KONFERENCA KOMBËTARE E SHKENCAVE MJEKËSORE 6
6TH NATIONAL CONFERENCE OF MEDICAL SCIENCES



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LIBRI I ABSTRAKTEVE | ABSTRACTS BOOKS

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ABSTRACTS BOOK

2019

FJALA PËRSHËNDETËSE

GREETING SPEECH



FJALA PËRSHËNDETËSE

NGA PRESIDENTI I KKSHM 6

TË DASHUR PEDAGOGË E STUDENTË TË UMT, TË NDERUAR MIQ, TË FTUAR E BASHKËPUNËTORË,

Kam kënaqësinë t'Ju mirëpresim në KONFERENCËN E 6-TË KOMBËTARE TË SHKENCAVE MJEKËSORE (KKSHM). Në vazhdën e një traditë tashmë 6-vjeçare, Universiteti i Mjekësisë, në bashkëpunim me aktorë të rëndësishëm të sistemit shëndetësor shqiptar dhe Këshillin Studentor, organizon këtë event shkencor, ku do të prezantohen punime nga të gjitha fushat e profilet që mbulon Universiteti ynë.

Përveç prezantimeve të pedagogëve dhe kërkuesve shkencorë, në këtë event do të referohen edhe punime të realizuara nga studentët nën drejtimin e pedagogëve të tyre. Unë besoj se kjo është rruga e duhur për të orientuar studentët tanë, përveç studimit, edhe drejt rrugës së bukur e të vështirë të humultimit shkencor.

Është kënaqësi të përshëndes me këtë rast edhe mbi 30 lektorë të huaj që do të na nderojnë me pjesëmarjen e tyre! E di që një sipërmarrje e tillë paraqet sfida e vështirësi të shumta por jam po aq i ndërgjegjshëm që sfidat e mëdha mund të kapërcehen vetëm përmes përpjekjes së përbashkët të guximtarëve, të cilët besojnë tek vizioni i tyre, ata të cilët kanë zemër të qëndrojnë përballë çdo vështirësie dhe që kurrë s'do t'i brejë ndërgjegjia, pasi janë përpjekur me të gjithë fuqinë e ideve të tyre.

Duke falenderuar për përpjekjet e tyre Komitetin Shkencor dhe atë Organizativ, shpresoj që ky event shkencor të jetë në lartësinë e kohës, duke ngritur problematika shkencore e sociale, si dhe duke diskutuar mbi to me përgjegjësi dhe profesionalizëm.

Në emër të Universitetit të Mjekësisë, ftoj profesionistët e shëndetit të bëhen pjesë aktive e kësaj përpjekje të perbashkët.

Ju mirëpresim!

PROF. DR. ARBEN GJATA

Rektor i Universitetit të Mjekësisë, Tiranë (UMT)

GREETING SPEECH

FROM THE PRESIDENT OF 6TH NCMS

DEAR PEDAGOGUES AND STUDENTS OF UMT, TIRANA, DEAR FRIENDS, GUESTS AND COLLABORATORS,

I have the pleasure to welcome you to the 6TH NATIONAL CONFERENCE OF MEDICAL SCIENCES (NCMS). In the wake of a sixth-year tradition, the Medical University of Tirana in collaboration with important elements of our national healthcare system and the student council have organized this scientific event, in which the docents will publish their scientific research from different fields that our University covers.

Beside the lectures of pedagogues and scientific research, in this event students will lecture their scientific research done under the surveillance and with the help of their pedagogues. I believe this to be the right path to orientate our students not only through study and practice that our University offers, but also through the beautiful, but difficult path of scientific research.

It is a pleasure to salute through this event over thirty foreign lecturers that will honor us with their participation! I do know that such enterprise presents many challenges and much clutter, but i am also very aware that the important challenges can be succeeded only through the joint effort of the courageous, that believe in their vision, who have the strength to face any difficulty and who will never regret their decision as they have tried with all the power to give life to their ideas.

Thanking the Scientific and Organizational Committee for their effort, I hope that this scientific event will be up to date, raising scientific and social issues and discussing them responsibly and professionally.

Representing the Medical University of Tirana, I invite health professionals to become an active part of this joint effort.

You are welcomed!

PROF. DR. ARBEN GJATA

Rector of the University of Medicine, Tirana (UMT)



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ABSTRACTS BOOK

2019

REFERIMET ORALE

LECTURES & ORAL PRESENTATIONS

1. THE INFLUENCE OF DYSLEXIA ON ACADEMIC ACHIEVEMENT IN CHILDREN OF CLASSES IV – VII

Abetare Goga[1]

[1]Logoped

Abstract

INTRODUCTION: Dyslexia is a disorder that is manifested by the difficulty of learning the technique or the ability to read, the difficulties that affect the academic development and daily activities in which readiness is read. Children with disabilities in reading, loud reading is characteristic of distortion, change, inaction, slowness, understandable comprehension dyslexic students often experience low self-esteem and low academic achievement (Helmuth, 2001).

AIM: The purpose of this study is the influence of dyslexia on academic achievement in children of classes IV-VII.

MATERIALS AND METHODS: The survey has a quantitative approach and is taken a sample of 110 pupils in one of the elementary schools in Ferizaj. A standardized child questionnaire was used. The questionnaire is translated and adapted from an English questionnaire called: How to help your child reach school (Canter, 1993).

