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## **PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF INTERNS DURING WORKING IN PEDIATRIC DEPARTMENTS**

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**Relevance.** Reformation changes in general medical education, its integration into the European medical field, encourage new approaches to postgraduate training of a doctor. Order of the Ministry of Health of Ukraine No. 1254 “Regulations on internship and secondary medical (pharmacist) specialization” adopted on June 22, 2021, giving impetus to the development and modernization of post-graduate medical education and focusing on the main tasks, especially during the reform period, such as reducing the medical training of interns and ensuring their medical and psychological support during the period adaptation to professional activity [2,5].

The clinical work of interns in pediatric departments is a complex stage of their professional development, and also transfers not only youth medical knowledge and skills, but also emotional attraction through contact with sick children and their families; is characterized by increased stressogenicity, and also the intelligence of the mind due to increased intellectual and psycho-emotional stress. In such “working” situations, psychological and pedagogical support for interns becomes an important part of the educational process [1].

The role of psychological and pedagogical support conveys emotional burnout: those who are just beginning practical activities often suffer from emotional burnout. High levels of stress, life expectancy and complex clinical episodes can result in anxiety and depression; as well as social adaptation: interns will require support in their communication with medical staff, patients’ families, and each other.

Among the methods of psychological and pedagogical support today, the following can be noted:

- individual consultations: holding regular conversations with psychologists to discuss stressful situations; given recommendations for managing emotions and dealing with professional difficulties;

- group trainings: training in self-regulation methods, relaxation techniques and stress management; development of skills of empathy and effective communication with patients and their families;

- mentoring and supervision: the recognition of an experienced physician-mentor, who guides the intern during the adaptation period and with a special butt, supports the development of the intern's positive qualities and the formation of his professional vision; active mentoring support, regular discussion of difficult clinical situations, analysis of benefits in a calm and constructive atmosphere; accepts the adaptation of the intern to practical activity, learn about the traditions of health protection, and the peculiarities of organizing the medical process; reveals professional, methodological problems during the implementation of the medical process and resolves their severity; speaks in full with the internet about the results of the internship program at the meeting of the certification committee;

- enlightening approaches: inclusion in the initial program of lectures on psychology, pedagogy and stress management; look at real clinical situations during interactive hours [3].

One hundred features of the support of an intern in pediatric departments would like to emphasize that the work with the patients' fathers is of utmost importance: interns are responsible for understanding the emotional state of the fathers, explain to them diagnoses and clinical approaches, demonstrating competence and professionalism.

No less significant aspects are complex clinical consequences: contact with children who suffer from serious or chronic illness affects the level of psychological stability. Here it is important to teach them not to "burn out" emotionally, losing the effectiveness of their work. An important role is played by interdisciplinary research, and participation in team meetings and consultations reduces the sense of isolation and promotes the level of inter-internship [4].

The pedagogical warehouse supporting interns during work hours in pediatric departments lies in the formation of professional identity: it is important to help interns understand their place in the medical field system, learn their responsibilities and the important role of a pediatrician; in the development of clinical research: conducting case methods, analyzing clinical scenarios and interactive seminars to develop solutions to the problem, and regularly evaluating the work Interns with a detailed analysis of their "strong" and "weak" sides and areas for further development.

The implementation of psychological and pedagogical support among interns produces positive results and reduces stress among interns, increasing their stress among authorities and competencies, development of emotional stability and communicative skills, reduction of medical assistance, which is provided by the internet [1, 5].

**Conclusions.** Psychological and pedagogical support is an invisible part of the preparation of future doctors and pediatricians. A streamlined system makes it possible to create a friendly environment for the professional and special development of interns, ensuring their readiness for efficient, or extremely important work with young patients.

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## **РОЛЬ ЖИРІВ В РАЦІОНІ ХАРЧУВАННЯ НА РОЗВИТОК БЕЗПЛІДДЯ**

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**Вступ.** Репродуктивне здоров'я є надзвичайно важливою складовою загального рівня здоров'я дорослого організму.

Жири відіграють ключову роль в організмі, в тому числі в підтримці нормальної роботи гормональної системи, що безпосередньо впливає на фертильність. Недостаток або неправильне співвідношення жирів у раціоні може негативно вплинути на репродуктивні функції та призвести до безпліддя.

За даними Міністерства охорони здоров'я, кожна п'ята пара в Україні не може завагітніти природнім шляхом, причому причиною у 42% жіночого безпліддя є ендокринні патології [Nik Hazlina N.H. et al.; doi: 10.1136/bmjopen-2021-057132].

**Мета.** Проаналізувати вплив раціону харчування зі зниженим вмістом жирів на розвиток безпліддя.

**Матеріали та методи.** Був проведений поточний систематичний огляд 30 наукових досліджень з баз даних PubMed та Scopus за 2020-2024 рік, присвяченої даній темі серед яких 3 експерименти.