypoglycemia. This causes metabolic disorders and finally diabetes. In this study how future propose is to evaluate the health and circadian rhythm of medical workers. It is necessary to evaluate the schedule of shift work in medical service. The most numerically important shift work conditions in medicine are irregular night shifts (sometimes nights and sometimes days) and rotating schedules. Most permanent or long-term night shift workers in medicine can not adapt their circadian system to the imposed work schedule. A recent meta-analysis of 6-sulphatoxymelatonin rhythms in permanent night workers indicates that only a small percentage (<3%) shows complete circadian adaptation, information by Josephine Arendt, Centre for Chronobiology, Faculty of Health and Medical Sciences, University of Surrey, Guildford. Thus, the vast majority of shift workers in medical service will be working during their circadian time-off and trying to sleep during periods of maximum alertness. The curtailment of sleep when taken during the day in shift workers is well documented and is a cause of sleep deprivation, that need to evaluate better.

Finally we suppose a lot of deregulation of the health state of medical workers caused by the deregulation of the circadian rhythm connected with the occupational stress and incorrect schedule.

231. CONTRACEPTION. A TRICKY PROBLEM WHICH HAS BECOME ESSENTIAL

Maria Mirela Ani, Alexandru Emil Baetu

Scientific adviser: Cristina Golea, MD, PhD University of Medicine And Pharmacy of Targu Mures, Romania

Introduction: Last year in Romania was recorded the highest number of children abandoned at birth in a decade while more that 11.000 babies were not recognized by fathers according to the Directorate for People and Management Database by Ministry of Internal Affairs. In connection whit this, in literature, the impugned aspect is the lack of sexual education and family planning outlining for contraception.

Our main objective is to check the knowledge about the most widely used contraceptive methods between general population, female students from University of Medicine and Pharmacy of Targu Mures, Romania and some medical doctors in order to demonstrate if the knowledge about contraception can ensure a safe sex life as well as choosing a contraceptive method knowingly.

Material and methods: The name of this study is CONCEPT and is a prospective, transversal study who include 182 patients(pts) divided in 3 groups as followed: group 1:127 young females from University of Medicine and Pharmacy of Targu Mures, Romania,group 2: 41 patients from community and group 3:14 young medical doctors. We developed a score in order to evaluate the knowledge of these 3 groups with a maximum of 80 points and a minimum of 0. We also applied a questionnaire for all those patients to see what contraceptive methods they're using. All statistical analysis were performed using Graph Pad Prism 6.1.

Results: The demographic dates were quite similar for group 1 of students(mean age: 23,59, SD:1,91); group 2 of patients from community(mean age:22,39, SD: 3,53) and group 3 of medical doctors(mean age: 27,21, SD: 2,29). The group with the higher scores at our test was group 3 (mean:60,33; SD: 10,14, $p<0.05$) followed by group 1 of students (mean:56,82; SD:10,69; $p<0.05$) and group 3 with a mean of 51,26 and SD:12,19, $p<0.05$).Using unpaired t test we compare the group 3 with the group 1 and we found a statiscal difference ($p=0.0238$) and a higher statistical difference between the group 3 of medical doctors and group 2 of young females from community ($p=0.012$). We also find a big difference between the group 1 of students and group 3 ($p=0.019$). We observed that the group 1 tended to use more birth control pills more than any other group ($p=0, 0254$). Chi Square test was used in order to clarify which group tended to use condoms as a contraceptive method but we didn't find any difference.

In conclusion the health and sexual education received in college seems to be very helpful for young women regarding contraception and we are looking forward to start a local campaign of information. However we are pleasantly surprised that all 3 categories of patients are using condoms.