



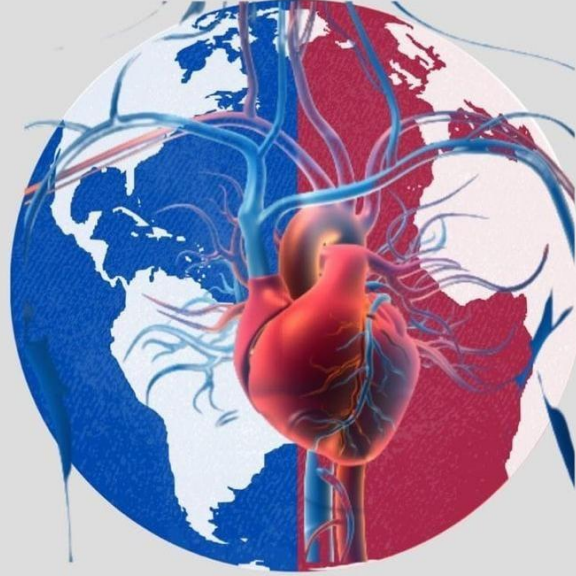
III. EASTERN MEDITERRANEAN
INTERNATIONAL MEDICAL STUDENTS'
CONGRESS
4-5-6 June 2021



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**MULTIDISCIPLINARY APPROACH TO
CARDIOVASCULAR SURGERY IN
PROGRESSIVE WORLD**



Organising Committee President
Ayçin Buse İzzettin
Phone: +90 (534) 621 89 79
E-mail: buseaycin2@gmail.com

Organising Committee General Secretary
İlayda Ayça Ertürk
Phone: +90 (532) 679 1935
E-mail: papatyailayda@icloud.com

Organising Committee Communications Officer
İrem Oben
Phone: +90 (533) 841 88 55
Ece Ecesoy
Phone: +90 (533) 830 20 01

EMIMSC ABSTRACT BOOKLET

FAMAGUSTA

|

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Eastern Mediterranean University
IV. Eastern Mediterranean International Medical Students Congress
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Editors

İrem OBEN
İlayda Ayça ERTÜRK
Ege Nil ÇAĞANSOY
Assist. Prof. Dr. Nimet İlke AKÇAY

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Yahya HELVACIOĞLU



**EASTERN MEDITERRANEAN INTERNATIONAL
MEDICAL STUDENTS CONGRESS
ABSTRACT BOOKLET**

4-5-6 June 2021

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UNIVERSITY FACULTY OF MEDICINE
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ABSTRACTS

ORAL PRESENTATIONS

BASIC SCIENCES

PSYCHOLOGICAL STATUS OF EMU MEDICAL STUDENTS DURING COVID-19 PANDEMIC

Ömerağa D.*, Yatağan Ö.*, Akçalı D.*, Erdoğan M. Z.*, Laouar S. M.*, Mutlu-Altundağ E.**,
Gençalp-Rüstem D.***

*Eastern Mediterranean University, Faculty of Medicine, First Year Students

**Eastern Mediterranean University, Faculty of Medicine, Department of Medical Biochemistry

***Near East University, Faculty of Medicine, Department of Medical Biochemistry

Introduction

COVID-19 is a disease caused by SARS-CoV 2. This virus has spread globally. Majority of schools participated in online education system which required isolation from the real world. This made the situation much more difficult in means of mental and general health of medical students. The purpose of this study is to determine the psychological status of medical students in Eastern Mediterranean University (EMU) in COVID-19 pandemic period.

Methods

The first three years of EMU medical students were invited to participate in this cross-sectional study. The online questionnaire distributed consists of 21 questions including Kessler-10 Psychological Distress test and questions prepared by our research team. Our study has been completed in 5 months. The collected data were analyzed in SPSS Version 26 with Independent Samples T-Test and One-Way ANOVA Test.

Results

112 out of 151 students participated in this study with a response rate of 74.2%. The 28%, 28%, 44% of the participants were first, second and third year students respectively. The mean age of participants was 20.38 ± 1.4 years. The gender distribution was 64% and 36% for females and males respectively. As a result of the Kessler-10 test conducted, the mean psychological distress score was found to be 27.1 ± 6.8 out of 50, which indicates moderate stress. It has been found that there is a significant difference between the Kessler-10 test scores of male and females. The mean K-10 test score is higher in females (28.92 ± 6.152) than males (22.60 ± 5.595) ($p=0.01$).

Conclusion

Our results demonstrated moderate stress among medical students. There is no significant difference between the Kessler-10 scores of first, second and third grades of medical students. Through the pandemic period, more online conferences about strategies for coping with stress can be carried out to raise awareness.

Keywords: Psychology, COVID-19, Medical Students

Study Code: OPBS-01

COVID-19 PANDEMIC; PERSPECTIVES OF PRE-CLINICAL MEDICAL STUDENTS AND EFFECTS ON THEIR LIFESTYLES

Mısırlı A.*, Kısaçam D.*, Ersözluoğ lu E. *, Becer G. *, Kardaş S.N. *, Yılmaz N.**

*Eastern Mediterranean University Faculty of Medicine, 1st Year Students.

**Eastern Mediterranean University Faculty of Medicine, Internal Medicine /Gastroenterology, Famagusta TRNC.

Introduction and Aim

Covid-19 first appeared in December 2019 and became pandemic, leading to the transition to online education in medical schools, and students were somewhat affected. This study aimed to investigate perspectives of Eastern Mediterranean University (EMU) preclinical medical students on Covid-19 and its effects on their lives.

Material and Method

EMU year 1st, 2nd, and 3rd students (N =154) were included in the voluntary cross-sectional survey. The questionnaire consisted of 24 questions in English - Turkish investigating "sociodemographic features", "perspective" and "lifestyles" shared via Google Forms and Microsoft Teams with "consent form", x² test and SPSS-26.0 were used for analysis.

Results

N=109 students, 64.2% of whom were female, with an average age of 20±1.4, answered the survey. 9.2% (n = 10) of the students were infected with the virus and the first symptom of 30% (n = 3) was headache. According to the study, 78% of the students stated that the vaccine would be the solution, staying at home (59%) was the best protection method and medical journals (64.2%) were more reliable for Covid-19 data. The biggest concern about Covid-19 was 'their family and their own health' (48.6% ,n=53) and 68.8% of students reported a decrease in school performance (x² ,p<0.0001). Only 32.1% of the students changed their diet and 25.7% increased their physical activity. Overall 32.1%(n=35) faced with worsening mood, and 53.2%(n=58) of the students didn't feel happy during the pandemic.

Conclusion

It was observed that pre-medical students did not find the daily Covid-19 data reliable, the best protection method was to stay at home, and the pandemic did not affect their lifestyles much, but although almost half of the students were happy, the school success of many students decreased due to Covid-19.

Keywords: Covid-19, Medical students, Perspectives

Study Code: OPBS-02

EFFECT OF COVID-19 PANDEMIC AND LOCKDOWN ON ALCOHOL AND TOBACCO CONSUMPTION IN NORTH CYPRUS

Shallof A.*, Hivehchi M.*, Abusamaan M.*, Foroughian S.*, Eker A.**

*Eastern Mediterranean University Faculty of Medicine, Year 3 students

** Eastern Mediterranean University Faculty of Medicine, Department of Neurology

Introduction

Tobacco and alcohol suppress immune responses, increasing also the risk of acquiring COVID-19, and in turns COVID-19 pandemic and lock down can have an effect on consumption of these substance. This study aims to determine the COVID-19 pandemic and lock down period effect on alcohol and tobacco consumption among North Cyprus residents.

Materials & Methods

This research was done in the 2020-2021 academic year. The sample of the research consists of 280 adult North Cyprus residents. An online version of ASSIST questionnaire was used to determine the consumption severity of alcohol and tobacco before and during the COVID-19. The survey was conducted via Facebook groups. The data collected was analyzed using IBM SPSS Statistics Data Editor. T-tests, and ANOVA was used comparing the scores with the socio-demographic variables. The value of $p < 0.05$ is accepted as statistically significant.

Results

280 North Cyprus residents with the 90% confidence level were participate in this study. 61.8% of the participants were female. Tobacco consumption severity significantly reduced with the COVID-19 pandemic and lock down ($p=0.000$). 86,8% had moderate risk usage before COVID-19, whereas 65% had low risk usage in COVID-19 pandemic first 3 months. This significant decrease observed in both sex and in all age groups. 50,7% of the population declared the use of tobacco before pandemic, and the tobacco consumption frequency was 5-7 days in a week in 84,6%. But %62,9 of the study population indicate that they didn't use tobacco in the lock down and the first 3 month of COVID-19 pandemic. There wasn't any significant difference in Alcohol consumption.

Conclusion

North Cyprus residents were found to have a dramatic decreased level of tobacco consumption during the first 3 mouth of pandemic and lockdown. Possibly the afraid of having COVID infection has effect on tobacco consumption decrease with the pandemic.

Keywords: COVID-19, lock down, alcohol, tobacco, Cyprus.

Study Code: OPBS-03

EFFECT OF COVID-19 PANDEMIC AND LOCKDOWN ON SEDATIVE DRUG CONSUMPTION IN NORTH CYPRUS

İzzettin A.*, Al Shawawreh D.*, Çiğdem L.*, Abuhamra M.*, Tolgay R.*, Akçay N.İ.***, Eker A.***

*Eastern Mediterranean University, Faculty of Medicine, Year 3 Students

** Eastern Mediterranean University, Faculty of Medicine, Department of Biostatistics

***Eastern Mediterranean University, Faculty of Medicine, Department of Neurology

Introduction

COVID-19 epidemic resulted in implementation of restrictions and caused lifestyle changes, economic decline and psychiatric problems to arise. This has led to an overuse of sedative drugs. We aim to investigate the effect of COVID-19 pandemic and lock down on sedative drug consumption in North Cyprus.

Methods

This is a cross-sectional study carried out by distributing an online questionnaire among the North Cyprus residents over 18 years. ASIST scale was used to determine the consumption severity of sedatives before and during COVID-19 pandemic and lock down. IBM SPSS version 22.0 software will be used for data analysis. Paired sample T test and independent T test are used to compare pre-COVID and COVID period consumption intensity and assess association of consumption with the demographics. $p < 0.05$ is accepted as statistically significant.

Results

280 North Cyprus residents with the 90% confidence level participated. 61.8% of the participants were female. Sedative usage intensity was classified as low in 92,9% and moderate in 6,4% in pre-COVID period. However, sedative consumption intensity in COVID period has increased to 94,7% for low risk usage and decreased to % 4.7 for moderate risk usage. Mean ASIST scores for sedatives in pre-COVID and COVID periods were 1,0857 and 1,0714 respectively. Comparison of these scores didn't disclose any significant difference. ($p=0,372$) Consumption of sedatives decreased in all age groups specifically in females in lockdown and first 3 months of pandemic.

