

sleep/insomnia – 88 (45%) and the weather impact – 57 (29%). All students used drugs to relieve the symptoms of the headache: Citramon – 63 (33%), Spasmalgon – 51 (26%), Ibuprofen – 30 (15%), Analgin – 18 (9%), Paracetamol – 18 (9%), No-Spa – 15 (8%). Besides drugs some respondents used non-pharmacological methods: sleeping – 93 (48%) and rest/relaxation – 49 (25%). 23 respondents turned to the doctor. They were diagnosed with the following: 4 – migraine, 10 – non-classified headache, 2 – hypertension, 6 – tension headache, 1 – vertebral-basilar insufficiency.

Conclusions. Owing to questionnaire it was found that practically all interviewed students of Vinnytsia national medical Pirogov memorial University suffer from headache, but only 23 (12%) turned to the doctor. It creates significant difficulties for adequate diagnosis, treatment and prevention of diseases. All respondents are self-medicated. Citramon, Spasmalgon and Ibuprofen are used most frequently among other drugs. The total majority of respondents suffer from the headache of medium intensity. The most often trigger of the headache is stress. The most common frequency of the headache is 2-4 times per week.

Key words: Headache, students, triggers, medicaments

328. SOME ASPECTS OF NUTRITIONAL STATUS OF TEACHERS FROM THE REPUBLIC OF MOLDOVA

Author: **Dumitru Cheptea**

Scientific adviser: Serghei Cebanu, PhD., MPH, Associate professor, Head of Hygiene Department, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova.

Introduction. The poor eating habits of the teachers were related to the unbalanced energy intake in relation to energy expenditure, sedentary activities; thus, it was proven to lead to: increased absenteeism from work, reduced productivity, chronic illnesses and reduced life expectancy.

Aim of the study. To study nutritional status of teachers from the Republic of Moldova.

Materials and methods. The study was descriptive and transversal in design. A random sample of 275 teachers (34 males and 241 females) aged 22 to 60 years from institutions of general education from 17 districts of the Republic of Moldova. A special questionnaire was used, including general data, living and workplace conditions, nutritional and health status. Data was analyzed using descriptive statistics and Pearson's Chi-square test at 5% level of significance was applied to the data.

Results. The mean age of teachers was 43 ± 8.32 years, of which 5.2% males and 94.8 females, 67.5% are from rural areas and 32.5% - from urban areas. Regarding the number of meals per day only 5.2 % of them feeds three times a day, 36.4% - less than two times; 35.1 % - don't kept the account, 67.5% - have breakfast, 13.0 % - they have no opportunity to feed in the morning. In terms of dietary diversification most (51.9%) of the teachers either had at least medium (≤ 1 food group) while 20.8% had high (≤ 3 food groups) dietary diversity. Regarding fruit and vegetables consumption 6.5% doesn't eat any vegetables and 9.1% doesn't eat any fruits in day, only 50.7% and 49.1% can afford to eat fresh vegetables and fruits respectively, more than three times in day. More than 33.8 % never eat fish weekly, 64.9% eat fish 2 or 3 times in week, only 1.3 % eat fish daily. 49.4% of teachers never eats in a fast-food restaurant, 24.7% eat two or three times in week, and 26.0% less than once a week. The most preferred fast food meals for teachers are hamburger and fries (36.7%), 34,7 %- soft drinks, 28,6 %-attend fast-

foods for a coffee. 2.5 % of the teachers are cigarette smokers, and 54.5 % are moderate alcohol consumers respectively. The teachers drink in average 0.8 l/week of alcoholic drinks, the most preferred are: 47%- wine; 35%- beer; 18%-strong drinks (vodka).

Conclusions. Teachers health is influenced by a variety of risk factors including a poor and unbalanced diet. Therefore, it is very important to promote the principles of rational nutrition and healthy behavior among teachers.

Key words: teachers, nutritional status, lifestyle.

329. HEARING SCREENING PROGRAM IN CHILDREN FROM PRIMARY SCHOOLS IN POLAND

Author: **S. Prokopiuk**

Co-author: W. Swierniak

Scientific adviser: P.H. Skarzynski, Institute of Physiology and Pathology of Hearing, Warsaw, Poland

Introduction. Hearing is one of our most socially important sensory organs , violations of which lead to improper perception of sound and the development of speech and, as a result, to a violation of human social functions. Critical is the early detection of hearing pathologies and, as a consequence, the introduction of appropriate therapy and rehabilitation. This gives us the opportunity to promptly and adequately respond and eliminate the emerging problems.

Aim of the study. Analysis of hearing screening of primary school children in Poland

Materials and methods. Hearing screening was conducted in a group of 290 children from two primary schools in Poland (Warsaw). Screening was performed using the Senses Examination Platform according to the audiometric procedure of hearing thresholds measurement. Positive result of HTL in screening was defined as equal or more than 25dB at least at one frequency at in either ear.

Results. Positive results of hearing screening were obtained in 4.82% of tested children. All the tests were performed according to accepted standards. in case of 14 children additional tests were conducted. Bilateral hearing loss was diagnosed among 50% of children with hearing impairment.

Conclusions. Obtained results confirmed the fact of a moderate amount of hearing impairment in school aged children. On the basis of the results we strongly recommend the implementation of hearing screening as a routine procedure in school health care.

Key words: Screening, Hearing tests, Hearing loss

330. BURNOUT SYNDROME PREVALENCE BETWEEN YOUNG DOCTORS OF TARGU MURES

Authors: **Rafael Florin Chiş**

Co-author: Oancea Călin-Gheorghe

Scientific adviser: Lecturer Horaţiu Moldovan MD, *George Emil Palade* University of Medicine, Pharmacy, Science and Technology of Targu Mures

Introduction. The burnout syndrome (BS) is considered according to the World Health Organization to be a mixture of energy depletion, increased mental distance from one's job and a reduced professional efficacy. According to S. Brand and E. Holsboer-Trachsler, BS is more