RESULTS: The results of this study show that out of 110 students, 34.6% of them have spelling problems. 48.19% of these are female and 51.18% males, their age ranges from 10 with 35.5% to 13 with 16.4%.

CONCLUSIONS: Based on the asked question in the research on how confusing the letters (p-b, d-q, u-n, a-e), the largest percentage of students 52.4% never confuse them, 31.2% confuse them often and 16.4% always.

KEYWORDS: dyslexia, influence, students, school.

2. DIABETES MELITUS TIP 1, COST-EFFECTIVENESS STUDY OF ANALOGIC INSULIN, HUMANITIES OF COMBINED THERAPY, IN COMPARISON PLAN

Ada Nasufi, Mirela Miraçi

Abstract

AIM: The aim of this study is to perform a cost-effectiveness analysis to compare the cost-effectiveness of human insulins, analog insulins and another group of therapy , human +analog insulins.

METODOLOGY: This is a retrospective study.Each data (included in this study) has been taken from medical cards of patients in Central Policlinic of Durres and Tirana.The period of study is betëeen September 2015 and march 2018.This study involves 90 medical cards of patients.These patients are

classified in three groups: the group of patients who use analog insulins, the group of patients who use human insulins and the group of patients who use both, human and analog insulins.The reduction of glucated hemoglobin (HbA1c) is used as the criterion of efficiency.The study is focused on direct cost, which represents the cost of insulins and the cost of analyzes.

RESULTS: Refering to the group of analog insulins , 70% of patients have been improved (in better health conditions). 50 % of patients who use human insulins, have been improved and 75% of patients who use the combinated therapy, show an improvement in the value of 75%.

The lowest cost (the average annual cost per person) is the cost of human insulins (46097.48), the highest cost is the cost of analog insulins (94380.81). The cost of combinated therapy is in an intermediate value (81266.07).

Cost-effectiveness of human insulins is 879.7

Cost-effectiveness of analog insulins is 1320

Cost-effectiveness of analog+human insulins is 1098

ICER of the therapy with analog insulins vs human insulins is 2527.9

ICER of the therapy with analog+human insulins vs human insulins is 1628.9

The therapy with analog+human insulin is dominant, compared with analog insulins.

CONCLUSIONS: The group of analog+human insulins is more costeffective than the group of human insulins, because the higher effectivity justifies the higher cost. The group of analog+human insulins is more costeffective than the group of analog insulins because it has the lower cost and the higher effectivity.

KEYWORDS: mellitus diabetes type 1, analog insulin, human insulin, cost-effectiveness, incremental analysis.

3. ROLE OF CT IN CRANIAL AND MAXILLOFACIAL TRAUMA

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Abstract

INTRODUCTION: The purpose of this study is to estimate the prevalence of Cranial and maxillofacial Trauma, to highlight the causes, most affected age groups, types of traumatic injuries as well as to evaluate the importance of Computed Tomography (CT) usage, for the quickest and most accurate diagnosis.

METHODS: Medical records of patients treated for cranial and maxillofacial traumatic injuries from January 2018 to December 2018 were organized and analyzed for their prevalence, etiology, type of injury and management of cranial trauma. 476 patients were part of this study.

RESULTS: In this study, 60, 5 % (293/476) were male and 38, 5 %(183/476) were females, in a report – females ~2:1.

The studies showed that zygomatic fractures were the most frequent type of fracture in adults and children among all facial fractures. Maxilla (22%), orbits (16%) and the nasal bone (16%) were also frequent.

CONCLUSION: This study shows that the main cause of craniomaxillofacial injuries are automobilistic accidents, and that males from 20 to 40 years old are most likely to suffer from these injuries. Nasal and zygomatic bone fractures were the most prevalent fractures in this region. Among automobilistic accidents, motorcycle ones occupied the first place. Furthermore driving under the influence of alcohol was also one of the main causes.

KEYWORDS: Cranial Trauma, Maxillofacial Trauma, traumatic brain injury (TBI), epidural hematomas, subdural hematomas, Intracerebral hemorrhage (ICH), Computed tomography (CT), Magnetic Resonance (MRI)

4. MELANOMA

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Abstract

INTRODUCTION: Melanoma is often considered as one of the most aggressive and treatment-resistant human cancers. It is a disease that, due to the presence of melanin pigment, was accurately diagnosed earlier than most other malignancies and that has been subjected to countless therapeutic strategies. Aside from early surgical resection, no therapeutic modality has been found to afford a high likelihood of curative outcome.The purpose of this scientific research is to present what is melanoma and which are some methods to prevent from this disease.To achieve this purpose we will describe types of melanoma and some of the factors that causes melanoma.

METHODS AND ANALYSIS: For ower research we will take different literature and statistics from scientific webpages and other organisations like WORLD HEALTH ORGANISATION(WHO) and some albanian organisations.

RESULTS: The results of ower work will be presented with a power point presentation in which we describe and give answers to some of the most impotrtant questions about melanoma. We will illustrate with lots of photos and some video which represent the treatement of melanoma.

CONCLUSIONS: As treatment strategies for patients with advanced melanoma continue to evolve, the most productive cure is prevention because is easier to prevent than to treat a disease.