Conclusion

The study showed that the COVID-19 pandemic and lock down period hadn't any significant effect on sedative consumption in North Cyprus. Insignificant but slight decrease in consumption during the first 3 months of pandemic during the lockdown may be due to difficulty in accessing these prescription drugs.

Keywords: COVID-19, lock down, sedative drugs, Cyprus.

Study Code: OPBS-04
10

PREVALENCE, TREATMENT AND CONTROL OF BRACHIAL HYPERTENSION AND CENTRAL HYPERTENSION

Begić Z.*, Barišić K.*, Jelaković B.*.**

*University of Zagreb, School of Medicine

**Clinical Hospital Centre Zagreb, Zagreb, Croatia

Introduction

Arterial hypertension (HT) is one of the leading factors in mortality and morbidity worldwide. Although it is recognized as a major health burden, valid prevention and control are not good enough. Recently, it was realized that central aortic blood pressure (CAP) is more related to target organ damages. Our aim was to analyze the concordance of brachial HT with central HT and its association with albuminuria.

Methods

A total of 1218 subjects (women=61%) from random sample of adult Croatian population (mean age 57,3) were included in this study. All patients provided their demographic data (structured questionnaire). Weight, height and waist circumference were measured. Brachial blood pressure (BP), CAP, ePWV, augmentation index and pulse pressure amplification were measured using Mobilograph device. Urine and blood samples were analyzed in one laboratory. Brachial HT was defined as BP > 140/90 mmHg and/or antihypertensive therapy, central HT was defined as central BP > 130/90 mmHg and/or antihypertensive therapy. Albuminuria was defined as 24h urine albuminuria > 30 mg.

Results

There were no differences in the prevalence of brachial and central HT (64.5% vs. 62.2%, respectively; $X^2=1.109$; $p=0,29$). We failed to find differences in number of untreated brachial and central HT patients (22.1% vs.19.7%; $X^2=0.854$; $p=0.335$). More controlled subjects were observed in patients with central vs. brachial HT (51.7% vs.42.1%; $X^2=8,596$; $p=0.0003$). Albuminuria was equally presented in patients with brachial and central HT (13.2% vs 13.4%; $X^2=0,008$; $p=0,928$)

Conclusion

Overall prevalence of HT in Croatia is very high. There were no differences in the prevalence of brachial and central HT, as well as in number of treated subjects. Interestingly, better control of central than brachial HT was found which might explain the finding of the same prevalence of albuminuria. Further investigations on CAT are needed.

Keywords: hypertension, central blood pressure, prevalence, control, albuminuria

Study Code: OPBS-05

THE PSYCHOLOGICAL EFFECT OF COVID-19 PANDEMIC ON THE INDIVIDUALS OVER THE AGE OF 65 YEARS LIVING IN TURKEY AND NORTH CYPRUS

Balcı Y.*, Kahveci N.*, Akkaya F.H.*, Baran P.*, Feyzioğlu G.N.*, Gençalp D. ** Akçay N.İ.***

* Eastern Mediterranean University, Faculty of Medicine, Year 2 Students

** Near East University, Faculty of Medicine, Department of Medical Biochemistry

*** Eastern Mediterranean University, Faculty of Medicine, Faculty Member

Background

In the world fighting with COVID-19, the highest number of confirmed cases and deaths occurred among elderly people. In some countries, specific restrictions have been imposed on individuals above the age of 65. This study aims to compare the psychological effects of COVID-19 on individuals over the age of 65 in Turkey, where there are specific prohibitions, and in North Cyprus, where there are no specific prohibitions over the age of 65.

Material and Methods

This cross-sectional study was carried out in Turkey and Northern Cyprus. The sample of the study has been obtained by snowball sampling method. PCL-5 scale was used to determine the psychological impact of COVID-19. The questionnaire was conveyed via online platforms. Data analyses were performed in SPSS.

Results

Among 204 participants (103 males and 101 females), 135(66.2%) of them were psychologically affected by COVID-19 with a significantly different proportion ($p < 0.0001$). The mean PCL-5 score was calculated as 37.52 ± 18.68 , out of a total score of 76. Comparisons of PCL-5 scores based on country, gender, actively working or not, and marital status resulted with similar psychological effect with no significant differences ($p > 0.05$). PCL-5 scores were significantly different only based on the education level ($p = 0.008$), where the effect was significantly higher on individuals with primary school education than more educated people. Although it was found statistically insignificant, a remarkable decrease in PCL-5 scores was observed as the income level increases ($p = 0.166$).

Conclusion

The obtained data demonstrate a significantly different proportion of individuals over 65 years old, who were psychologically affected during COVID-19 pandemic. Expected difference on the psychological effect on participants from Turkey and North Cyprus was not monitored. Less-educated participants demonstrated significantly higher psychological effect than more educated individuals. Noticeably, psychological effect of COVID-19 decreased with increasing income.

Keywords: COVID-19, over 65 years old, psychological effect

Study Code: OPBS-06

ATTITUDES AND KNOWLEDGE OF PARAMEDICS ABOUT RECOGNITION OF ACUTE STROKE AND PRE-HOSPITAL APPROACH IN NORTHERN CYPRUS

Saral N.*, Azizoğlu B.*, Albayrak Ç.*, Meşeli A.T.*, Aktuğlu S.A.*, Khdeir M.* . Eker A.**

*Eastern Mediterranean University, Faculty of Medicine, Year 2 students

**Eastern Mediterranean University, Faculty of Medicine, Department of Neurology

Background and Objectives

Stroke is defined as a sudden dysfunction caused by the interruption of blood flow to the brain. For most acute stroke patients first medical contacts are paramedics. Timely intervention is vital, making rapid and effective paramedic response critical. In this study, our purpose is to evaluate the knowledge and behaviors of paramedics towards acute stroke in Northern Cyprus.

Materials and Methods

We have conducted a cross-sectional descriptive study approved by EMU ethical committee. An online questionnaire was distributed to paramedics in Northern Cyprus through Google Forms. The data from the survey were analyzed by chi-square tests using SPSS v26. The value of $p < 0.05$ is accepted as statistically significant.

Results

36 out of 50 active paramedics participated in the study. Although 72.2% of paramedics are educated in stroke, 61.1% of paramedics could not estimate the exact time period for the initiation of thrombolytic therapy. Paramedics who have stroke education have higher knowledge on pre-hospital diagnosis scale ($p = 0.004$). Private hospital paramedics have less knowledge on pre-hospital diagnosis scale ($p = 0.000$) and about the hospitals with a stroke unit ($p = 0.005$). 52.8% of paramedics take the stroke suspected patient to the closest health institution rather than a hospital with a stroke unit.

Conclusion

Multi-categorical evaluations demonstrated inadequate knowledge and poor pre-hospital management of stroke among paramedics. Paramedics who work in state health institution had a greater knowledge regarding hospital with stroke units and pre-hospital scales compared to those working at private health institution. Even though majority of paramedics in North Cyprus are educated about acute stroke, more than half of them don't know the critical treatment period for acute stroke. Periodic educations must be held for paramedics to improve their knowledge about acute stroke and treatment.

Key Words: Paramedics, acute stroke, thrombolytic treatment, knowledge, Cyprus

Study Code: OPBS-1047

KNOWLEDGE LEVEL OF UNIVERSITY STUDENTS ON SEXUALLY TRANSMITTED DISEASES: A CROSS-SECTIONAL STUDY AMONG UNDERGRADUATE STUDENTS IN EMU, NORTH CYPRUS

Akdoğan Z.*, Hızal S.*, Erdoğan Z.*, Elshikh M.*, Masaad M.*, Shallof A.*, Akçay N.İ.**

* Eastern Mediterranean University, Faculty of Medicine, Year 3 Students

** Eastern Mediterranean University, Faculty of Medicine, Faculty Member

Introduction

Sexually Transmitted Diseases (STDs) are among important public health problems worldwide, having negative effects on sexual health/reproduction where young adults are in a big risk group. This study aims to investigate the knowledge levels of university students about STDs and to find how their knowledge levels differ according to their faculties and socio-demographic characteristics.

Material and Methods

This cross-sectional study was completed in 2020. Study population included undergraduate students of Eastern Mediterranean University, and cluster sampling method were conveyed. Questionnaires including 9 demographic and 35 knowledge- related questions were distributed and collected in both physical and online classrooms, and knowledge scores were calculated for each participant. Mann-Whitney U, Kruskal-Wallis, Wilcoxon Signed-Rank, and Spearman correlation tests were performed on SPSS for data analysis.

Results

Response rate to the study was 68.7%. The mean age of participants was 20.79 ± 2.28 . 88(36.5%) students stated that they had sexual intercourse. Mean knowledge score was calculated as 27.93 out of 35. 'A person with one sex partner is not at risk for STI/HIV' was the question with the highest correct answers (99.2%) from the sample. Only 10% responded correctly to the question 'You have to name your sexual contacts when you receive STI/HIV treatment'. Most students' information source for STDs was internet and social media (73.1%). Students from African countries, and students with sexual experience demonstrated significantly higher knowledge scores than the others ($p=0.04$ and $p=0.025$ respectively). There was no significant difference between the scores of health related and non-health related faculty students ($p=0.21$).

Conclusion

Students demonstrated a good knowledge level about STDs, especially students from African countries and student having sexual experience having significantly higher scores. Internet and social media are important sources of information, and health-related faculty students did not show significantly higher knowledge against our expectations.

Keywords: STDs, university students, knowledge level

Study Code: OPBS-08

PREVALENCE OF COGNITIVE IMPAIRMENT IN FAMAGUSTA RESIDENTS OVER 65 YEARS

Alanlı O.*, Çanlar S.*, İnce R.*, Saliu-Ahmed F.*, Özçelik E.C.*, Yüce B.E.*, Zorba İ.F.*, EkerA.**

* Eastern Mediterranean University, Faculty of Medicine, 4th Year Students

** Eastern Mediterranean University, Faculty of Medicine, Department of Neurology

Introduction and Background

Dementia is one of the major causes of disability and dependency among elderly and the fifth cause of death worldwide. ‘Mild Cognitive Impairment’ (MCI) is a transitional phase to dementia and its detection is crucial to slow down progression to dementia. The aim of this study is to detect prevalence of cognitive impairment (CI) among Famagusta residents in North Cyprus aged 65 and above and to offer follow-up.

