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Analiza wiedzy i postaw studentów wybranych uczelni pogranicza wobec badań profilaktycznych Programu Prozdrowotnego na lata 2013-2016

STRESZCZENIE

In about 50 % human health is dependent on lifestyle, predominantly health behaviours. One may avoid morbidity and premature mortality if lifestyle habits are modified. An essential role in preventing diseases is played by prophylaxis understood as maintaining and strengthening health, inter alia, by performing tests and examinations to assess health status or detect diseases early. Currently constant improvement in diagnostics makes it possible to detect a disease in its early stage when the man is not yet afflicted with any particular complaints. Often even small abnormalities may warn of a possible disease.

A significant aspect of the dissertation has been a transition from region-based research to international research. The crossborder setting of the State Higher Vocational School of Suwałki makes it possible to compare prohealth behaviours, including prophylactic actions undertaken by students of the select border higher education institutions, namely Yanka Kupała State University of Grodno (Belarus) and Medical University of Lviv (Ukraine) within the framework of mutual international research and prophylactic programmess.

‘Prohealth programme for 2013-2016’, that has been implemented since 2013 in Suwałki State Higher Vocational School, was approved by the Senate of the School by way of resolution No. 44/2015 on 27 August 2013, whereas research has been done upon R-I-002/128/2015 approval of Bioethical Committee of Medical University of Białystok since 30.04.2015. The research has been done in cooperation with the Foundation of Education and Science of Białystok. The online survey has been carried out in three languages: Polish, Belarusian and Ukrainian. The Internet-based Lime-Survey and International Virtual Research Teams have been used. In total 2,585 students of three select higher education institutions have been surveyed.

The dissertation determines what prophylactic treatments are undertaken by students of border tertiary–level schools, including the information what groups may be at risk of developing civilizational diseases. 1) According to the survey students most often perform the following treatments: scheduled dental check-up (94.3%), body/weight measurement (89.9 %), blood count (84.2 %); urine test (84.2 %), blood pressure measurement (84.7%). In turn, very rarely students measure cholesterol/triglyceride level (57.7% perform this measurement

and 42.3 % do not do it) or blood sugar level (71.9 % perform this measurement and 28.1 % do not do it). The surveyed may be said to belong to the group of increased risk for civilizational diseases such as circulatory disorders or diabetes. 2) There is a correlation between self-evaluation of one's own health and the participation in prophylactic treatments. Better self-evaluation of one's own health (positive correlation) influences participation in tests, exams and check-ups: dental appointments, body/weight measurements, cytology tests, gynecological ultrasound, breast self-examination, professional gynecological / obstetrical examination. 3) Not many students declare the importance of prophylaxis (only 11.0% state that prophylaxis plays a role in maintaining good health). It may have an influence on relatively low frequency of tests, examinations and medical check-ups. 4) Analyzing attitudes towards tests and medical check-ups in the course of three year educational cycle (first year students and subsequently third year students) it has been determined as to what extent the undertaken actions within the framework of 'Prohealth programme for 2013- 2016' influence the frequency of performed tests and examinations. Actions to follow and maintain dental hygiene have had a positive influence on the frequency of dental appointments among the surveyed students because the number of third year students who miss them has decreased from 4.4 % to 3.6 % due to events organized in connection with the Dental Prophylaxis Day. As to blood count, the number of third year students who do not perform this measurement has reduced from 35 % to 24.8 %. It testifies to a positive influence of actions promoting voluntary blood donation and cancer prophylaxis or actions of looking for a bone marrow donor. However, the number of students performing urine tests has reduced. 24.0 % of third year students do not carry out urine tests compared with 27.0% of first year students. Measuring blood sugar level is much more popular among third year students than first year students as the number of third year students that do not do it has decreased by 10.5 %. It is the effect of actions promoting measurements of blood sugar level in connection with the World No Tobacco Day, the European Breast Cancer Day, the International Breast Cancer Day and the World Health Day. Third year students to a small extent but more often than first year students perform body/weight measurements, identifying risk factors such as diabetes or cancer during actions in connection with the World Health Day and the International Cancer Day. Breast self-examination is most often performed by third year students – the impact of educational events (teaching how to perform self-exam of breasts) in connection with the International Cancer Day and the European Cancer Day. It has been shown that the actions undertaken within the framework of 'Prohealth Programme for 2013-2016' have strengthened students' awareness in the field of significance of prophylaxis to promote health. The practical effect of the thesis will be the development and subsequent implementation of the targeted 'Prohealth programme for 2016-2019' in border higher education institutions.