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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

teacher with higher education exceed stress easier at early age. The most used strategies to confront stress is- planful problem solving (75%). The most common of them are: self-controlling (45%), seeking social support (53%), accepting responsibility (45%). The teachers with aged between 50 and more also apply positive reappraisal. According to work experience in feature of strategies we notice that teachers with the didactic experience less 1 year – apply first of all seeking social support, between 2-5 years often use accepting responsibility and planful problem solving, 6-10 and 11-20 years- planful problem solving, self-controlling, those with 20 years and more work experience use planful problem solving, seeking social support.

Conclusions. A large number of teachers (88.7%) manifest a tensional coping. That is way, it is necessary to research this problem on a large lot of teachers.

Key words: stress, teachers, coping

217. HEALTHCARE PERSONNEL COMPLIANCE IN THE PREVENTION OF HEALTHCARE-ASSOCIATED INFECTIONS

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Introduction. The rate of healthcare-associated infections is an indicator of the quality and safety of the patient, and their prevention and reduction is one of the main objectives at a global level.

Aim of the study. To assess the level of information and application of information on healthcare associated infections among healthcare professionals.

Materials and methods. Knowledge testing was made by filling an anonymous form mainly by nurses from different hospitals in Romania. The 32 form questions included the following topics: the importance of healthcare-associated infections, prevention and protection measures among medical staff, hand hygiene and transmission of pathogens inside hospitals

Results. From a total of 152 respondents, 133 of them were nurses (87.5%), 132 were female (86.8%), 20 male (13.2%), aged between 22 and 57 years, an average of 36 years and an average work experience of 12.8 years. 62 participants (40.8%) considered that they had a good level of knowledge on healthcare-associated infections, but only 57 (37.5%) correctly marked the times when handwashing was needed and 40 (26.3%) of the respondents considered that lack of hygiene and non-compliance with disinfection rules are two of the main causes of healthcare-associated infections emergence.

Conclusions. The level of knowledge about healthcare associated infections is quite low. Repeated training, periodic assessments of the level of knowledge, increased accountability and the implementation of cleaning, disinfection and sterilization protocols are required.

Key words: nosocomial, prevention, form, hygiene

218. MUSCULOSKELETAL DISORDERS AMONG DENTAL PROFESSIONALS

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Introduction. Dental professionals often develop musculoskeletal disorders, which are related to sub-optimal work-environment ergonomics that might be responsible for improper sitting