

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

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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

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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

likely to affect individuals from professions that require a higher degree of responsibility and frequent human interactions, therefore placing doctors in a high-risk category.

Aim of the study. The aim of this study was to assess if young doctors are exposed to BS in their residency and to determine their levels of BS

Materials and methods. Using an anonymous questionnaire based on the Maslach Burnout Inventory that comprised a number of 25 questions directed in 3 dimensions, we recorded 60 entries from doctors found in their residency. Each one of the 3 directions (emotional exhaustion, depersonalization and professional realizations) delivered a score that was later summed up and compared to preset results. The scores were interpreted as following: 0-25 points resulted in an equilibrium at the workplace; 25-50 – prone to develop BS; 50-75 – on course to develop BS; >75 – BS. Using descriptive statistics and a one-way Anova test we managed to determine some interesting results.

Results. Out of the young residents from the nine medical departments that contributed to this study, the ones from 8 of them displayed BS, while the remaining were on course to develop BS, the average score being 78.37 out of 100. Out of the 9 medical departments, the residents from the occupational medicine department displayed the highest levels of BS with a value of 82.08.

Conclusions. The BS is a serious disorder that threatens the medical system here in Targu Mures, making young residents prone to errors and therefore placing patients at risk. Furthermore, by placing this actual study next to a similar ones from Romania, it can be observed that the BS is common through the whole Romanian medical system meaning that national measures to treat and prevent this syndrome are in order.

Key words: burnout, stress, exhaustion

331. ASPECTS REGARDING SELF-MEDICATION AMONG STUDENTS

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Introduction. Self-medication represents the process of administering substances for physical or psychological symptoms, without the advice of a physician. At the population level, studies show that the prevalence of self-medication is high among young adults due to the level of education, accessibility to Internet services, as well as knowledge regarding medicines, being a common problem among students, especially students from the healthcare sector.

Aim of the study. This study evaluates the prevalence, practices and attitude towards self-medication of the students from the University of Medicine, Pharmacy, Science and Technology of Târgu Mureș.

Materials and methods. We conducted a cross-sectional study among 403 students (87,6% female, 12,3% male) from the University of Medicine, Pharmacy, Science and Technology of Târgu Mureș. The respondents were 1st to 6th year students from the Faculty of Medicine, Faculty of Dental Medicine and Faculty of Pharmacy. The participants responded to an online 23 questions survey which included informations regarding demographics, self-medication practices and attitude towards self-treatment.

Results. Self-medication was highly popular among students, 94,5% of the respondents claimed that they used self-medication. The most common factors that led to the decision of self-treatment were: the positive experience with a medication used in the past (76,9%), urgent