Material and Methods

In this population based, cross-sectional study on individuals aged 65 and above residing in Famagusta, simple random sampling was applied. Sample size was calculated as 143. Along with demographics involving risk factors of dementia, CI was assessed by standardized Mini-Mental State Examination (sMMSE), Clock Drawing Test and Mini Cog Test scores. Daily activity impairment was evaluated with Functional Activities Questionnaire (FAQ) and depression with Short Geriatric Depression Scale. SPSS was used for analysis and chi-square was used for hypothesis test ($p < 0.05$).

Results

In total, 135 participants were included in analysis from 4 age groups (65-69/70-74/75-79/80+). The mean age of the participants was 73.17 ± 6.421 and females comprised 70.4%. Overall, 40.0% of the whole population had CI and 20.7% had depression. It was observed to be more frequent among older age groups ($p < 0.001$) and females ($p = 0.007$). Lower education was found to be associated with CI and 60.8% of individuals with 6 or less years of education had CI ($p = 0.011$). No significant association was detected between CI and having multiple vascular risk factors ($p = 0.930$).

Conclusion

This study has shown that prevalence of CI, including MCI and possible dementia cases are quite high and similar with the other population based studies which share same socioeconomic status. Considering the growing elderly population, cognitive screening tests and preventive measures of modifiable risk factors are required as public health measures.

Keywords: Cognitive impairment, dementia, Cyprus

Study Code: OPBS-0197

THE COMBINATION OF PEANUT SHELL EXTRACT AND TUALANG HONEY IS BENEFICIAL FOR SUPPRESSING MATRIX METALLOPROTEINASE-3 IN OSTEOARTHRITIC RATS

Umar T. P*, Stevanny B.*, Ernanto J. H.*, Rachmat Hidayat**

*Medical Profession Program, Faculty of Medicine, Sriwijaya University, Palembang, South Sumatera, Indonesia

**Department of Biology, Faculty of Medicine, Sriwijaya University, Palembang, South Sumatera, Indonesia

Introduction

There is no curative therapy for osteoarthritis, the most common degenerative joint disease internationally. Some experiments were carried out, but the results were disappointing. Natural materials such as peanut shells and Tualang honey (from *Apis dorsata*) have been shown to have anti-inflammatory, antioxidant, and chondroprotective properties. As a result, it is hypothesized that both may be capable of reducing inflammation and preventing articular deterioration. The goal of this research is to determine the activity of peanut shell extract and Tualang honey mixture against the formation of affect matrix metalloproteinase-3 (MMP-3) levels in osteoarthritic rats.

Methods

In this preclinical study, 27 female Wistar rats were randomly assigned to one of nine groups. There are nine groups in total, with six treatment groups receiving Tualang honey (25% and 50%) as well as peanut shells extract (1%, 5%, and 10%), one normal group, a negative control, and positive control for ten days. The animal model was created by injecting Monosodium Iodoacetate into the joints. MMP-3 as the marker of disease activity was assessed using the Sandwich ELISA method.

Results

The sixth treatment group (50% Tualang honey + 10% peanut shells extract) had the greatest decrement in MMP-3, though the effect was less than that of the positive control (diclofenac sodium). Treatment and diclofenac groups considerably decreased MMP-3 levels in patellofemoral articular cartilage when compared to the negative controls.

Conclusion

The combination of peanut shell extract and Tualang honey has a significant anti-inflammatory and chondroprotective impact, as evidenced by a lowering in MMP-3 levels in the osteoarthritic rat model.

Keywords: Matrix metalloproteinase-3, Peanut, Tualang honey

Study Code: OPBS-10

ABSTRACTS

ORAL PRESENTATIONS

CLINICAL STUDIES

PREDICTORS OF EARLY LEFT VENTRICULAR DYSFUNCTION AFTER ACUTE MYOCARDIAL INFARCTION

Garaz-Pislariu G.* Chițu Iulia Monica*

*George Emil Palade University of Medicine, Pharmacy, Science and Technology of Targu Mures, Romania

Background

A decreased left ventricular ejection fraction (LVEF) following an acute myocardial infarction (AMI), which implies the occurrence of cardiac dysfunction, is an important predictor for patient evolution even after primary percutaneous coronary intervention (PCI).

Objectives

This study aimed to assess possible predictors for deterioration of left ventricular (LV) function in patients with AMI treated by successful revascularization.

Materials and Methods

We retrospectively reviewed randomly 51 patients with AMI treated with primary PCI, admitted to Clinic of Cardiology of Targu Mures, between July 2019 – January 2020. For all patients, the following data were collected: medical history, clinical examination, usual and specific laboratory testing, as well as angiographic and echocardiographic parameters. Considering the cutoff limit value of the ejection fraction 45%, we classified the patients into two groups: group 1- LVEF<45% (n= 28) and group 2- LVEF ≥45% (n=23).

Results

The mean age at diagnosis of patients was 60.57±12.69 years old. Patients in group 1 presented higher peak creatine kinase (CK) than in group 2 (1804±1200 vs. 937.3±1146, p=0.01). Patients with LVEF<45% exhibited a higher proportion of multivessel disease (29% vs. 9%, p=0.0005), as well as mitral regurgitation (43% vs. 9%, p = 0.001). According to the classic comorbidities (dyslipidemia, hypertension, diabetes), there was no significant difference between the groups.

Conclusions

Although the interventional approach by percutaneous angioplasty with stent implantation of patients with AMI reduced in-hospital mortality, factors such as increased peak CK, mitral regurgitation, and multivessel disease may have a significant impact on ventricular function.

Keywords: ejection fraction, multivessel disease, mitral regurgitation. Study Code: OPCS-01

CAUSES OF PSYCHO-EMOTIONAL STRESS FOR PREGNANT WOMEN IN LATVIA

Lauma G.*, Pumpure E.**

*Rīga Stradiņš University, Faculty of Medicine, Paediatrics, Latvia Postal

** Rīga Stradiņš University, Department of Obstetrics and Gynaecology, Latvia

Introduction

Maternal stress is a significant risk factor for miscarriage, preterm birth and foetal impairment. The aim of this study was to identify the causes of pregnancy related stress in pregnant women in Latvia and analyse the data in relation to pregnancy trimester.

Methods

This longitudinal study was conducted from July 1st, 2020 to March 1st, 2021. In two outpatient clinics and online 110 pregnant women filled out questionnaires during the first, second and third trimester. Data was analysed with IBM SPSS.

Results

Mean age of participants was 29.5 years (range 19–44, SD 5.04). More than half of women were multiparas (54.5%, n=60). One in five women (20%, n=22) have had miscarriage in medical history. In the first trimester pregnant women were often (35.5%, n=39) or at all times (14.5%, n=16) affected by pregnancy symptoms (nausea, etc), compared to third trimester ($p<0.001$). Also fatigue and low energy levels were significantly more often causes for stress in the beginning of pregnancy ($p<0.001$). In the third trimester 20% women (n=22) were often troubled by changes in weight and body shape. Concerns about what will happen during labor and delivery were the highest the whole time of pregnancy – third of women described it as “often” (31.8–33.6%, n=35–37). For the majority of study participants total score corresponded with zero risk (54.5–63.6%, n=60–70) or low risk group (34.5–45.5%, n=38–50).

Conclusions

Labor-related concerns, fatigue, low energy levels and symptoms of pregnancy are significant causes of stress during pregnancy. Pregnant women in Latvia are in zero risk and low risk groups. Screening of psycho-emotional well-being among pregnant women allows to implement targeted support to prevent stress during pregnancy.

Keywords. Pregnancy, maternal stress, causes.

Study Code: OPCS-02 21

IMPACT OF TARGET CORONARY ARTERY STENOSIS SEVERITY MEASURED BY INSTANTANEOUS WAVE-FREE RATIO ON BYPASSED GRAFT PATENCY

Tolegenuly A. *, Mamedov A. *, and Benetis R. *

*Department of Cardiac, Thoracic and Vascular Surgery, Hospital of Lithuanian University of Health Sciences Kauno Klinikos, Medical Academy, Lithuanian University of Health Sciences.

Introduction

Invasive coronary angiography (ICA) used to be the gold standard for decision making in guiding myocardial revascularisation, and was used as a benchmark to compare new methods to. However, limited correlations between angiographic findings and functional stenosis severity [1] enabled the development of functional assessment of coronary stenoses using intracoronary guidewires.

Background

This study aimed to assess the impact of the measurement of the degree of target coronary artery stenosis using the instantaneous wave-free ratio (iFR) on patency of attached grafts.

Materials and Methods

A total of 86 grafts were assessed by computed tomography angiography (CTA) after coronary artery bypass grafting (CABG) in 24 patients with multivessel coronary artery disease (CAD). The iFR was evaluated for all target coronary arteries. The coronary artery stenoses were divided into three groups based on the iFR value: iFR < 0.86 (group 1); iFR 0.86–0.90 (group 2); and iFR > 0.90 (group 3).

Results

CTA was performed at 192 ± 44 days (range: 80–318 days). The correlation coefficient (r) between iFR and failed grafts was 0.332 ($p = 0.035$). Graft failure was detected in three grafts (8.1%) for group 1, in two grafts (8.3 %) for group 2, and in four grafts (16%, all arterial grafts) for group 3. Statistically significant differences were found between groups 1 and 3 ($p = 0.041$) and between groups 2 and 3 ($p = 0.044$). No significant differences were found between groups 1 and 2 ($p = 0.228$).

Conclusions

The degree of coronary artery stenosis measured by iFR is a risk factor for attached graft failure. In a coronary artery where the iFR was haemodynamically non-significant, a higher rate of graft failure was detected.

Keywords: coronary artery bypass grafting; instantaneous wave-free ratio; graft failure

Study Code: OPCS-03

ABSTRACTS

ORAL PRESENTATIONS

CASE VIGNETTES

TORSADE THE POINTES OR SOMETHING ELSE (?) - ETHACIZINE LIFE THREATENING TOXICITY- A CASE REPORT

Vasilenko D.*, Dr. Skotelis V.**

*Riga Stradiņš University, Faculty of Medicine, Latvia

**Riga Children's Clinical University Hospital, Latvia

Introduction

The toxicity of IC antiarrhythmics are one of the most serious drug poisonings, causing extensive ECG changes-can lead to a life-threatening arrhythmias, even death.

