STUDENTS' MEMORY AND MEMORIZING TECHNIQUES

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Research relevance: learning and memorizing a great amount of information is a challenge for every first-year student. How to make this process easier? Are there any secrets of good memory? These questions should be answered to make the educational process more efficient.

Objectives: the aims of the study were to identify common characteristics of memory in first-year students, to determine the dominant kinds of memory as well as the most effective memorizing techniques.

Materials and methods: our study involved 120 first-year students of the Departments of General Medicine, Pediatrics and Dentistry. They were given a questionnaire and their answers were statistically processed and analyzed. Besides, we analyzed literature on this problem.

Results: according to our study, most students (55%) think that they have a well-developed memory. The most dominant type of memory in students is visual memory (42%), associative memory takes the second rank (30%). The most effective memorizing techniques are mnemonics (45%). The respondents were also asked what beneficial techniques for memorizing they would like to use in the future. 27% students would like to use tactile techniques of memorizing; 24% students would prefer to use techniques connected with associative memory; 13% students say that they have very good visual memory and prefer techniques based on visualization. As for the other students, 11% believe that they have a good auditory memory and always rely on it. 10% prefer rhyme and rhythm, 8% like abbreviation, 6% like flash cards and only 1% would like to use emotional techniques. It was a great surprise that most students (40%) review the material only once (in 20–30 minutes after first introduction).

Conclusions: students have different types of memory and so they prefer the techniques which suit them personally. The most dominant memorizing techniques is mnemonics (42%). The most unpopular technique is flash cards (6%) and emotional techniques (1%). But we managed to find out that most students do not transfer their knowledge into long-term memory, so the memorization process will not be successful. Further studies are on the way to work out a list of advice for students to help them cope with the amount of information they have to study every day.

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ASSESSMENT OF NUTRITIONAL STATUS IN CHILDREN WITH ONCOLOGICAL PATHOLOGY

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Research relevance: according to the report of the Association of Clinical Nutrition, the frequency of nutritional deficiency in cancer patients ranges from 46% to 88%. Nutritional deficiency tends

to increase patient recovery time between chemotherapy, which significantly worsens the prognosis of treatment.

Objective: to evaluate the nutritional status in children with cancer.

Materials and Methods: evaluation of nutritional status was conducted based on oncology department of City Hospital № 31.Patients were identified their height, weight, BMI, the general and biochemical blood tests, their histories and complaints were analyzed in detail.

Results: when assessing the nutritional status of a patient (aged 3, F) with the diagnosis of: Neuroblastoma retroperitoneal space III (N-myc — negative), nutritional status deficit was detected after the second course of chemotherapy. From the moment chemotherapy began to be evaluated, the child lost 1 kg, leukopenia and anemia were also observed in the blood. For the correction of nutritional status we prescribed nutritional therapy. Calculation of calories showed: E = 690 kcal (taking into account the stress factor), protein content was 28 g / day. The child received intravenous Kabiven. Total protein per day made up 26.8 g, with additional 20 g of amino acids. For 7 days of use of therapeutic nutrition, the gain in weight amounted to 320 g, the blood parameters came back to normal as well.

Conclusion: assessment of the nutritional status of a child with a malignant tumor of the sympathetic nervous system made it possible to prescribe a therapeutic diet in due time, which had a positive effect on the patient's quality of life and reduced the intervals between regular chemotherapy courses.

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IN VITRO FERTILIZATION IN JAPAN

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Research relevance: IVF helps thousands of couples to become happy parents of their own child. This wonderful opportunity is available in many countries, but in some of them IVF has become really popular.

Objective: to study information on IVF method of fertilization, to investigate special features of IVF in Japan and compare statistics of IVF in Russia and Japan.

Materials and Methods: IVF rates in Japan and Russia were found in government registry database and medical journals. Analysis is based on a summary report for 2015 by The Ethics Committee of The Japan Society of Obstetrics and Gynecology.

Results: nearly 50% of couples struggle to have children. There are 500 special clinics of IVF in Japan for 127 million people; the IVF is successful in 12% cases. Over 50,000 babies were born last year by IVF-5% of all births. Last year 420 thousand people tried IVF. The pregnancy rate exceeds 40% up to the age of 32 and falls below 10% after 44 years of age. The miscarriage rate per pregnancy is 17% for women under 32 years of age and it increases with an increase in patient age to 52.4%. In Russia there are about 140 clinics specializing in IVF for 140 million population. 30% of 30 thousand attempts of IVF annually in Russia are effective: 0.5% of children were born by IVF last year. In Japan patients cannot receive a government subsidy for a cycle if their IVF facility does not register the procedure. As almost all participating IVF clinics and hospitals register cycle specific information (99.3%), information on the latest clinical practices of IVF in Japan are available. In Russia IVF is covered by CHI in some cases, but the insurance doesn't include donor biomaterial, surrogacy or genetic testing for parents.

Conclusion: the total IVF cycles and live births from IVF have been increasing in Japan; however, in Russia they are still very small. Both of these countries need more subsidies from their governments to increase the level of birth rates and help couples suffering from infertility.

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