KEYWORDS: Melanoma, Disease, Tratement, Cancer, Humans

5. THE IMPORTANCE OF ACCOMPANAYING DISEASES IN THE LIFESPAN OF PATIENTS WITH MYELODISPASIC SYNDROME

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Abstract

INTRODUCTION: Myelodysplastic syndromes (MDSs) are a group of malignant clonal hematologic pathologies, that are still being studied all over the world. They are characterized by ineffective hematopoiesis linked with one or more cytophenes in peripheral blood and a high risk of evolving into Acute Mieloblastic Leukemia. MDS is commonly found in elderly adults with an average age of 65 years at the moment of diagnosis. Males are more likely to be diagnosed with MDSs. MDS has the highest incidence rates in older ages and is considered an elderly disease, this way it is important to study the presence and the number of accompanying diseases at the four stages of the patients' diagnosis. It is in high importance to study the correlation linked to the overall life expectancy. In addition, the fact that these accompanying diseases play a role into evolving MDS into Leukemia Acute, means that they need to be studied.

METHODS: All MDS patients were diagnosed with MDS from 1999 to 2013 at the Hematology Service at QSUT. At the time of the hospitalization, anamnesis vitae was taken and the presence of co-existent diseases was studied. Data were processed with SPSS version 24.0.

OUTCOMES: It was noted that 199 (72.8%) patients had one associated disease and 68 (24.9%) patients had more than three accompanying diseases. Out of the accompanying diseases study, it was reported that 129 (43.8%) patients suffered from HTA, 56 (19.5%) patients had Diabetes Mellitus type 2 and 31 (10%) patients suffered from Benign Prostate Hypertrophy. It was also studied, how co-existing diseases impact into the survival-rate and evolving of MDS into LAM. A significant correlation was observed, P = 0.0016 relating the number of diseases the patient had at the time of diagnosis and the lifespan in years. Patients with no co-existing diseases had an average lifespan of 7.6 years, whereas patients with more than three co-existing disease had a lifespan of 3.8 years. The study also concluded that the presence of co-existing diseases reduced lifespan in direct correlation with the number of co-existent pathologies. This result of our study is in full harmony with the study conducted in the USA by the Public Health Institute and Yale University with a large group of patients (1708 patients over 60 years of age) diagnosed with MDS, confirming that comorbidity is a significant and independent determinant in lifespan of patients diagnosed with MDS (110).

CONCLUSION: The study made us realize that we should give high importance to co-existing diseases at the time of MDS diagnosis, when determining the MDS prognosis is what we demand.

6. EFFICIENT ALLERGY PROFILE DIAGNOSTIC USING EUROLINE SYSTEM: FROM ALLERGEN EXTRACT TO ALLERGEN COMPONENTS (MOLECULAR ALLERGOLOGY)

Dr. Adilta Bejko1

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Abstract

The compact EUROBLOTONE device is designed for the standardized processing of EUROIMMUN strip tests (EUROLINE, EUROLINE-WB) - from sample identification to the final analysis of result. The samples are pippeted by the device and all incubation and washing steps are carried out fully automatically. The data from the picture taken by the integrated camera are automatically transferred to the EurolineScan software. EurolineScan program identifies the band and measure their intensity and converts them into EAST/ RAST classes. In molecular allergology, single purified allergen components (SPAC) are employed for IgE–antibody detection in place of the usual whole extracts. The precise triggers of allergic reactions can be identified to a new level by this cutting – edge approach. Nowadays, DPA (Defined Partial Allergen Diagnostics) is a gold standard in diagnosis, differential diagnosis and selection of specific immunotherapies.

Advantages of molecular allergology are: 1-Identification of cross-reactions and multiple sensitivities 2- Risk calculation and management 3- Selection of specific immunotherapy.

During our expertise in the use of new panels, not just as sIgE but even those at the molecular level, is seen to have a major clinical impat compared to the tests used so far. Now we understand that different countries have different needs. Molecular allergy is the gold standard to shorten the time of deployment diagnosis and taking proper medication. Technological innovations support the coming future with the advantages that they offer.

7. ESCALATION OF LABORATORY VALUES, TOGETHER WITH REFERENT VALUES

Dr. Zamir Damani1, Prof. Dr. Elizana Petrela1, 2, Dr.Sh.M. Esmeralda Thoma1, 2, Dr.Sh.M. Admir Nake1, 3, Dr. Shk. Migena Gega1, 4

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Abstract

The concepts of populations, referent values are classical, irreplaceable, very useful in our practice. On the other hand cut off values, clinical decision limits, critical values, biological variation by target groups, diagnostic criteria, viewing of laboratory value as indicator of risks, monitoring, prognosis, medical decision factors, evaluation not only dichotomous point of view, such as normal or pathological lab. value, but and some values that serves as "pit stops" of stages of diseases, are important to reevaluate or repeat our results from lab staff, to report on call critical value, to diagnose and screen better and faster our patients. So, we propose using more and more concept of escalation

of values of laboratory exams, where these escalations orient multidisciplinary teams to make better decision in favor of the patients. We shall discuss significant examples of medical importance of escalation of some values of our lab exams.

CONCLUSION: Escalation of lab. values give additional information of lab values, together with reference values, decrease medical errors, increase interaction of team works and quality of health care.