Case description

15 year old girl complained about shortness of breath right before she lost consciousness. The paramedic made an ECG, revealed a wide complex tachycardia which reminded Torsades de pointes (TdP). Intravenous MgSO₄, lidocaine was given, with no effect. The girl was admitted to Pediatric ICU. She was unconscious, with poor perfusion, weak central pulses, hypotension (56/28 mmHg), bradypnea, GCS 3/15. ECG showed inconstant rhythm with ectopic atrial bradycardia, short runs of wide complex tachycardia -resembled TdP. Fluids were given, norepinephrine infusion was started. Next, there was pulseless VT-unsynchronized defibrillation was done. As the rhythm looked like TdP, MgSO₄ was given, the patient went into asystole-CPR was started. She was intubated and after one Epinephrine bolus, ECG showed sinus rhythm, relieving 1st degree AV block, PR interval-308 ms, QRS complex-224 ms, cQT-546 ms. No electrolyte disbalance was noted in the baseline lab test, urine drug test kit-negative. Patient's mother had a suspicion, the patient might have overdosed Ethacizine, Metoprolol. Next morning 12-lead ECG still showed 1st degree AV block, but QRS complex, cQT interval was normal. Tox screen showed positive metoprolol, phenothiazine derivatives in the urine.

Discussion

Ethacizine overdose may cause prolonged PR interval, widening of the QRS, usually seen as ventricular premature depolarizations with broadened, notched, fuzzy waveforms, prolonged cQT - resembled TdP. An overdose of ethacizine should be considered if otherwise healthy people with access to these drugs have a cardiac collapse. Sodium bicarbonate is one of the first accepted agents used to counter the effects of Class IC antiarrhythmics drugs. Lipid emulsion could be considered, because IC class antiarrhythmics are lipophilic drugs. If there is evidence of hemodynamically significant AV block with normal intraventricular conduction transvenous pacemaker may be considered.

Case report presentation reflects the importance of drugs and their interactions, depend on pharmacological properties. Rapid recognition is the most important factor for a successful

outcome.

Keywords: Ethacizine, toxicity, phenothiazine derivatives

Study Code: OPCV-01

ABSTRACTS

ORAL PRESENTATIONS

REVIEW STUDIES

THE HIDDEN LINK BETWEEN COVID-19 AND GUT MICROBIOTA – A NARRATIVE LITERATURE REVIEW

Alsharakhi Y.*, Gunay O.*, Haidar Y.*, Masaad M.*, Sokmen G.*, Afshani M.**, Alipour H.***

* Eastern Mediterranean University, Faculty of Medicine, TRNC, Famagusta, Mersin 10, Turkey, Year 3 students

** Eastern Mediterranean University, Faculty of Medicine, TRNC, Famagusta, Mersin 10, Turkey

*** Aalborg University, Faculty of Medicine, Department of Health Science and Technology, Laboratory of Regenerative Medicine, Aalborg, Denmark

The Coronavirus disease-2019 (COVID-19) pandemic has taken a global toll with over 160 million positive cases and 3.4 million deaths to date. The disease symptoms are attributed to a “cytokine storm” due to the intense immune dysregulation caused by the novel severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) targeting the angiotensin-converting enzyme 2 (ACE2) receptors to enter cells in the intestines, heart, lung, and kidney. The human gut microbiota is a dynamic and vital partner of the host that can affect the functions of all organs through its anti-inflammatory properties and different modes of action, including the modulation of innate and adaptive immunity. This literature review focused on the relation between COVID-19 and gut microbiota. Several studies have reported profound alterations of respiratory viral infections on the gut microbial composition, while the role of gut microbiota in alleviating respiratory diseases has also been well articulated. Recent investigations demonstrated the effect of SARS-CoV-2 on the gut microbiota composition, proposing gut dysbiosis as a predisposing risk factor to severe COVID-19, with possible direct and indirect involvement in disease pathogenesis. The gut dysbiosis induced by SARS-CoV-2 has also been proposed as a likely mechanism mitigating the gastrointestinal symptoms seen in some COVID-19 patients. The economic, social, mental, and healthcare burden of COVID-19 and the lack of specific treatment for this disease highlights the necessity for strategies to prevent the spread of infection by this viral agent. Probiotics are live microbes that can balance, restore, and reshape the gut microbiota, and benefit the hosts' health when ingested in adequate amounts. Concordantly, the positive influence of probiotics on gut microbiota and their proven ability to regulate immune responses in the respiratory system makes them a great potential candidate as an adjuvant preventive and therapeutical strategy against COVID-19, which warrants further investigation.

Keywords: COVID-19, Gut Microbiota, Probiotics

Study Code: OPR-01

THE DRUGS USED IN THE TREATMENT OF THE SUPRAVENTRICULAR TACHYCARDIA IN PEDIATRICS: A SYSTEMATIC REVIEW AND META-ANALYSIS

Hashim H. T*

* University of Baghdad, College of Medicine

Background

Supraventricular tachycardia (SVT) is an abnormally rapid heart rhythm that results from unsuitable electrical activity in the upper part of the heart. Acute management of the child presenting with SVT may be a challenge, as the exact tachycardia mechanism is often unknown. The strategy for the treatment depends on the presentation and clinical status of the patient.

Methodology

A systematic literature review was conducted to identify and select the original research reports on supraventricular tachycardia management drugs in children and infants (all pediatrics from hour to 17 years of age) in accordance with the PRISMA guidelines. Data was analyzed with Review manager version 5.4. P-value and I^2 were used in testing the significance difference.

Results

26 studies out of 65 assessed for eligibility were included in the review depending on the criteria. There are 8103 patients from 13 countries with SVT who were treated with different antiarrhythmic drugs including (Adenosine, Amiodarone, Beta-Blockers, Dexmedetomidine, Flecainide, Digoxin and Ivabradine). there is a significant difference between the patients who took the drugs and the patients who responded to the drugs with P-value < 0.005 and $I^2 = 72\%$.

Conclusion

There is not a first line treatment or second line treatment in treating SVT in pediatric but there is an effective drug that can be ineffective with others patients so all the choices should be considered during the treatment protocol and the combination of drugs is more efficient with less side effects according to my review studies.

Keywords:

Supraventricular Tachycardia; Pediatrics; Drugs

Study Code: OPR-02

THE ROLE OF THE ELECTROCARDIOGRAM IN THE RECOGNITION OF CARDIAC TRANSPLANT REJECTION: A SYSTEMATIC REVIEW AND META- ANALYSIS

Ramadhan M. A.*

*University of Baghdad, College of Medicine

Background

In cardiac transplant recipients, the electrocardiogram (ECG) is a non-invasive measure of early allograft rejection. The ECG has the ability to predict an acute cellular rejection, thus shortening the time to recognition of rejection. Earlier diagnosis has the potential to reduce the number and severity of rejection episodes.

Methodology

A systematic literature review was conducted to identify and select the original research reports on using Electrocardiography in diagnosing cardiac transplant rejection in accordance with the PRISMA guidelines. Studies included reported on sensitivity and specificity of ECG readings in heart transplant recipients during the first post-transplant year. Data were analyzed with Review manager version 5.4. P-value was used in testing the significant difference.

Results

After the removal of duplicates, 98 articles were eligible for screening. After the full-text screening, a total of 17 papers were included in the review based on the above criteria. A total of 957 patients were identified for heart transplant rejection, of 304 diagnosed by Electrocardiography (31.7%). The main method used for diagnosis was the QRS interval and amplitude.

Conclusion

In heart transplant recipients, a non-invasive measure of early allograft rejection has the potential to reduce the number and severity of rejection episodes by reducing the time and cost of surveillance of rejection and shortening the time to recognition of rejection.

Keywords

ECG; Heart transplant rejection; Cardio transplant rejection.

Study Code: OPR-03

ABSTRACTS

POSTER PRESENTATIONS

GUIDELINES BASED ROLE OF CT FOR DIAGNOSIS AND ENDOVASCULAR TREATMENT OF TYPE B AORTIC DISSECTION

Vasilev S.

Introduction

Aortic dissection is acute condition, which is potentially lethal and needs exact and rapid diagnosis. Incidences of this disease are between 3-4 cases per 100 000 people yearly with a tendency for increasing. The classifications, which are used for AD are the Stanford one, which divides the dissection in type A – dissection in the ascending aorta and type B – dissection in the descending aorta, after the ostium of the left subclavian artery and the De Bakey one – type I, including the ascending and descending aorta, type II – only the ascending and type III – only the descending aorta.

Methods

We searched, collected and analyzed the information available from published articles and guidelines associated with the role of CT and endovascular treatment of type B aortic dissection.

Results

Computer tomography has an important role in diagnosing, assessment and follow up of AD. CT is the preferred imaging modality, because of its high sensitivity and specificity. It is the most used imaging method for aortic pathologies, because of its rapidity, availability and accuracy. The endovascular methods for treating AD are fast-growing, like implanting stent-graft for type B AD, which is already widely used.

Conclusion

Against the background of numerous studies, CT has proven to be the main imaging method in need of timely diagnosis. From a therapeutic point of view, endovascular methods are becoming more common. Minimally invasive stent-graft implantation is already the first line of treatment in patients with complicated type B dissection and an available alternative in chronic forms. The connection between rapid, accurate diagnosis and assessment of aortic dissection by CT and proper and successful endovascular treatment is irreplaceable, leading to a reduction in complications and risks and an improvement in the condition and life of patients.

Key words: aortic dissection, computed tomography, endovascular

Study Code: PPR-01

ACUTE ISCHEMIC STROKE, DYSPNOEA, THROMBOSES IN MULTIPLE ARTERIES AND ABDOMINAL PAIN: AN UNORTHODOX AND RARE PRESENTATION OF MULTIPLE MYELOMA

Tambolkar A*, Tambolkar I**, Navandar R**

*Department of General Medicine, Poona Hospital and Research Centre, Pune-411030, Maharashtra, India.

** Byramjee Jeejeebhoy Government Medical College and Sassoon General Hospital, Pune-411001, Maharashtra, India.

Introduction

Multiple Myeloma (MM) represents a malignant proliferation of plasma cells derived from a single clone. MM is rare amongst Asians and is relatively common amongst the geriatric population. A patient with MM usually presents with pathologic fractures, renal failure, anaemia and recurrent bacterial infections. However, in this case, the patient presented with acute ischemic stroke, dyspnoea and abdominal pain. This case could be of immense clinical significance due to the unorthodox nature of the presentation of the patient.

Case Description

A 55-year-old Indian male presented with sudden onset of gait imbalance with giddiness, right upper limb weakness, slurring of speech. He had breathlessness and moderate abdominal pain. He was a known case of hypertension and had also suffered from COVID-19 in the past month. He was treated for acute ischemic stroke following which he was advised to do CT Angiography (Abdomen and Pelvis) and other laboratory investigations. Following suspicious laboratory and CT results the patient was asked to do bone marrow aspiration & biopsy and Serum Electrophoresis. The CT showed a hypodense aortic thrombus and thrombosis of the splenic and right renal arteries. Laboratory investigations revealed Albumin:Globulin ratio reversal, anaemia, thrombophilia and proteinuria. Bone marrow biopsy showed mild hypercellularity with 12-15% plasmacytosis. Serum Electrophoresis indicated a well-defined, faint band of M-protein (IgG) indicative of MM. The patient was referred to an oncologist and started on chemotherapy.

