

Case 6

Tests:

1. What is characteristic of nephrotic syndrome?
 A. facial edema, pleurisy, decreased albumin, proteinuria more than 3 g / day;
 B. facial edema, proteinuria less than 3 g / day; arterial hypertension, erythrocyturia;
 C. ascites, enlarged spleen, esophageal varicose veins

2) Signs of normal limits of relative dullness of the heart all but one:
 A. 1 cm outside of the right edge of the sternum;
 B. 1.5 cm inside of the left mid-clavicular line;
 C. 3 intercostals on the left;
 D. 3 cm outside of the left mid-clavicular line;

Questions: What is the difference between parenchymal jaundice and mechanical jaundice? What is the difference between parenchymal jaundice and hemolytic jaundice?

Determine the norm and pathology in the urine analysis. What disease are you suggesting?

Urine Analysis (UAE) № 267 210			
No. A/C T02023 17		Department: OBST department	
FULL NAME: Denisova Valentina		Doctor: Denisova	
Medication:		Address: Payment: OMS	
Gender: Female Age (full years): 77			
Biometrical blood collection time 08:30:00			
Analys	Result	Unit	Remark
Glucose	4.2	mmol/L	Negative
Protein	2.8	g/L	Negative
Color	yellow		
Transparency	opaque		
Acidity	8.0		5.0-7.0
Specific Gravity	1.030		1.015-1.025
Nitrite	Negative		
Ketones	+++		
Trichloroacetic	0	acetone %	open
Bilirubin	0	acetone %	Negative
Squamous epithelium	2-3		

Blood Test Results			
Parameter	Result	Unit	Remark
White blood cells	5.4	10 ⁹ /L	
Red blood cells	11.7	10 ¹² /L	
Hemoglobin	4.2	g/dL	
Hematocrit	11.7	%	
Platelets	11.7	10 ⁹ /L	

Determine the norm and pathology in the blood test. What disease are you suggesting?

Blood Test Results			
Parameter	Result	Unit	Remark
White blood cells (WBC)	3.5	10 ⁹ /L	4.00-9.00
Red blood cells (RBC)	3.20	10 ¹² /L	3.50-5.00
Average red blood cell volume (MCV)	45.4	fL	75.0-100.0
Hemoglobin	22.0	g/L	14.0-18.0
Hematocrit	45	%	37-47
Average hemoglobin content in red blood cells (MCH)	28.5	pg	24.0-35.0
The average concentration of hemoglobin in the red blood cell (MCHC)	289	g/L	300-380
Platelets (PLT)	187	10 ⁹ /L	150-400
Average platelet volume	9.4	fL	8.0-11.0
Platelet distribution width (PDW)	0.19	%	0.10-0.45
Platelet size distribution width (PSS)	11.9	%	9.0-20.0
Distribution of red blood cells by volume (RDW)	25.0	%	11.0-15.0
Percentage of lymphocytes (LYM)	16.4	%	20.00-40.00
Percentage of granulocytes (GRAN)	75.6	%	40.0-80.0
Neutrophils	0	%	
Eosinophils	2	%	
Basophils	1	%	
Sticks	8	%	
Percentage of medium-sized white blood cells (MIDP)	4.0	%	2.0-11.0

Fig. An example of an individual case on the discipline internal diseases for students of the Faculty of Dentistry.

Conclusions. When teaching professional skills to students in the discipline of internal diseases, non-cognitive skills should be formed. The use of individual problem cases allows you to introduce active teaching methods into the pedagogical design of the discipline.

Literature

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ASSESSMENT OF FACTOR “PHYSICAL ACTIVITY” AMONG MEDICAL STUDENTS FROM INDIA

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Annotation. The factor “physical activity” is investigated among medical students which studies in medical organization of high education who are from India. Estimated the

features and differences in appearance of this factor in depending on gender, also in frequency of physical exercises, attempts to change the level of physical activity.

Key words. Physical activity, students from India, medical education.

Introduction and literature review. Presenting of the adequate physical activity is the positive factor for saving and improving the health of any ages people, exactly students. Optimal physical activity impacts to immunity positively [2, 3, 5].

The assessment of the physical activity among students is interesting. Besides physical activity of the students is decreased during Coronavirus pandemic [6]. The doctors should be the promoters of healthy lifestyle among patients including adequate physical activity. These skills the future doctors should learn from student period.

The main part (methodology, results). The goal of the work. To estimate the features of the factor “physical activity” among medical students of the Bashkir State medical University who are from India.

The material and methods of research. An anonymous survey was conducted among students of the second year education of state medical university. Interviewed 56 students from India original (32 men and 24 women). Used questionnaire about physical activity from “Questionnaire CINDI for observing for health and investigation of Risk Factors”. Carried out mathematical processing and analysis of the obtained results.

Obtained results and their discussion. Indian students of both gender estimated their physical activity at work (it means students studying) as “basically sedentary. I don’t move a lot” – 37,5% (12 male) and 50% (12 female). Students which answered that “move during education a lot, but don’t lift and carry heavy things” were 62,5% (20 male) and 50% (12 female) accordingly.

During assessment physical activity at leisure time Indian women were more active. So accordingly 33,3% (8 female) answered that they “During leisure time they have physical trainings and sport such as running, gymnastic, swimming, games with ball and other active leisure time”. Indian male students were less active in leisure time – 25,0% (8 male).

The longest duration of physical trainings connected with transferring for road to studying places (go by foot) estimated among Indian male – 50% (32 male). Indian female were 33,3% (8 persons) which marked that they “going by foot on the road to the studying places” more than 45 minutes daily. Among Indian students were not estimated person which told that their duration such physical activity less than 15 minutes a day.

The highest frequency daily physical trainings which cause slight strengthen breathing was among Indian female – 33,3% (8 persons), smallest among Indian male – 12,5% (4 persons). The main part of the students have such physical activity 2-3 times per week – 68,7% (22 Indian male). Less than one time per week such physical activity was among 18,7% (6 Indian male) and 24,9% (6 Indian female). Here our results are consistent with researchers of Pashenko L.G. and Laxina O.M. (2021) which estimated that 78% of students surveyed had such intensive physical activity [4].

Estimated that mostly students tried to increase their physical activity in leisure time during several last months: 62,5% (20 male), 66,6% (16 female). But there were a great number of those who didn’t try to increase their physical activity – 31,2% (10 male) and 25,0% (6 female). Such students differ from the students one of the University from Khazakhstan where attempts to increase their physical activity during leisure time are made 6% only [1]. Gender differences in the physical activity are estimated among students of the Surgut State University also [7].

Conclusions and future perspectives

Estimated the features in physical activity of the medical students from India including the gender.

It is necessary further popularization and making conditions for achievement optimal physical activity for medical students from India.