

Conclusions. According to the results of medical and sociological survey of applicants, it is clear that the lack of physical activity and streamlined diet and quality of food directly affects the level of success of the applicant and his ability to work while studying in higher education.

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THE ROLE OF A NURSE AS A MEMBER OF A MULTIDISCIPLINARY REHABILITATION TEAM

Relevance of research. In the conditions of hostilities, the rehabilitation of servicemen is of national importance and is an important component of the country's defense capabilities.

The nurse is one of the main organizational and medical units at all levels of the rehabilitation process.

Working in a multidisciplinary team, the nurse not only performs the actual nursing manipulations, but also is the coordinator of other professionals and performs social rehabilitation functions.

The aim of the study. Develop and theoretically substantiate the organizational model of physical rehabilitation (physical therapy, occupational therapy) to ensure quality medical rehabilitation of combatants.

Research methods. To achieve this goal, bibliosemantic, medical-sociological, medical-statistical research methods were used among 90 subjects (60 patients and 30 nurses). The research was conducted during 2020 – 2021 on the basis of Zhytomyr Basic Military Hospital.

Results and discussion : As a result of the conducted sociological research it is substantiated and confirmed that participants of hostilities belong to a special contingent of patients who demand application of specially developed, in some cases

even individual system of medical – rehabilitation measures. Successful recovery of a wounded soldier by 80% depends on the effectiveness of this process.

The purpose of medical rehabilitation of combatants is to provide appropriate conditions for the restoration of lost body functions and the development of compensatory properties of the body and adaptation to conditions in everyday life and work. [1, p. 14]

The form of activity of the multidisciplinary team is a meeting of all members (doctor, rehabilitation specialist, physiotherapist, psychologist, nurse), during which an individual rehabilitation plan is developed based on the results of the rehabilitation examination, the results of monitoring and evaluation of the intervention plan are considered. [2, p. 419]

At the initial (inpatient) stage of rehabilitation, the nurse spends more time with the patient – a participant in hostilities than the doctor and performs medical appointments and rehabilitation, according to the established individual program, thus providing medical rehabilitation and treatment of disease. [3, p.16-17]

The role of a nurse as a member of a multidisciplinary rehabilitation team at different stages of inpatient rehabilitation:

I stage: expert diagnosis: detection of the underlying disease – the nurse performs all prescribed by the doctor examination to confirm the diagnosis;

II stage: prognosis – the nurse, using the data obtained during the nursing examination of the combatant and entered in the «Nursing History of Health», participates in assessing the rehabilitation potential of the combatant and determining the achievement of rehabilitation goals and drawing up an individual rehabilitation plan.

III stage: the nurse participates in the formation and implementation of rehabilitation goals, organizes the necessary care and monitors the state of vital functions of the body, to meet physiological needs, meet security and social needs, prevents complications that may occur during the process rehabilitation, provides emotional support to the combatant and his relatives.

IV stage: control and evaluation of the effectiveness of rehabilitation – reports on changes in the general condition of the patient, the elimination of problems that were present in the assessment of rehabilitation potential and reports on the effectiveness of the rehabilitation process according to the combatant (using a questionnaire he filled out).

Conclusions: The research proved the role of the nurse in the rehabilitation process, because the nurse is one of the main organizational – medical units at all the most important levels and areas of the recovery process. The nurse plays a significant role in the rehabilitation process of combatants, performs doctor's appointments and teaches patients – combatants to follow the recommendations, organizes a comfortable rehabilitation process of combatants and is an important member of the multidisciplinary team.

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THE IMPACT OF INDIVIDUAL FEATURES OF BEHAVIOR ON THE FORMATION OF A HEALTHY LIFESTYLE AMONG INDIVIDUALS WITH DIFFERENT LEVELS OF EDUCATION

Topicality of our research. Maintaining appropriate health level through a healthy lifestyle should be the main goal of every individual. First of all, "*health*" is identified as the main and the most important possession of any human being, which determines his/her ability to work, achieve success and ensure the harmonious development of personality [1; p.48].

Scientifically health is defined as a state of complete harmonious development of the organism in which all vital functions are normally performed [2; p.46]. In Ukraine the issue of forming a healthy lifestyle of students and the nation as a whole is the most pressing issue in terms of public health at the present stage of its development [3; p.184].

Aim of research is to analyze the individual peculiarities of behavior of individuals, which meet the qualificative requirements of our research, and scientifically substantiate the formation of medical students' formative principles of a healthy lifestyle in the process of obtaining different educational levels.

Results and their discussion: We conducted a survey of 150 students of the Zhytomyr medical institute of Zhytomyr regional council, including the vocational college. Among respondents 85.3% of the interviewed were females and, respectively, 14.7% of the surveyed were males; the age of respondents ranges from 15 to 48 years; statistically, the age of the students who participated in the experiment varied in the following ration: 17 years – 21.3%, 18 years – 14%, 19 years – 13.3%.

Also, the level of education of the surveyed was the following: junior bachelor (58.7%); bachelor (20%); master's degree (21.3%).