

CT SCAN: HISTORY, ADVANTAGES, USE NOWADAYS

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Research relevance: computer tomography is one of the best non-invasive diagnostic methods. CT has a wide range of uses and several advantages. However, CT takes only a few percent of the x-ray procedures performed. It is necessary not only to develop new diagnostic methods, but also to make them more accessible.

Objectives: to study the method of CT, areas of its use, advantages over other radiological methods. Familiarize with the peculiarities of the procedure and contraindications.

Materials and Methods: the study and analysis of modern literature and electronic informative resources, articles of foreign and Russian authors, analysis of scientific literature.

Results: CT is a method based on a layer-by-layer examination of the structure of object with the help of X-ray equipment combined with a computer station. There are multi-slice, single-slice CT, CT with and without contrast, sequential CT, spiral and multilayer multispiral CT, as well as low-dose CT. CT is used to examine any parts of the body and organ systems. Contraindications for CT are: pregnancy, allergy to iodine-containing drugs, high degrees of obesity. Computed tomography with contrast is not carried out patients with severe diabetes, renal failure etc.

Conclusion: CT makes it possible to detect diseases at the earliest stages. At the same time, the radiation load is minimal. Important advantages are: the possibility of obtaining three-dimensional images of internal organs, the speed of the conduct, comfort of the patient. The history of CT has been around for almost 50 years, but the high cost of the procedure hinders its availability.

References

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THE RESEARCH OF STUDENTS' STRESS RESISTANCE

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Research relevance: stress is a feeling that people have when they are overloaded and struggling to cope with demands. Stress can be a motivator essential to survival. But when there are too many stressors at one time, it can undermine a person's mental and physical health and become harmful.

Objectives: to find out the difference between distress and eustress, to analyze the stress resistance of students and make recommendations on the matter.

Material and Methods: study and analysis of the modern and classic literature, scientific news; a special testing program.

Results: in the experiment 266 students of Saint-Petersburg State Pediatric Medicine University have been tested for the level of stress tolerance. It was found that the greatest number of subjects-72% equally in all courses has a middle level of resistance to stress. The smallest number of tested-10% has a low level of resistance to stress. The low level of stress resistance points out to difficulty in adapting to simplest tasks, daily routine. The half of them is the students of the 3d course. Stress-resistant people can easily adapt to any situation. 18% of the total number of the questioned students has a high level of stress tolerance. Besides, it was found out that the dominant percentages of them are the representatives of the 1–3 courses. During the research the dependence of stress resistance