8. ARE ONLY FEATURES OF SEXUALLY TRANSMITTED DISEASE A CONDITION FOR SUCCESSFUL THERAPIES? (NUMEROUS FACTS BY STUDIES, QUESTION, COMMENTS RECOMMENDATIONS AND CONCLUSIONS)

Dr.Sh.M.Admir Nake1, Prof.Dr. Elizana Petrela1

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Abstract

Issues of genital infections are very complex, with high infectivity and first step but insufficient is microbiological diagnosis. Successful treatment will depend on a series of problems of these infections, especially sexual transmitted disease (STS). In our review, we considered 10 major key questions and suggest recommendations, clinical decisions that imposed by the feature of these issues supporting by recently literature. The success of these approaches will depend on a variety of factors, sex education level of the population, special importance of confidence between medical staff and patients, law obligations between patients, detection of asymptomatic infections, consideration of chances for complications as chronicity, sterility, sepsis, cancer, hepatic failure, meningitis, encephalitis, dementia, etc. Preventive medicine, careful consideration of a number individual factors, public health policy, law obligations, education level of population, gynecologic plan, and not only characteristics of STD, are conditions for successful treatment of these infections.

9. APHASIA, PARAMETERS FOR ASSESSMENT

Afërdita Kulluri 1

1Logopede

Abstract

Aphasia is most often defined as an acquired language disorder, typically secondary to left-hemisphere stroke. Aphasia involves problems in the processes underlying receptive and expressive language modalities caused by damage to areas of the brain responsible for language function (Ferrand & Bloom, 1997). Descriptions of aphasia often include two components: a definition of language and an explanation of the underlying neuroanatomical correlates of language. When assessing aphasia, it is

important to evaluate receptive and expressive language as well as the cognitive processes involved in communication. This study will focus on the language and cognitive skills that need to be formally and informally assessed in adults who have sustained a lefthemisphere stroke.

10. TMJ AND PROBLEMS IN ITS NORMAL FUNCTION

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Abstract

INTRODUCTION: Temporo-mandibular articulation, like other articulations of the organism, is affected by many different diseases. TMJ is classified as a synovial diarthrosis, where the articulation between the condylar process and temporal squama is realized. The condylar process forms the mandibular section of the TMJ. The most common and widespread pathology we encounter in dental practice is its dysfunctional disorder. This pathology requires multidisciplinary treatment and management.

AIM: Our study aims to determine the symptoms, causes and ways of treating it.

MATERIALS AND METHODS: A clinical case and the book "Gnatology" were considered for the realization of this study. In the clinical case we have the patient with the initials S.K at the age of 51. We did the necessary examinations including RÖ of temporo-mandibular articulation and MRI.

OUTCOMES: The results of treatment were evaluated by taking objective and clinical data. From the data obtained from MRI and RÖ, post-traumatic pseudarthrosis of the left side of temporo-mandibular articulation was observed.From the objective examination, the deviation of the lower jaw at the opening on the left side was observed, the facial asymmetry on the left side and the sharp crevice during the opening and closing of the lower jaw.

CONCLUSIONS: dysfunction of temporo-mandibular articulation brings about limitations in its function, pain during opening and closing of the mouth, jaw movement deviation and mouth opening obstruction.

KEYWORDS: TMJ, dysfunction, pain, jaw movement deviation, limitations

11. AN UPDATE ON PULMONARY HYPERTENSION

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Abstract

Pulmonary hypertension (PH) is a progressive disease that leads to right heart failure and death. Nowadays, pulmonary hypertension in general is recognized as a frequent condition, affecting approximately 1% of the global population and up to 10% of individuals > 65 years of age.

Pulmonary hypertension is diagnosed based on a mean pulmonary artery pressure (mPAP) ≥25 mmHg determined by resting supine right heart catheterization (RHC).

The diseases causing this condition are classified into five groups. In most cases, PH occurs in association with chronic left heart (group 2) or lung diseases (group 3), while pulmonary arterial hypertension (PAH- known as group 1) remains rather a rare entity. The prevalence of idiopathic PAH or "primary pulmonary hypertension" is currently between 15 and 26 cases per million population. The symptoms of PH are often vague and the diagnosis is frequently missed or delayed. Initially dyspnoea may occur with exertion at subsequently, at rest. Chest pain palpitation, presyncope, syncope or haemoptysis may be reported and, ultimately the signs and symptoms of right failure develop. Diagnosis is made by careful history, physical examination, blood tests, chest radiology, ECG, echocardiography, lung function tests, arterial blood gas analysis, ventilation/perfusion scanning, CT pulmonary angiography, etc. The gold standard investigation for diagnosing PH is right heart catheterization. A median survival of 2.8 years has been reported for untreated patients in NTHA class 3 or 4. Specific targeted therapies as phosphodiesterase type V inhibitors, endothelin receptor antagonists, prostaglandin analogues and nitric oxide, are reserved for patient in group 1. A small number of patients with PAH will respond to calcium-channel-blocking agents. Chronic thromboembolic PH (CTEPH – group 4) is also an indication for advanced pulmonary vasodilator therapy and for selected patients surgery (pulmonary thromboendarterectomy) may be an option. For patients in the other PH groups, treatment is usually concentrated on the primary disorder. The last two decades, PAH has evolved into a treatable cardiovascular disease associated with improved survival and decreased morbidity.