Discussion

A case of multiple myeloma presenting with stroke and hyper-viscosity is uncommon and the fact that the patient had a history of COVID-19 could have made him susceptible to thrombosis. MM, itself, is a rare disease and the aforementioned symptoms are even rarer which could pose a diagnostic challenge to clinicians. Physicians should take into account the possibility of multiple myeloma in similar cases in the future.

Keywords: Multiple myeloma, stroke, thrombosis

Study Code: PPCV-01

KNOWLEDGE, AWARENESS AND ATTITUDE TOWARDS TELEMEDICINE AMONGST MEDICAL DOCTORS OF NORTHERN CYPRUS: A CROSS- SECTIONAL STUDY

Özel E. K.* Al-Nuaimi F.* Tuncay H. A.* Özkaloğlu M.* Köroğlu U.*,Cumaoğullari Eker Ö.**

* Eastern Mediterranean University, Faculty of Medicine, 2. Year Students

** Eastern Mediterranean University, Faculty of Medicine

Introduction

Telemedicine, which can be described as usage of electronic methods of communication and softwares to help provide clinical services to patients who cannot access in-person doctor or hospital visits, can alleviate some of the variables obstructing the provision of healthcare services. Lack of data on professional view may result in improper planning or inaccurate foresight and because of this, the aim of this study is to determine and depict the knowledge and attitude towards telemedicine among physicians working actively in Northern Cyprus.

Materials and Method

In this cross-sectional study, all 805 of actively working medical doctors in Northern Cyprus were included. Although the aim was to reach all of said population, to ensure a confidence level of %95 at least 261 answers are needed, this calculation was done with OpenEpi. Data collection was done by Google Forms and the population was contacted through WhatsApp. A validated original questionnaire has been used. Questionnaire consists of 4 parts and a total of 45 questions. First part consists of demographic questions and acquired results from the last 3 parts were evaluated as score based. Obtained data was analysed with SPSS.

Results

In this study response rate was 11.7%. According to the questionnaire, 50% of the individuals were highly aware about telemedicine, 22.3% and 27.7% were moderately and inadequately aware about telemedicine respectively. Among the respondents, 69% possess high levels of knowledge about telemedicine while 26.6% possess moderate levels and 7.5% possess inadequate levels of knowledge. Based on their attitude towards telemedicine; 54.3% showed high attitude, 22.3% showed moderate attitude and 23.4% showed low attitude.

Conclusion

Due to low response rate, definitive conclusions can't be made but this study shows that medical doctors in Northern Cyprus possess high levels of knowledge, attitude and awareness on the topic of telemedicine.

Keywords: telemedicine, medical doctors, Northern Cyprus, awareness, knowledge, attitude

Study Code: PPBS-01

VERY LATE ONSET FRIEDREICH'S ATAXIA WITH RAPID COURSE MIMICKING AS POSSIBLE MULTIPLE SYSTEM ATROPHY CEREBELLAR TYPE.

Pustake M.*, Vidhale T** Gupta H.***, Gandhi C.****

*Medical Student, Grant Govt. Medical College and Sir JJ Group of Hospitals, Mumbai, 400008, India.

**Assistant Professor, Department of Internal Medicine, Grant Govt. Medical College and Sir JJ Group of Hospitals, Mumbai, 400008, India.

***Associate Professor and Unit Head, Department of Internal Medicine, Grant Govt. Medical College and Sir JJ Group of Hospitals, Mumbai, 400008, India.

****Resident Doctor, Department of Internal Medicine, Grant Govt. Medical College and Sir JJ Group of Hospitals, Mumbai, 400008, India.

Case Description

A 55-year-old gentleman was admitted to the hospital with an insidious onset, progressive backward fall (due to severe truncal ataxia), dysarthria, stiffness in extremities, distal dominant muscle wasting along with behavioural changes, and urinary incontinence. At the time of admission, the patient was completely wheel-chair bound and unable to do activities of daily living but, he could roll over in bed, able to keep his neck position steady, and get up from bed with support. The clinical assessment indicated mild cognitive decline with cerebellar, pyramidal, and peripheral nerves involvement. On investigations, nerve conduction studies revealed symmetrical, sensory-motor peripheral neuropathy affecting both lower limbs. Brain and whole spine MRI revealed widespread cerebral and cerebellar atrophy, volume loss in pons and medulla, and mild diffuse spinal cord thinning. Concentric left ventricular hypertrophy was found on transthoracic echocardiography. However, his gene analysis revealed eight GAA repeats on allele-1, and 37 GAA repeats on allele-2 in the first intron of the frataxin gene. Considering his clinical profile and genetic analysis, he was diagnosed as a case of very late onset Friedreich's Ataxia with likely compound heterozygous genotype. The patient was advised to undergo physiotherapy and to follow up with a cardiologist for his cardiac hypertrophy.

Discussion

Because of the presence of associated neurological attributes and systemic involvement, differentials such as Multiple system atrophy-cerebellar type, Spinocerebellar ataxia, Friedreich's ataxia, Autosomal Recessive Spastic Ataxia of Charlevoix-Saguenay, Ataxia with Vitamin-E Deficiency, and Ataxia with Oculomotor Apraxia type 1 and 2 were considered. The diagnosis was confirmed by radiography and the patient's genetic profile. This case illustrates the atypical presentation of Friedreich's Ataxia which will aid clinicians in suspecting this form of the disease.

Keywords: Multiple system atrophy-cerebellar type, spinocerebellar ataxia, Friedreich's Ataxia, Autosomal Recessive Spastic Ataxia of Charlevoix-Saguenay, Ataxia with Vitamin-E

SIRT FAMILY AND CARDIOVASCULAR DISEASES

Ulusan S.*

*Suleyman Demirel University, 3rd grade medical student, ISPARTA, TURKEY

Introduction

The sirtuins are highly conserved family of NAD⁺ - dependent enzymes and Sirtuin Family regulates biological functions, energy metabolism, stress responses and more. Seven mammalian homologues have been identified (SIRT1-7) and cell biology studies show that particular subcellular compartments for each family member with SIRT6 and SIRT7 being nuclear proteins, SIRT3, SIRT4 and SIRT5 mitochondrial proteins, and SIRT1 and SIRT2 being found both in nucleus and the cytoplasm.

Purpose

The Sirtuin Family are very significant proteins that involved in various metabolic pathways. Understanding them could help us to be successful in targeted pharmacotherapeutic treatments. They are bodyguards of cardiovascular system and dysfunction of them can cause serious cardiovascular diseases.

Methods

As a method, we have chosen collected work method. We checked on important articles and got substantial points from those articles.

Results:

SIRT1 protein takes lead role in decreasing dyslipidemia, endothelial dysfunction, atherosclerosis, thrombosis.

SIRT3 protein takes role in decreasing metabolic syndrome, heart failure, endothelial dysfunction, pulmonary hypertension.

SIRT6 protein takes role in decreasing cardiac hypertrophy, dyslipidaemia.

SIRT7 protein takes role in increasing cardiac function and exercise performance also decreasing plasma lactate level, hepatic microvesicular steatosis.

Conclusion

The importance of SIRT family ought to be recognized. In future, this family could take the key role in treatment of cardiovascular damages.

Keywords: Sirtuins, protection, diseases

Study Code: PPR-02

ASSESSING THE QUALITY OF LIFE IN TYPE 1 DIABETES AND TYPE 1 DIABETES-ASSOCIATED AUTOIMMUNE DISEASES

Luganceva A.*; Rumba-Rozenfelde I.** MD, PhD; Generalova V. *; Ševčuka M.*; Steggerda M.***

* University of Latvia, Faculty of Medicine, Riga, Latvia

** Children's Clinical University Hospital, Riga, Latvia

*** Rīga Stradiņš University, Riga, Latvia

Introduction

Type 1 diabetes (T1D) is one of the most common chronic diseases in the population under 18 years. T1D results from the autoimmune destruction of pancreatic beta cells. It is often associated with other autoimmune diseases. Most common comorbidities: celiac disease, autoimmune thyroid disease, autoimmune gastritis, pernicious anemia, and vitiligo. These diseases may decline glycaemic control, lead to an increased rate of hypoglycemia, and cause malabsorption and anemia, which impair the quality of life (QoL) in patients with T1D.

Methods

This case-control study included 94 children ranging from 2 to 17 years old with diagnosed T1D. QoL was assessed in children and their parents using the Pediatric Quality of Life Inventory Generic Core Scale (PedsQL). Questionnaires were scored from 0 to 100; higher scores indicate better QoL. Glycemic control was evaluated by using data of most recent hemoglobin A1c. Scores were compared between children with T1D (n=70) and T1D with associated autoimmune disease (n=24). Data were evaluated using IBM SPSS Statistics software.

Results

Based on PedsQL survey data among children with T1D, a statistically significantly lower total score of general well-being was obtained from children with T1D and associated autoimmune disease ($p = 0,014$). Children with T1D and associated autoimmune disease reported lower emotional functioning score ($p = 0,032$). Physical, social and school functioning scores didn't differ in those with and without T1D associated autoimmune disease. There weren't statistically significant differences in hemoglobin A1c between children with T1D and autoimmune disease and T1D only ($p = 0,39$). Furthermore, results submitted by children and parents presented similar generic PedsQL survey data.

Conclusion

Children with T1D and associated autoimmune disease have lower QoL. Nevertheless, there isn't a statistically significant correlation between T1D associated autoimmune diseases and lower glycemic control.

Keywords: Type 1 Diabetes, quality of life, autoimmune disease.

Study Code: PPCS-01

LIFE-STYLE CHANGES OF HEALTH-RELATED SCIENCE STUDENTS DURING ONLINE EDUCATION DUE TO COVID-19 PANDEMIC

Acaban D.*, Dalokay F.*, Demir G.*, Küpeli G.*, Haj Fattouh H.*, Dehghani M.*, Yilmaz N.**

*Eastern Mediterranean University Faculty of Medicine, 2nd Year Students.

**Eastern Mediterranean University Faculty of Medicine, Internal Medicine/Gastroenterology, Famagusta TRNC.

Introduction and Aim

Online education initiated due to the pandemic has affected the curriculum of health-related sciences, and students have been affected by this situation in any way. The study aimed to investigate the lifestyle changes of Eastern Mediterranean University (EMU) health-related faculty students during this period.

