

BSMU Students (1st-4th semesters) Health Status Assessment

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Introduction

Despite numerous studies, scientists believe, that medical students are one of the least studied group in social and hygienic directions from all researches of youth. Large intellectual load, sudden changes in traditional way of life, intense stress can be considered as the main factors for unhealthy conditions and co-morbidities in medical students.

Aim

To assess the health of medical students prior and after admission to BSMU and study the reasons of the pathology development.

Materials and methods

Google online-forms consisting of 12 questions were used during the research. 120 students from the 1st to the 4th semesters of Belarusian State Medical University were enrolled in the survey.

Results

About 80 % of the surveyed medical students have already had some diseases before they started to attend the university. According to the obtained data we discovered that the most common chronic pathologies in medical students are curvature of the spine (scoliosis), decreased eye-sight (myopia), chronic respiratory diseases (asthma, respiratory allergies), digestive disorders. After admission to the University, 23.5% of the students acquired new diseases. The most frequent responses were depression, heart problems (arrhythmia), blurred vision and gastritis. The origin of new diseases, they often associate with high mental and intellectual load (55%), stress (51%), lack of sleep (45.1%) and malnutrition (35.3%). Nevertheless, 80% of respondents to the question "Do you try to do anything to improve your health?", answered positively.

Conclusion

- 1) High aptitude to psychosomatic and mental disorders in medical students is observed.
- 2) Dynamics of changes and the frequency of complaints confirm the negative trends in the health status of students over the period of their study at the medical university.