12. TUMORS IN ALBANIA, EPIDEMIOLOGICAL SITUATION, BURDEN IN HEALTH SERVICES

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Abstract

Cancer is a disease that can rightfully be considered a pandemic of the twentieth century and in continuity, a pathology that can directly and indirectly affect each of us throughout our lives.

Any person, organization, and government can help to reduce the burden of cancer, reducing early deaths from chronic diseases by 25% as the main target of 2025.

Cancer remains one of the major causes of deaths in the world, with 8.2 million deaths a year. About one-third of these deaths can be prevented and there is already a significant number of cancer types that can be prevented, such as cervical cancer.

In this regard, cancer awareness is an important element of the fight to reduce the numbers. This intervention along with efforts to prevent and treat this disease will lead to the achievement of the above target.

The trend of this disease is increasing by 19.3 million cases a year by 2025 as predicted. This means 5 million more cases a year compared to 2012.

In Albania every year 6, 000 new cases are diagnosed (90% of which are treated in our health system). Deaths from cancer in Albania account for about 16% of total deaths (second after cardiovascular disease). Every year, about 3500 people die of tumors and 10% of them are under 50 years of age. These data point to a serious illness burden that this pathology poses for the health services in Albania.

KEYWORDS: tumor, burden in health services, epidemiology.

13. ACUTE KIDNEY INJURY IN NEPHROLOGY DEPARTEMENT

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Abstract

OBJECTIVE: In-depth identification of problems occurring in clinical medicine due to the fact that acute renal insufficiency is associated with a high morbidity and mortality.

METHODS: Retrospective study, which includes all cases that have come to the Nephrology Service at UHC (University Hospital center) Nënë Tereza, starting from January 2010 to June 2010. Data related to the demographic characteristics of patients, year of follow-up, diagnosis and major symptoms described, data obtained from morbid and vitae history were collected.

RESULTS: The 63 participants were aged ≥65 years (38%), men (65%), and classified as intra-renal injury (59%). Of 63 patients with AKI, 48 had joint disease with Diabetes Mellitus (9), HTA (22), Acute Pielonephritis (2), Cardiac Insufficiency (8), Neoplasia (2), Thrombophlebitis (1), Leptospirosis (1), Pre-eclampsia (1), Chronic hepatitis (2). According the classification of Stages for Acute Kidney Injury by AKIN (Acute Kidney Injury Network): 8 stage I; 17 stage II; 38 stage III. Nursing interventions were: promotion against infection, control of infection, hydroeletrolitic control, urinary elimination control, acid-base control and electrolytic control.

CONCLUSION: Our study clearly evidences the spectrum of renal dysfunction dominated by severe alteration of renal function and strategies for slowing progression are important in this case, however a small percentage (patients with renal failure failure) may need treatment with renal replacement therapy (RRT).

KEYWORDS: Acute Kidney Injury (AKI), Renal Replacement Therapy (RRT), Nursing interventions.

14. NURSING ASSESMENT ON WOMEN'S LEVEL OF KNOWLEDGE IN THE MENOPAUSE

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Abstract

BACKGROUND: Menopause is a physiological process that occurs as a result of ovarian failure due to loss of follicular function resulting in permanent interruption of the menstrual cycle. This is a process that happens gradually to the woman and is accompanied by physical, psychological and social symptoms where in recent years there is a great focus on health professionals regarding women's information and the quality of life.

AIM: The nursing role is related to assessing the level of women's knowledge about menopause and increasing the level of nursing care to help women with information on health care during this time.

METHODS: Our study is prospective with two components: descriptive and analytical. Data collection was conducted through a questionnaire in the Primary Health Care in Tirana, involving 186 women between the ages of 40-60 for 6 months, March-August 2018. Statistical analysis using Excel 2007 software and IBM SPSS 20. In all cases, we considered as statistically significant values of $p < 0.05$.

RESULTS: The average age of women in the study is 51 years. 32.26% of women had low educational and 48.93% middle education. 52.16% of women started the cycle disorder 46-50 years. 69.35% of women have entered menopause 46-55 years. We found that 66.66% of women experienced menopause spontaneously and 33.34% of surgical interventions. The women who had surgical interventions in the ovary was 38.71% and 61.29% those who had surgery in the uterus. 59.14% of women did not have breastfeeding and 76 of those who had breastfeeding 40.78% had problems. Out of 96 women with chronic illness, 57.29% had HTA had started during menopause.

CONCLUSIONS: In our study, were found a high percentage of women with lower and middle level education, where the level of knowledge for menopause was low, women with surgical interventions in the reproductive system were not a very high percentage but are growing year by year and may indicate that menopause may be induced. In chronic diseases in high percentage was HTA.

RECOMMENDATIONS: The findings of this study suggest that medical staff should give priority to information and the most effective care of women in menopause. Health education and information brings increased awareness among women to go as early as possible in primary care where it is possible to find and treat health pathologies to women during this period.