Methods

Undergraduate students of EMU medicine, pharmacy, dentistry and health sciences were included in this Cross-Sectional survey study. The survey included 30 questions in English and Turkish, 10 of which were about 'lifestyle', shared with the participants via Google Forms and Microsoft Teams. The answers were collected in 4 categories as "increased", "decreased", "same as before" and "I am not aware or I don't consume." The χ^2 test was applied; SPSS-22 was used for analysis. 'P-value' indicated the difference between the answers.

Results

A total of 328 students (64.6% female), mean age of 21.3 ± 2.26 answered the survey. The students stated that they gained weight (43.9%), increased cigarette (15.9%), caffeine (41.8%) and supplement consumption (20.7%) but, decrease in sleep quality (43.3%) and physical activity (61.9%) during this period ($p < 0.0001$). The pandemic also affected the relationships, and while there was a decrease of 54.3% in social relations of these students, an 24.4% increase was observed in family relationships during this period ($p < 0.0001$).

Conclusion

The data suggest that the lifestyles of health-related undergrad students have been negatively affected because of the online education. Increases in weight, caffeine, tobacco consumption and decrease in physical activities and sleeping quality are few examples. However increased cigarette consumption of these students may be an indicator of curriculum-related concerns or stress.

Keywords: COVID-19, Online education, Lifestyle,

Study Code: PPBS-02

ONLINE EDUCATION; WHAT ARE THE IDEAS AND CONCERNS OF HEALTH- RELATED SCIENCE STUDENTS

Acaban D.* , Dalokay F.* , Demir G.* , Küpeli G.* , Fattouh M.H.* , Dehghani M.* , Yilmaz N.**

*Eastern Mediterranean University Faculty of Medicine, 2nd Year Students.

**Eastern Mediterranean University Faculty of Medicine, Internal Medicine/Gastroenterology, Famagusta TRNC.

Introduction and Aim

Switching to online education during the pandemic has affected the curriculum in health-related universities and colleges. The study aimed to investigate the ideas and concerns of Eastern Mediterranean University (EMU) health related science students about online education.

Methods

Undergraduate students of EMU medicine, pharmacy, dentistry and health sciences were included in this Cross-Sectional study. The survey included 30 questions in English and Turkish, 12 of which were about ideas and concerns shared as Google Forms link via Microsoft Teams. The answers were collected in 4 categories as "agree", "disagree", "neutral" and " no idea". X² test, SPSS-22 were used for analysis. P value indicated the difference between the answers.

Result:

A total of 328 students (64.6% female; mean age 21.3 ± 2.36) answered the survey. According to results online education provides not the same quality of education in theoretical (57.3%) and practical lectures (84.8%) but more productive in small discussion groups (33.8%). The students stated that the system made reduced their performance (68%), provided extra times (53%), made cheating (34.8%) easier and positively affected their family budget (45.4%). The students agreed that the internet was a problem (70.1%). Finally, only 18.9% students preferred the online education and 72.3% of students were concerned about their future career. “Harming the patient due to insufficient practical lessons” was the most common (35.4%) cause of anxiety in these students($p<0.0001$).

Conclusion:

It was concluded that health-related science students do not prefer the online education mostly due to curriculum changes. Online education may have a positive impact on family budgets and saved time, but somehow it increased their professional concerns.

Keywords: COVID-19, Online education, Health sciences

Study Code: PPBS-03

EASTERN MEDITERRANEAN UNIVERSITY MEDICAL STUDENTS' KNOWLEDGE AND ATTITUDE ABOUT ARTIFICIAL INTELLIGENCE IN MEDICINE

Çalışkan A. A.*, Zorali A.*, Kaynak B.*, Derin M. E.*, Eker A.**

*Eastern Mediterranean University, Faculty of Medicine, Year 1 students

**Eastern Mediterranean University, Faculty of Medicine, Department of Neurology

Introduction

Artificial intelligence (AI) may be explained as robotic systems that are made by humans. These robotic systems are designed based on statistics and used for executing functions of human-like behavior. AI is very useful, and it used in medical fields such as surgical areas and in medical education. The purpose of this study was to analyze the knowledge and attitude of medical students at Eastern Mediterranean University about AI in medicine.

Methods

A cross-sectional study was conducted among all the medical students in Eastern Mediterranean University Faculty of Medicine by using an online questionnaire. The questionnaire included 3 parts as participant demographics, knowledge about AI and attitudes about AI. The results were collected and inspected via Microsoft Excel. The data from the survey was analyzed by chi square tests using SPSS v26.

Results

88 medical students responded online survey. Most of the survey responders (77%) were already aware of information related to AI in medicine. Majority of the participants acquired this information from mainly social media and media. Only 26.1% of students indicated that they learned something about AI from lectures. 29.5% of preclinic phase students believe that the human physician will be replaced by AI in foreseeable future, but the percentage is decreased to 18.5% among clinic phase students. Male students significantly stated more that they have a basic understanding of AI ($p<0.05$). Additionally, the participants who understand the technologies significantly thought that these developments make medicine more exciting ($p<0.05$).

Conclusion

Majority of the medical students believe that AI would improve medicine. The students with more knowledge find the subject more exciting and less afraid. Since medicine and AI will more often mentions together in the future, the future doctors should be equipped with information about AI during their medical education.

Keywords: Artificial intelligence, medicine, medical students

Study Code: PPBS-04

PERCEPTIONS OF MEDICAL STUDENTS AT EMU, TRNC, ON ANIMAL USE IN BIOMEDICAL RESEARCH

Mahmutoğlu İ.*, Çiçekseven M*, Akhavan Kharazian P.* Doğru A.*, Nemutlu K.*,
Norouzbahari M.**

* 1st year Medical Student, Faculty of Medicine, Eastern Mediterranean University, Famagusta,
North Cyprus

** Eastern Mediterranean University, Faculty of Medicine

Introduction

Animals have been used in studies for centuries in history. Awareness of ethical issues related to animal rights continue to increase. Animal experiments are used to develop drugs, test the safety of products, also hurts animals and reduces their quality of life. The purpose is to determine how students react towards animal experimentation ethics, what extend experimental genetic research on animals should be allowed.

Materials and Method

In cross-sectional self-questionnaire-based study, we aimed to reach first-third year medical students at EMU (December 2020-May 2021). The consent form includes sociodemographic (3 questions), ethical, knowledge type 20 questions. Data obtained from the survey was compared with Chi square tests in IBM SPSS STATISTICS VERSION 26, the significant p value is 0.05, we examined knowledge about testing procedures, what happened to animals after the procedure completed, whether it was ethical to use animals in comparison with gender, nationality. We aimed to reach the whole population.

Results

The sample size is 94, 66% females 34%, male, with a mean age of 19.9+-0.01. 73% were Turkish and Turkish Cypriot. Our gender comparison to whether the use of animals for testing purposes is ethical: 50.0% of men answered 'yes' and 40.3% of women 'no' (p = 0.012) a significant association between gender and ethics. "Animal experiments help to find cure for diseases" (p = 0.2829); "Most psychological studies on animals are invalid and unnecessary." (p = 0.971); 37.5% of males and 33.9% of females gave neutral answers.

Conclusion

Comparing animal experiments with gender showed a significant difference. (P> 0.05) With today's technology, animal experiments are good option. More analysis should be done to make more valid comments. When starting our project, we expected more responses from medical students, the pandemic conditions, online survey limited us to fewer responses.

Keywords: animal experimentation, ethics, gender, medical students Study Code: PPBS-05

ADVANTAGES AND DISADVANTAGES OF ONLINE EDUCATION AMONG PRECLINICAL MEDICAL STUDENTS AT EASTERN MEDITERRANEAN UNIVERSITY

Bayraktar R.M.* Kansu K.* Abdurrahimoğlu M.A.* Sirkecioğlu Z.A.* Bahçivan S.*
Güzoğlu N. **

*Eastern Mediterranean University Faculty of Medicine, 1st Year Students.

**Eastern Mediterranean University Faculty of Medicine, Faculty Member.

Introduction

In the 21 century, a pandemic caused the introduction of social distancing that forced colleges and universities to clear their classrooms. As a result, a general change from traditional education to online education has taken place indispensably in the whole world. This study aims to reveal the advantages and disadvantages of online education for preclinic medical students.

Methods

The cross-sectional study was conducted between November 2020 and May 2021. Data was gathered by using self-administered questionnaire including 22 questions. Survey has 4 sections; (1) Demographic characteristics (2) Advantages of online education (3) Disadvantages of online education (4) Preference of students for preclinical medical students at Eastern Mediterranean University (EMU).

Results

There was 41 male and 71 female in the study. The vast majority of the students were Turkish and Turkish Cypriots, 33%, 30.35 respectively. The number of first-year students was 35, second and third year were 51 and 26 respectively.

The most common advantages of online education for the participants were a chance to go back and listen again wherever you missed (97.3%), an opportunity to plan study time (59.8), and more comfortable (54.5%).

The most common disadvantages were hard to teach the practical lessons (92.9%), lack of socializing (83.9%), lack of effective communication (%80.4), facing technical difficulties during online classes (83%), less interactive lectures with intense concentration loss (78.6%), difficulty in getting the desired answers from lecturers (59.8%).

48.2% of the participants preferred traditional education, 42% preferred hybrid education, and 9.8% online education.

Conclusion

Preclinical students at EMU Faculty of Medicine prefer traditional education against online education. Although rewatching a lecture is the main advantage of online education, there are numerous disadvantages which are very important in medical education.

Keywords: Online education, Medical Students, Advantages&Disadvantages.

ANALYSIS OF ATTITUDES, PRACTISE LEVEL OF COVID-19 PANDEMIC AND INVESTIGATION OF PERSPECTIVE ON VACCINATION AMONG ACADEMICIANS IN NORTHERN CYPRUS

Safel G.* Ertürk İ. A.* Çağansoy E. N.* Zeyin T.* Kolsarici K.* ,Cumaoğullari Eker Ö.**

*Eastern Mediterranean University Faculty of Medicine, 3rd Year Students.

**Eastern Mediterranean University Faculty of Medicine.

Introduction

Since the first outbreak of the COVID-19, increasing use of technology enables rapid dissemination of information about the disease through the internet and social media, but such information lacks an effective guarantee of quality. Academicians play an important role in distributing reliable information, they can be considered as highly educated when compared to the rest of the population. So it is vital to assess their knowledge and awareness about COVID-19 before impacting the society and students. The importance of this study is that there are no previous studies conducted in TRNC.

