

МЕДИЧНА ОСВІТА

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Interns' Participation in the Work in "Children's Health School" as a Method of Teaching and Educational Process

Abstract. The long-term observations of leading endocrinologists, cardiologists, and gastroenterologists all over the world have shown that the quality of medical care and the level of the patient's knowledge about alimentary-dependent diseases significantly affect their course and prognosis. As a part of the classes at the Children's Health School, the interns of the 1st and 2nd years of study give interactive classes for the child patients and their parents on the prevention of diseases and the promotion of a healthy lifestyle, namely nutrition, physical activity, psychological health, work and rest regimes, personal hygiene, etc. Taking into account the conducted classes, such training can be argued to be useful and necessary both for children for the purpose of obtaining new educational knowledge and for interns in order to learn and develop communicative skills.

Keywords: *learning; nutrition; lifestyle; children; disease*

Timeliness of the theme

50% of health is known to depend on the lifestyle, and only 10% depends on the health care state. The prevalence of the diseases associated with irrational lifestyle such as obesity, diseases of the gastrointestinal tract, cardiovascular system, ophthalmic diseases, postural disorder, psychological disorders, etc., increases every year [4, 5, 9].

Educational programs are an integral part of comprehensive treatment and prevention of most diseases, including in children. Their aim is to develop optimal cooperation between a patient and a doctor. The peculiarity of such programs in pediatrics is the obligatory adaptation of teaching methods to the perception of the patients' age group, taking into account psychomotor development and psychological age peculiarities [2, 8].

The improvement of the effectiveness of most disease treatment and prevention considerably depends on the fact that child patients and their parents do not know the features of the disease, causes and means of prevention, therefore they often violate the day regimen and diet and treatment recommendations [1, 6, 11, 12]. The long-term observations of leading endocrinologists, cardiologists, and gastroenterologists all over the world have shown that the quality of medical care and the level of the patient's knowledge about alimentary-dependent diseases significantly affect their course and prognosis [3, 7, 10].

In order to change this situation, the Children's Health School was opened in 2017 at the Endocrinology Department of the Regional Children's Clinical Hospital at the initiative of the teachers of the Department of Children's Diseases of the Faculty of Post-Graduate Education of the Institute of Postgraduate Education, with the support of the administration of the Ivano-Frankivsk Medical University and the administration of the Ivano-Frankivsk Regional Children's Clinical Hospital. As a part of school activities, special training of child patients and their parents is conducted in various forms such as individual training during a visit to a doctor, informing parents and older children with the help of special supporting materials (brochures, pamphlets, books, etc.) and group training, namely interactive lessons on disease prevention and the promotion of healthy

lifestyle including nutrition, physical activity, psychological health, work and rest regimes, personal hygiene, etc.

Children should be taught a healthy lifestyle ideally long before the development of a particular disease. Already existing pathology in children was taken into account during groups' formation, subjects' selection and conducting of classes, the prevention of complications and the prevention of concomitant pathology development were taught.

A significant part of the classes was devoted to the promotion of a healthy lifestyle. Children were trained through interactive exercises, in a form of a game, with the use of visual aids easily understood by children of different age. The classes' subjects were chosen with the focus on children's and their parents' wishes and suggestions.

Learners were chosen to the Children's Health School during in-patient monitoring of the patients. The basic principles of the groups' formation for the school were the desire to study and work on oneself. Groups were unified by age and the presence of the disease. The optimal number of the patients in the group was 8-10 members. The classes with family members of the children were also conducted. The classes were held in the classroom equipped with visual materials (tables, posters, descriptive material, and multimedia projector). They were conducted in the afternoon with the duration of 1-1.5 hours once a week on weekdays. Timing of the lesson: 5 minutes – organizational issues; 20-30 minutes – lecture (presentation); 15-20 minutes – group discussion, practical training.

Interns of the 1st and 2nd years of study were involved in the preparation of the classes (presentations). Interns had the opportunity to choose the topic of the class independently or decided on the request of the learners (as a part of the project). The preparation was usually performed in the groups of two to three interns, less often – individually. While working on the presentations, interns generally showed a great interest in the chosen topic, found not only modern scientific data but also various interesting things, and also showed creativity in the preparation of classes in order to provide the best information for children of different age groups.

The second stage of the class preparation was the presentation of their project in a group of colleagues (interns and the teachers of the department) where counseling, discussion and forecasting of possible questions of the learners was conducted.

Here is a list of the classes' subjects that were held during the incomplete year of the Children's Health School at the Regional Children's Clinical Hospital. **"Healthy Diet" class:** "The Alphabet of Healthy Diet", "A Healthy Plate", "Is the Diet Important?", "A Useful Lunch Box or What You Can Take for a Snack at School", "What Products Should Be Consumed to Study Better?", "Products to Improve Your Vision", "Peculiarities of a Young Athlete's Diet", "Substances That Do Harm. Where Are They Hidden?", "A Travel to the Country of Useful Products", "Can Children's Vegetarianism Exist?", "Bread is the Staff of

Life”, “Berries and Their Benefit”, “Eggs: Benefit or Harm?”, “Are All Cereals Useful?”, “Fermented Dairy Food”, “Desserts Can Be Useful”, “Everything About Chocolate”, “May Children Drink Coffee?”, “Sugar, What Is Its Danger?”, “The Main Thing About Vegetables”, “Fruit in One Piece or Juices?”, “Everything About Fast Food”, “Milk: to Drink or Not to Drink?”, “What are Trans Fats?” **“Physical Activity” Class:** “How Should Your Morning Be Arranged in Order to Have a Successful Day?”, “Summer Holidays: What to Do to Be Healthy?”, “What Are Useful Sections?”, “Physical Activity During The Day: Let’s Find the Benefits”, “Developing Resistance to the Cold: How Not to Damage the Body”, “Useful Load”, “The Impact of a Mobile Phone on a Child’s Body”, “How to Reduce the Influence of Wi-Fi on the Child’s Body”.

The children took an active part in the topics discussion, asked questions, gave examples from their own lives or the lives of their friends (acquaintances), clarified the data that they were interested in. The event was analyzed and discussed with interns and teachers, the mistakes and disadvantages were indicated, the opportunities and directions in order to improve next classes were considered.

Direct communication with adolescents also contributed to the interns’ training: they developed their communication skills, elocution, learned how to answer the questions of children and parents. This will be necessary for them in their further medical work with patients. Taking into account the conducted classes, such training can be argued to be useful and necessary both for children for the purpose of obtaining new educational knowledge and for interns in order to learn and develop communicative skills.

In addition to the classes conducted at the Regional Children’s Clinical Hospital, the classes were also given at the general academic schools of the city. In particular, several classes were given to the pupils of 8th and 9th grades of general academic schools on “The Alphabet of Healthy Diet” and “Hygiene of Female Adolescents” for the pupils (girls) of 7th-8th grades. In addition to the increase in the number of classes in educational institutions, the processing and distribution of special materials (memorandums, appeals, visual aids, illustrations, etc.) is planned in order to promote better material assimilation.

Ultimately, the whole learning process should help the children and their parents learn more about a healthy lifestyle, its importance in the prevention of the development and further

control of the disease upon the completion of the course.

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