KEYWORDS: menopause, women, questionnaires, health problems, health personnel

15. THE CONTROL OF ORAL BIOFILM

Alberto Emiliani

Abstract

The control of oral biofilm has always been one of the most important strategies to prevent oral cavity diseases but also to maintain the results of the therapies performed in the long term. Appropriate mechanical oral hygiene possibly associated with a chemical oral hygiene device is often considered sufficient and effective for the control of bacterial plaque. But, especially after surgical therapies or in cases that require special attention, an approach that is not taken into account wound healing processes and cell repair mechanisms appears, with current knowledge, to be scarcely up to date and too generalized. It is now possible to integrate some biomimetic components aimed at increasing antiseptic or anti-plaque power in the common oral hygiene devices, such as toothpastes and mouthwashes, counteracting the most common side effects.

16. IDIOPATHIC SCOLIOSIS AND REHABILITATION

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Abstract

OBJECTIVE: The aim of this study was to evaluate the effectiveness of methods such as hydrotherapy, surgery, bracing and Schroth method in the treatment of idiopathic scoliosis.

METHODS: Data was collected from PubMed, Medline, Embase, Minerva Medical and Scopus. Our research was focused on gathering information for different types of idiopathic scoliosis, such as hydrotherapy, surgery, bracing and Schroth method. For each method, groups of patients have been examined to see the effectiveness and the difference of each of them. The data from various articles have been processed by pointing out the most acceptable and successful method in the patients. In order to help with the presentation of the data, different diagrams and graphics have been added.

RESULTS: Our results have shown that all methods are being used in the treatment of idiopathic scoliosis. Schroth method resulted to be effective in patients with Cobb angle 10°-30° with a degree of effectiveness of g = 0.724. Hydrotherapy turned out to have effect on children aged 8-13 years regardless of their Cobb angle. Brace treatment is rated at 80% effectiveness for angles grader than 25°. Surgery treatment was used in patients with a Cobb angle grader than 55°.

CONCLUSION: The most effective and acceptable method in patients with idiopathic scoliosis resulted to be Schroth Method. In addition, Schroth exercises may be more beneficial for scoliosis patients who have a 10° to 30° Cobb's angle, than for those with a greater than 30°. Patients should practice the exercises for at least one month to have a better effect. Bracing also was one of the most effective treatments, but as physiotherapists we consider it to be a supporting treatment during rehabilitation. Surgery is recommended only in patients with grader Cobb's angle and hydrotherapy should be a supplementary treatment during physiotherapy. In summary Schroth method is one of the most recommended methods in the treatment of idiopathic scoliosis.

KEYWORDS: idiopathic scoliosis, Schroth method, hydrotherapy, brace treatment, surgery,

17. AN EVALUATION OF ANTINUCLEAR ANTIBODIES AND RHEUMATOID FACTOR LEVELS IN A SUBGROUP OF ALBANIAN PATIENTS DIAGNOSED WITH OSTEOARTHRITIS

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Abstract

BACKGROUND: Osteoarthritis is a frequent, slowly progressive joint autoimmune disease that affects mostly middle aged people. Even though osteoarthritis is associated with a broad range of clinical symptoms, the most common manifestations consist of joint, hand, spine, hip and knee pain. Laboratory diagnosis is based on quantification of Antinuclear Antibodies and Rheumatoid factor.

AIM: This study will evaluate the correlation between Antinuclear Antibodies titer and Rheumatoid Factor levels in a group of Albanian patients diagnosed with osteoarthritis.

METHODS: This was a retrospective study consisting of 83 randomly selected patients admitted in Rheumatology Department at German Policlinic during 2017-2018 time period. All patients underwent laboratory examinations to determine Antinuclear Antibodies titer and Rheumatoid Factor levels based on indirect immunofluorescence and turbimetry method respectively. All patient data were evaluated statistically for significance and whenever applicable Pearson test was used to determine the degree of correlation between variables.

RESULTS: Data analysis revealed the average age of our study group to be 46.69 ±12.11 with further statistical analysis showing no significant age difference among our participants ($p>0.05$) Gender analysis showed that 97.5% of all patients were women whereas 2.5% were man diagnosed with osteoarthritis. Elevated rheumatoid factor values (>20 IU/ml) and Antinuclear antibodies titer (> 1:80 dilution) were found in 16 % and 39.5% of patients respectively. Further analysis showed a Pearson correlation coefficient ($r = 0.1956$) indicative of a positive but relatively weak correlation between Antinuclear antibodies titer and Rheumatoid factor levels.

CONCLUSIONS: Laboratory determination of Antinuclear antibodies titer and Rheumatoid Factor levels aid in diagnosis and follow up of patients diagnosed with osteoarthritis. However, as shown in this study, there is no significant correlation between these two laboratory tests which can further indicate that different physiological and immunological mechanisms involved in osteoarthritis lead to independent alterations of antinuclear antibodies and rheumatoid factor. Nonetheless, a larger patient group with non significant differences in gender and age would provide more reliable data.

KEYWORDS: Osteoarthritis, Antinuclear antibodies, Rheumatoid Factor.

18. A RARE CUTANEOUS PRESENTATION OF INTRAVASCULAR/ ANGITROPIC LYMPHOMA

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Abstract

INTRODUCTION: Angiotropic Lymphoma, is an extremely rare, aggressive subtype of B-cell lymphoma, characterized by a malignant proliferation of B lymphocytes within intraluminal space of capillaries, venules, or small arteries of the organs.