Method

This is a cross-sectional study that took place in Northern Cyprus (TRNC). The population includes academicians from 6 major universities. The questionnaire was sent to 2587 academicians via e-mail and contained 39 questions in Turkish. Google Forms used for the survey, SPSS for analysis. Ethical Committee permission was obtained.

Result

A total of 157 academicians answered the survey (57.5% women, 42.5% male). 92.8% didn't receive any education about covid-19. 69.9% followed the ministry of health's daily statements but only 50.3% have confidence in the statements made. 66% followed social media. 61.4% read the WHO announcements. The most trusted vaccination with a 43.8% is Pfizer-Biontech. The second trusted one is Sinovac (28.8%). 76.8% wish to get vaccinated however, only 35.3% received the vaccine. The level of attitudes mean score of the study respondents (out of 11) was $9,64 \pm 2.08$. The level of practise levels mean score of the study respondents (out of 7) was 6.91 ± 1.79 .

Conclusion

Majority of the academicians have difficulty accessing the vaccination. Their information regarding Covid-19 is adequate. They support social isolation in order to prevent spread of the disease. The importance of travel ban, quarantine, mask use, online education were clear in their answers.

Keywords: Covid-19, pandemic, vaccination, academicians

Study Code: PPBS-07

KNOWLEDGE, ATTITUDE AND HEALTH PROBLEMS OF DYE WORKERS IN THE SELECTED AREA OF OLD DHAKA CITY, BANGLADESH

Paul A*, Sultana N.**

*MBBS, Department of Medicine & Surgery “Dhaka National Medical College”, University of Dhaka, Bangladesh.

** MBBS, MPH, Department of Community Medicine, “Dhaka National Medical College”, University of Dhaka, Bangladesh.

Introduction

Knowledge, attitude and health problems among the dye workers in Bangladesh is an unrecognized problem under occupational health. The main objectives of this study were to determine the common health problems, their socio-economic condition, knowledge and use of personal protective equipment of the dye workers.

Methods

A cross sectional type of descriptive study was conducted among 40 respondents of the male dye workers. A Convenient type of non-probability sampling was done. Structural questionnaire was used as research instrument. Graphical presentation (pie chart), tables were applied and analyzed by SPSS 20 programme.

Results

Among the 40 male respondents, 16(40%) earn (9000-11000) taka monthly. 22(55%) had primary education. 37(92.5%) had the idea about harmful effect of dye.26 (72.2%) had itching, rash & redness in the skin. 4 (11.1%) had skin pigmentation, 4(11.1%) had thickening of skin of the palm and 2 (5.6%) had skin desquamation. 20(52.63%) had the problem of cough & breathlessness, 7(18.4%) had cough with sneezing & 11(28.9%) had bronchial asthma. 10(40%) had hair fall problem .15(50%) had itching & redness in eye, 2(6.7%) had vision problem. 5(16.7%)had swelling of eyelid ,8(26.7%) had itching & redness with lacrimation. 40(100%) had the idea about using personal protective equipment. 9(22.5%) had used personal protective equipment.

Conclusions

Reluctance about health awareness, low income and lack of health education are the main causes of different health problems among the dye workers.

Keywords: Dye worker, Occupational health, Personal Protective Equipment.

Study Code: PPBS-08

QUALITY OF LIFE AND SOCIAL LIFE OF MEDICINE STUDENTS IN EMU

Oduncuođlu C*., Taş D*., Ateş E*., Sabah G*., Oben İ*., Şanlıtürk G. **

*Eastern Mediterranean University Faculty of Medicine, First Year students

** Eastern Mediterranean University Faculty of Medicine

Introduction

This survey aimed to measure the QoL (Quality of Life) and to analyze the impact of COVID-19 pandemic on social lives of medical students in *EMU Dr. Fazıl Küçük School of Medicine*. The effect of the pandemic, and the comparison of the condition before and after is also one of the main topics of our survey. In this respect, our hypothesis could be defined as “The pandemic’s affect the QoL of medical students mostly in a negative way”.

Methods

The current study was an online, descriptive cross-sectional survey held by participation of 134 medical students from the 1st, 2nd, 3rd, and 4th year of Dr. Fazıl Küçük Faculty of Medicine in EMU. Data has been collected by demographic questions, World Health Organization Quality of Life-BREF (WHOQOL-BREF) to assess QoL, and self-prepared questions to estimate social life. Normality test, Spearman Correlation Coefficient and Kruskal-Wallis Test was performed to calculate overall scores of QoL and Social Life in terms of gender, age, and year of study.

Results

Our response rate was 69% out of 194 students. Mean QoL score was found to be lowest for 3rd year students with 13.76/20 whereas social life of 4th years was found to be lowest, 19,43/37. On the other hand highest QoL score and Social Life score was observed in 1st year students. It was shown that there is a positive correlation between QoL and social life.

Conclusion

In this study; it was determined that the social life among the QOL parameters, especially psychological health levels of EMU Faculty of Medicine students decreased after the 3rd grade. Creating a time and environment where EMU Faculty of Medicine students can socialize and relax psychologically, especially after the 3rd grade, will make them healthier, happier and more productive.

Keywords: Quality of life, social life, WHOQOL-BREF

Study Code: PPBS-09

THE MOST COMMON COMORBIDITIES IN PATIENT WITH PULMONARY TROMBOEMBOLISMS AND POSSIBLE IMPACT ON MORTALITY

Stanojkovic T. *, Spasic S. *, Full Prof. Obradovic S. *

*Faculty of Medicine MMA, University of defence in Belgrade

Introduction

Pulmonary thromboembolisms are very often associated with various comorbidities and they contribute to the development of PTE in a varying degree and can significantly affect the outcome.

The Aim

To determine which comorbidities accompany pulmonary thromboembolism and how they affect the mortality of patients with it.

Methods and Materials

The study included 356 patients with pulmonary thromboembolism who were admitted to the Emergency Medicine Clinic from September 2011 to September 2017, with an average age of 64 + -11 years, of which there were more women (51%). They are divided into six groups based on their comorbidities (symptomatic vascular disease, surgery /trauma, psychoneurological diseases, malignancies, infections, chronic inflammatory diseases).

Results

Most patients were classified into surgery/trauma group (29.88%), while the least of them had an infection (11.24%). The highest mortality was in the group with malignant disease (23.49%), but this was not statistically significant ($p = 0.90$). Also, there was no statistically significant difference in mortality between healthy and those with one comorbidity ($p = 0.72$), while there was significant difference in those with one and two comorbidities ($p = 0.00017$), as well as between healthy and those with two comorbidities ($p = 0.0004$).

Conclusion

A large number of comorbidities accompany or cause pulmonary thromboembolism and also impair the survival of these patients. Therefore, it is important to pay attention to its prevention in all those who have at least one criterion of Virhov's triad fulfilled.

Keywords: pulmonary thromboembolism; risk factor; comorbiditie; mortality

Study Code: PPCS-02

PROGNOSTIC FACTORS FOR CHANGE IN DIAGNOSIS IN INFLAMMATORY BOWEL DISEASE PATIENTS WITHIN FIVE YEARS.

Generalova V.*, Jezupovs A.* MD, PhD, Soldatenkova D.** MD, Opincāns J.** MD, Ševčuka M.*, Luganceva A.*, Steggerda M.***

* University of Latvia, Latvia

** Riga East Clinical University Hospital (RECUH), Latvia

*** Rīga Stradiņš University, Latvia

Introduction

Numerous patients diagnosed with ulcerative colitis have their diagnosis changed to Crohn's disease during their lifetime. This occurs in cases when colitis is the only manifestation of IBD at disease onset. Identifying prognostic factors for change in diagnosis at the start of disease can potentially change the treatment choice, prognosis and the patient's life quality.

Materials and methods

A retrospective research were conducted in RECUH. The research concerned a group of patients whose diagnosis was changed from ulcerative colitis (UC) to Crohn's disease (CD) between 2014 and 2020, as well as a control group of UC and CD patients. Based on literature data, the following factors were chosen: clinical presentation, laboratory test results, serological tests and endoscopy data.

Results

The statistical analysis of IBD patients in RECUH showed that, in the given time frame, 3% of IBD diagnoses had changed from UC to CD. After analysis of 123 CD patients, 103 UC patients and 7 UC-CD patients, statistical data was received in the frequency of symptoms and average laboratory values in each study group. Patients in UC control group were randomly selected, in order to compare them to UC-CD group at a 1:3 ratio. 21 UC patients were selected and compared to UC-CD group. Binary logistic regression concluded one prognostic clinical factor - non-bloody stool, which increases the likelihood of a change in diagnosis from UC to CD.

Conclusions

Patients diagnosed with ulcerative colitis, who presented with non-bloody stools during time of diagnosis have a higher chance of having a change in diagnosis, especially in the first five years, therefore this factor at time of diagnosis indicates towards a need for more in-depth diagnostics for such patients.

Keywords: Inflammatory bowel disease, ulcerative colitis, Crohn's disease, change in diagnosis.

Study Code: PPCS-03

SELF-MEDICATION AMONG MEDICAL STUDENTS AT DR. FAZIL KÜÇÜK FACULTY OF MEDICINE, EASTERN MEDITERRANEAN UNIVERSITY, TRNC

Çekin B.*, Döngel S.*, Onagh S.*, Özbek H.*, Şanlıtürk G.**

*Eastern Mediterranean University, Faculty of Medicine, Year 1 students

**Eastern Mediterranean University, Faculty of Medicine

Introduction

Self-medication is a widely used practice that is increasing day by day. The World Health Organization defines self-medication as “The selection and use of medicines by individuals to treat self-recognized illnesses or symptoms”. The purpose of this research is to investigate the prevalence, knowledge, attitude, and factors associated with self-medication among 1st, 2nd, and 3rd year medical students of Eastern Mediterranean University, Dr. Fazıl Küçük Medicine Faculty.

Material And Methods

A cross-sectional study was conducted among 1st, 2nd, and 3rd year medical students at Dr. Fazıl Küçük Faculty of Medicine, Eastern Mediterranean University, in February-March 2021. An anonymous web-based questionnaire was distributed in order to collect demographic and knowledge-attitude data from voluntary participants. The questionnaire included 12 demographic, 12 knowledge-attitude based questions. Data were analyzed by using SPSS version 26.

Results

The questionnaire was distributed to 152 students and the response rate was 73% (111). Among all participants 63.1% were female while, 36.9% were male. The results revealed that multivitamins (53.1%), cough and cold (47.9%), and analgesics (40.6%) were the most commonly used medications. 1st year students (31%) mostly stated to use cough and cold, 2nd year students (45%) stated to use multivitamins while 3rd year students (24%) declared to use analgesics. “I do not want to burden my physician because my problem is not important.” (36.6%) was the most frequently selected reason for using self-medication. Pharmacy (86.5%) was the most preferred place to obtain medications.

