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Abstract Book

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General Information

Congress Dates

May 12-15, 2016

Congress Venue

Convention Centre, Medical University of Warsaw

2A Księcia Trojdena St., 02-109 Warsaw, Poland

GPS: N 52° 12' 21.19"; E 20° 59' 07.12"

Distance to airport: 3 km

Distance to the city centre: 1.5 km

Official Language

English

Congress Internet Service

Website: www.wimc.wum.edu.pl

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Contact

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in developing treatment and care plans. In the present study it was a tool to obtain data on functional and cognitive performance of elderly citizens of Warsaw.

Aim of the study: To evaluate chosen aspects of the CGA in elderly citizens of Warsaw who participated in an outdoor health promotion event.

Material and methods: The participants included 87 people, who visited the stand of the Department of Geriatrics on May, 24, 2015 during the „Medical University of Warsaw – for the Citizens of Warsaw” health promotion event. The CGA methods included anthropometric measurements, FRAX (Fracture Risk Assessment Tool), Timed Up and Go Test (TUGT), 5 Times Sit-To-Stand Test, Mini-Mental State Examination (MMSE), Geriatric Depression Scale, hand grip strength, pulse oximetry, blood pressure measurement, peak expiratory flow and pulse. The CGA was performed by members of the Geriatric Student Interest Group. Each of the participants received an individual report with the CGA results and counseling.

Results: As the stand of the Department of Geriatrics was open to everyone, the age of the volunteers varied between 17 and 86 years, and the average age in the group of 60+ years old was 72. In 13 out of 34 people tested with FRAX, the 10-year risk of a major osteoporotic fracture was higher than 5%. Mild cognitive impairment was suspected in 14 out of 51 volunteers who scored 27 or lower in the MMSE. Twenty percent of the participants had elevated arterial blood pressure. Transcutaneous oxygen saturation was not lower than 93% in any of the participants. TUGT results were in normal range (≤ 10 seconds) in majority of the subjects. Hand grip strength varied enormously from 10 to 54 kg, depending on age and sex.

Conclusions: Majority of elderly people who were voluntarily able to take part in outdoor activities were in good functional state. Various screening tests e.g. the MMSE enable easy diagnosis of problems affecting the elderly and seem useful in the context of the ageing society. Geriatric assessment and geriatrics in general attracted attention of younger people, not only the elderly.

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An attempt to evaluate the impact of extracurricular student activity on the employment of graduates in the field of public health.

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Introduction: Studies on "Public Health" are offered by 17 public universities. Every year master's degree receives approx. 1700 graduates. Law of. 09.11.2015 r. on public health does not specify the competence of graduates of this direction and does not regulate the profession, which results in difficulties in finding employment by graduates in the area of public health.

Aim of the study: An attempt to assess the impact of the extracurricular activity in study time to find the employment by graduates in the area of public health.

Material and methods: 65 graduates (50 women) of Public Health (PH) from Medical University of Warsaw in the years 2006-2012,

2 groups: - working in PH (48.3%), II - working in other professions (51.7%). Author's questionnaire: 41 questions, 6 included in analysis. Respondents had access to the survey through the link: <http://moje-ankiety.pl/respond-45521/sec-mekugtsi.htm>, they were matched by a "snowball" method. The survey has been sent by social networking sites and email. Statistical analysis: SPSS Statistics, test of independence χ^2 Pearson, $\alpha = 0.05$. The study did not require the consent of the Bioethics Committee of the Medical University of Warsaw.

Results: In Group I 27.6% of people used to work in student government, in Group II - 6% ($p < 0.05$). In Group I 20.7% of people held during their studies extracurricular internship in health care institutions, in Group II - 3.2% ($p < 0.05$). In Group I 31% of people used to work in NGOs, in Group II - 6.5% ($p < 0.05$). 45 of the respondents worked during the study: Group I 55% of people in the area of PH, Group II - 8% ($p < 0.05$).

Conclusions: 1. In the focus group, the greatest impact on finding employment in accordance with the direction of the training was to work during their studies in this area.

2. Being active in the student government, carrying an optional internship and working in NGOs made job after graduation easier to find, therefore, there is a need to encourage students to extracurricular activities.

3. Research is a pilot, and therefore there is a need to continue it in order to identify other factors affecting finding work for graduates.