CASE REPORT: This case report is about a female patient having a widespread cutaneous telangiectasia and generalized tissue edema.

After different examinations were performed to the patient, eventually the right diagnosis was confirmed by immunohistochemistry:Intravascular lymphoma. The diagnosis of this rare disease, in most cases, is made by surgical biopsy. Biopsy and immunohistochemistry have increased the chances of an antemortem diagnosis. The patient was referred to the Hematologic Department for following the combined chemotherapy treatment which resulted to be successful, by making the cutaneous lesions disappear.

KEYWORDS: Angiotropic, lymphoma, immunohistochemistry, telangiectasia.

Key Messages: The appearance of an unusual widespread cutaneous telangiectasia and pathological angiogenesis on skin should never be underestimated, since they may be an important presentation feature of an underlying aggressive type of lymphoma.

19. MANAGEMENT OF ORAL CAVITY SQUAMOUS CELL CARCINOMAS

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Abstract

Malignant tumors of the oral cavity and oropharynx constitute approximately 2% to 5% of head and neck cancers. Squamous cell carcinoma is the most common histological type in all the statistics with percentages above 90%. The main risk factors are tobacco, alcohol and by the related viral infections to certain serotypes of human papilloma virus.

Currently the gold standard treatment of these tumors is mainly represented by surgery which may be associated with radiotherapy or chemioradiotherapy in advanced cancer.

Different surgical approaches have been described in literature in the management of these malignancies. The choice is influenced by factors related to the tumor, the patient and the surgeon's preference.

We present the functional and oncological results of the ENT department of the American Hospital Tirana in the last five years in the management of squamous cell carcinomas of the oral cavity.

20. ANOREXIA AND BULIMIA. WHEN FOOD IS THE WORD

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Abstract

When we talk about eating disorders we usually think of fixing our diet or our behavior with food. The anorexia and bulimia problems are complex and cannot be solved through a simple food diet. In this presentation I am giving a psychological perspective to these disorders.

The increasing number of these pathologies in our modern society could be viewed in two points. The first point is the modern body image "myth", in which anorexia is the most radical part of this disorder. Secondly comes the unlimited consume of food, in this case bulimia becomes the uncontrollable expression of this consume. Analyzing and taking into the consideration these dynamics into the interpretation of the disorder, the missed link into this chain is the relation between the patients. From the patient's clinic backgrounds with these disorders, we find an actual wound that is part of the story of the patient. This wound is related to the subject point view and his standing to the next person. Something in this relation is not going well and this sign limits the patient's life, even though this person can unconsciously deny the existence of it. If on one side, we cannot accuse the other for the subject choices, on the other side we can't deny that the first love experiences that a child has is with his caregiver (the closest person) that almost are his/her parents or someone else with similar responsibility.

So, the eating disorder treatment passes from the other, so from the conversation with other people, talking cure as Freud calls it. In this process the cooperation with some professional figures (psychiatrist, diet log, endocrinolog, family doctor,) is necessary and the family too, in order to help the patients to find the least harmful way for everyone.

21. COWS' MILK PROTEIN ALLERGY IN BREASTFEEDING BABIES

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Abstract

Babies can have allergies and intolerances to food just as children and adults can. The most common culprit causing a reaction for babies is cows' milk and a reaction to soy is also very common. There are various names for this including cows' milk protein allergy (CMPA), cows' milk protein intolerance (CMPI).

Food reactions may occur within minutes, but symptoms in breastfed babies more commonly show up 4-24 hours after exposure. If baby has an acute reaction to a new food, or to a food that mom ate a large amount of, then he will probably be back to normal within a couple of hours. If baby is sensitive to a food that mom eats frequently, symptoms may be ongoing.

Allergy or intolerance? What is the difference?

A food intolerance is an inability to digest a certain food or substance in the food. Symptoms might include tummy ache, bloating, diarrhoea or headache. Symptoms may be similar to food allergy but are not life threatening.

A food allergy is more serious than an intolerance but less common. The body makes an immune system reaction to a food, even tiny traces of the food, and occasionally this can be life threatening. Allergic responses tend to be either: immediate (IgE-mediated), delayed (non-IgE-mediated). It's possible to have a combination of types.

The most common symptoms of food allergy in the breastfed baby are seen in the skin (eczema) and the stomach and intestines (e.g. blood in the stools) but symptoms in a baby can include: skin problems, stomach or intestinal problems, breathing problems and other signs.

Although there are medical tests available, they are not conclusive. Allergy Tests often return false positive and false negative results. Allergy testing only tests for IgE antibodies meaning that a non-IgE allergy will produce a negative result. The most common and accurate way to diagnose CMPA is by eliminating Cow's Milk Protein (CMP) from the diet (an elimination diet) for a period of time to see if the symptoms improve, and then re-introduce CMP to see if a reaction re-occurs. A high proportion of children (90%) can grow out of their allergies by three years of age.