Conclusion

Self-medication was common among Eastern Mediterranean University medical students. According to the results, pharmacies can play an important role in controlling self-medication by preventing over-the-counter drug supply. Additionally, educational and cultural programs should be established to improve students' knowledge and awareness of the potential risks of self-medication such as pain relief.

Keywords: Self-medication, Medical students, Knowledge and attitude, EMU.

Study Code: PPBS-10

PMP22 GENE ANALYSE, CLINICAL AND ELECTROMYOGRAPHIC EVOLUATION CHARCOT-MARIE-TOOTH; IN A SINGLE CENTER EXPERIENCE

Elmas, M,* Demir, A.N. **

*Afyonkarahisar Health Sciences University Faculty of Medicine, Department of Genetic

**Afyonkarahisar Health Sciences University Faculty of Medicine

Introduction

Charcot–Marie–Tooth (CMT) disease is described first by three neurologists (Charcot and Marie in Paris, and Tooth in England) in 1886. It is one of the most common inherited neurological disorders. The prevalence of this disease is reported in populations worldwide about 1 in 3,300. Because of motor and sensory peripheral nerves are affected, this disease is characterized with hereditary motor and sensory neuropathy (HMSN). At the same time, CMT is genetically heterogeneous disease. More than 80 different genes are associated with CMT. In this study, we aimed to summarize the clinical, electromyographic findings and genetic diagnoses of patients diagnosed with CMT.

Methods

In this study according to its aim patients with electromyography (EMG) results suitable with CMT were studied the clinical and genetic findings. This is a retrospective archive scanning study, for this reason hospital information system and patient files were used. The clinical diagnosis of CMT in a symptomatic person is based on characteristic findings of peripheral neuropathy on medical history and physical examination.

Result

The presence of CMT in family members and relatives of all patients was investigated. The results are 45.5% first degree relatives, 9.1% second degree relatives CMT disease was detected and 18.2% at relatives of patients were found that have another genetic disorder. Analysis of all patients was performed and detected as normal. Genetic analysis of PMP22 gene was performed, and two patients had duplication (P9 and P13), one patient had deletion (P20).

Conclusion

As in all neurogenetic diseases, CMT is a heterogeneous disease. Even among siblings, the age, severity and signs of the symptoms differ between the patients. First of all, it is important to get a good anamnesis from patients. Detailed pedigree analysis should be done. Multidisciplinary and holistic approach is required.

Keywords CMT, neuropathy, PMP22

Study Code: PPBS-11

RETROSPECTIVE ANALYSIS OF THE FORENSIC AUTOPSIES CONDUCTED IN NORTHERN CYPRUS BETWEEN THE YEARS OF 2015-2020

Akşahin D.*, Alhousni D.*, Cuce A.*, Erol C.*, Halicilar E.*, Ozdemir D.*, Akçay N.İ.**,
Cerci Ongun B.**, Ceker D.**.***, Deniz İ.***

*Eastern Mediterranean University, Faculty of Medicine, Year 2 Students

**Eastern Mediterranean University, Faculty of Medicine, Faculty Member

***Dr. Burhan Nalbantoğlu State Hospital, Department of Forensic Medicine, North Cyprus

Introduction

Forensic autopsies are conducted to determine the cause and manner of death; to identify or confirm the identity of the dead, and to estimate the time since death. Since there is only very limited evidence on mortality in Northern Cyprus, this study aims to provide information on the incidence, pattern, trend in deaths, and epidemiological profile of deaths reflected on the forensic autopsy reports.

Material and Methods

Data from forensic autopsy reports were extracted to establish a database. Gathered data were then retrospectively analyzed using SPSS ($\alpha=0.05$).

Results

A total of 918 autopsy cases were investigated: 438 (47.7%) natural deaths, 432 (47.1%) unnatural deaths. Out of natural deaths, 304 (71.4%) were caused by cardiovascular diseases of which BMI category and sex were significant determinants in mortality. Predominating cause of unnatural deaths was traffic accident with 153 (35.4%), followed by fall from height with 61 (14.1%) and drowning with 57 (13.2%).

Conclusion

With analysis of such a large autopsy material, first in Northern Cyprus, this study provides information regarding deaths reflected on the reports and puts emphasis on the relationship of cardiovascular diseases and BMI as it is a significant but preventable determinant in mortality. This study also suggests that the number of unnatural deaths can be reduced by further precautions since the leading cause is traffic accident. Thus, this research can be useful in driving the development of preventative initiatives and conducting further studies.

Keywords: Northern Cyprus, Forensic Autopsy, Retrospective Analysis

Study Code: PPBS-12

USAGE OF PROBIOTIC AND VITAMIN SUPPLEMENTS AMONG MEDICAL STUDENTS IN COVID-19 PERIOD AT EMU, TRNC

Acar Z.*, Karol H.*, Obut B.*, Alanlı İ.*, Afshani, M.**

*Eastern Mediterranean University, Faculty of Medicine, 1st year students

** Eastern Mediterranean University, Faculty of Medicine

Introduction

During Covid-19 pandemic many people started to emphasize on the importance of boosting immune system. On this account our objective of this cross-sectional study is to determine the attitudes of EMU medical students towards taking vitamin, probiotic supplements and to observe and compare their usage habits during the COVID-19 pandemic.

Methods

A cross-sectional, self-prepared questionnaire-based survey study was carried out among EMU medical students online, between November 2020 and June 2021. The questionnaire includes 18 questions. IBM SPSS version 26 software was used for data analysis. The aim was to reach complete population and 103 EMU medical students participated on the study.

Results

Majority of respondents were female (n=64; 62,13%) with a mean age of $20,95 \pm 2,491$ and Turkish (29,1%) The prevalence of vitamin and probiotic supplement usages were 77,7%, 29,9% respectively. For vitamin and probiotics usage, the main reason for taking being 'to boost the body system' (46%, 40,8% respectively) and the main source of information being 'medical specialist' (61,3%, 28% respectively). An increase of supplement usage during the COVID-19 pandemic was observed.

Conclusion

With the start of the pandemic, many EMU medical students began using vitamin and probiotic supplements, but vitamin intake was higher than probiotic intake (79,4%, 20,6% respectively), many of them do not have much information about probiotic supplements but still using. Therefore, there is a need to provide them more information.

Keywords: cross-sectional study– supplementation – prevalence- COVID-19

Study Code: PPBS-13

KNOWLEDGE, ATTITUDE AND BEHAVIOR OF UNIVERSITY STUDENTS ABOUT HPV AND HPV VACCINE

Yıldırım Ş.(TR)*, Deneşici B.(TR)*, Kılıç S.(TR)*, Erçin M.A.(TR)*, Kaya M.M.(TR)*, Söşmen M.K.(TR)**.

* Izmir Katip Çelebi University, Faculty of Medicine, Medical Student.

** Izmir Katip Çelebi University, Faculty of Medicine, Department of Public Health.

Introduction

One of the most common sexually transmitted diseases is Human Papilloma Virus (HPV) infection. In this study, we aimed to determine the knowledge, attitude and behavior of university students who about HPV and HPV vaccine and investigate their relationship with sociodemographic characteristics such as age, faculty, and economic status.

Material and Method

This study is a cross-sectional-analytical study. Students studying at Izmir Katip Çelebi University constitute the universe of the research. The questionnaire form prepared in accordance with the literature was applied online to the students included in the sample. The independent variables of the study are sociodemographic characteristics, while the dependent variables are knowledge level and attitude about HPV and HPV vaccine.

SPSS 25.0 and R version 4.0.4 programs were used in the analyzes. Descriptive data was presented as frequency/percentage. Latentclass analysis was performed to classify the participants according to their knowledge level. Multinomial logistic regression was performed for multivariate analysis. For statistical significance, $p < 0.05$ was accepted.

Results

327 students participated in the study. 199 of them found to be (60.9%) in high, 87(26.6%) in middle, and 41(12.5%) in low knowledge level. The risk of being in low or medium knowledge level groups was higher in males, students from non-health sciences faculties, younger students, those who did not receive health services in the last 1 year, and those who did not do sports. It has been shown that there is a positive correlation between the knowledge level class and attitudes towards HPV vaccine and smear test.

Conclusion

Knowledge level about HPV and HPV vaccine is related to developing correct attitudes. There is a need for health-promoting services in universities and health institutions due to the positive correlation between access to health care and healthy living habits and the level of knowledge about HPV.

Keywords: HPV, Knowledge, Attitude.

Study Code: PPBS-14

ASSESSING THE ANXIETY OF PATIENTS WITH UROGENITAL TUMORS AND THE REASONS FOR NOT COMING TO THEIR PERIODIC FOLLOW-UP DURING THE COVID-19 OUTBREAK

Özcan S.(TR)* Keskin A.(TR)*, Eyibilen E.(TR)**, Çakmak Ç.(TR)**, Güzel A.(TR)**,
Korkmaz Y.(TR)**, Yıldırım İ.(TR)**

*İzmir Katip Çelebi Universty, Medical Faculty, Urology Department.

**İzmir Kâtip Çelebi Universty, Medical Faculty, Medical Student.

Purpose

The patients might be concern about the coming of the hospital during Covid-19 outbreak. We aimed to investigate whether the patients with urogenital malign neoplasm have anxiety during the covid-19 outbreak in their follow-up.

Materials and Methods

The study conducted in the patients with urogenital malign tumor who received treatment at between March 2019 – March 2020 in the urology department of Medical Faculty of İzmir Katip Çelebi University. We reached the medical cards of 59 patients who didn't come to their control (the study group) and 25 patients who were followed regularly (the control group). The patient demographic data were obtained and STAI-TX-2 (the anxiety about an event) form was applied. The data were compared in both of groups statistically.

Results

50.8% of the patients did not come to the follow because of covid-19 outbreak in the study group. 23.7% of them applied to another hospital especially the private hospitals and 18.6% of them did not define no reason in the following. The anxiety rate was 37.3 ± 10 in the study group and 41 ± 14 in the control group. We didn't determined any difference statistically between two groups ($p=0.201$). 61% of the study group didn't know their follow-up time, we detected significant difference between two groups ($p=0,001$).

Conclusions

There were no a significant different between two groups in the anxiety of Covid-19. The number of the patients with urogenital tumor who is not coming to their periodic follow-up during the covid-19 outbreak said that they didn't know their control time.

Keywords Urogenital Tumor, Covid-19, Anxiety.

Study Code: PPBS-15