KEYWORDS: allergy, intolerance, cow milk, breastfeeding babies

22. THE RELATION BETWEEN RENALE SCINTIGRAPHIE WITH DMSA IN PATIENTS WITH ACUTTE PIELONEPHRITIS.

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Abstract

The infections in the urinary tracts are some of the most common diseases. This not well treated pathology may cause chronic renal illnesses. The static renal scintigraphy with 99m Tc-DMSA is a known procedure for the diagnose of acute pyelonephritis (PNA) and the post pyelonephritic changes in renal parenchyma. The purpose of this study is the evaluation of changes of renal parenchyma in patients with PNA and the further diagnoses of these parenchyma lessons in the diagnostics after 12 months. In the study database the data are taken according with age, gender, weight, height, the illness clinics data, labors data, the leukocytes in blood and urine, PCR, erytropercipitation scale, bacteria, uremia, kerateinemine. From radiological diagnosis we have extracted Eco graphic

data which have an important relation to the evaluated changes of scintigraphy especially in the diagnostics after 12 months. So, with help of other clinic diagnostics, biochemical and radiological also, the role of static scintigraphy with 99m-Tc DMSA is really important in long term following of patients with early pielonephry.

23. ASPECTS AND FEATURES OF MICROBIOLOGICAL EXAMINATION IN THE FIRST TRIMESTER OF PREGNANCY

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Abstract

INTRODUCTION: M.hominis and U.Urealyticum are bacteria that cause asymptomatic infections that cause important problems during pregnancy. The infection is transmitted horizontally, through sexual contact and vertically from the mother to the baby. This infection in a pregnant woman may induce spontaneous abortion, premature birth, post-natal syndrome, childhood respiratory infections, pelvic inflammatory disease, endometriosis. Therefore, it is important to control these infections during the first trimester of pregnancy.

AIM: Evidence of U.Urealyticum proliferation rate and antibiotic resistance characteristics, M.Hominis of 128 women's female culture in the first trimester of pregnancy and emphasis on the importance of adequate and timely treatment with antibiotics .

METHODOLOGY: The study is retrospective. We have checked data on 128 pregnant women's cultures in the first trimester for January 2017-December 2018 in a medical clinic in Tirana, as well as accompanying antibiograms for the 11 most widely tested antibiotics for these infections have been reviewed.

RESULTS: Out of 128 cultures, 29 (22.6%) of them are negative for these infections. 71 (55.4%) of these results positive for U.Urealyticum, 8 (6.3%) of which result positive for M.hominis 20 (15.7%) result positive for both infections, sensitivity (S) and resistance (R) corresponding to each antibiotic we have used in the respective antibiograms are: Levofloxacin S = 81.7%, R = 4.3%, Tetracycline S = 74.1%, R = 6.1%, Clarithomycin S = 75.5%, R = 6.5%, Ciprofloxacin S = 30.07 % R = 40.8%, Ofloxacin S = 27.7% R = 40.6%, Clindamycin S = 58.9% R = 37.3%, Roxithromycin S = 64.2% R = 8.3%, Erythromycin S = 12.7 R = 53.8, Josamycin S = 48%, R = 7.94%, Minocycline S = 67.2%. R = 13.8%, Pristinamycin S = 59.4% R = 11.9%.

CONCLUSIONS: In our study we find that U. Urealyticum is more prevalent in pregnant women, this may be the result of poor immunity, previous use of immunosuppressive drugs, high number of sexual partners as well as various socio-economic factors. According to this study, the higher sensitivity of the antibiotic is Levofloxacin, while Erythromycin has the highest resistance, as antibiotic use is limited in pregnancy, this requires early control of these infections for all fertile women.

KEYWORDS: U. Urealyticum, M.Hominis, Antibiogramma, Pregnancy

24. MESENTERIC THROMBOSIS AND THE USE OF ANTICOAGULANTS: CASE PRESENTATION

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Abstract

Mesenteric thromboses in our country, whether acute or chronic, are underrated, under diagnosed and in most cases untreated. The main causes are the lack of imaging examinations, lack of material basis for their treatment, and lack of professional experience.Cases where intervention is timely and adequate, outcome is successful. Mesenteric mesophilic has a number of risk factors: clotting factors disorders, malignant hematologic diseases, syndromes zoster inflammation, contraceptives, trauma, intra-abdominal infections, splenectomy.

Acute mesenteric thrombosis has an abnormal clinical outcomes: abdominal pain, nausea, vomiting, diarrhea, melanoma, haematemesis, hematocytes. The main directions of treatment are: anticoagulants, thrombolytics, antiaggregates, surgical thrombectomy, radiological thrombectomy. Chronic mesenteric thrombosis has the most serious clinical experience, the main findings are incidental.It can be associated with portal hypertension, splenomegaly, esophageal varices. Treatment in these cases is less invasive: anticoagulant, antiaggregate, TIPS, ligature and esophageal varices.

The case below is about the 53-year-old AK patient, presented in SA3 by the Kukes Regional Hospital with dg: Hematemesis and Rector for Determination, Gastroenteritis. 5 days patient with complaints: vomiting, diarrhea, bodily weakness, abdominal pain , hematemesis, rektorragji. CT abdomen is realized with KIV where it **RESULTS:** Right ventricular thrombosis gate gate, which continues with vein gate and with all segments of the superior mesenterica vein, massive ascitic likid.The laparotomy is realized and the V.Port with Fogarty is explored and the thrombectomy becomes 3 cm, the V.Mesenterica superior is explored where the thrombectomy of 2 small thromboses is 1 cm, the 2m long gangrenous ileum is threatened. The patient is traced to the ICU and treated with the heparin continuous SHE for APTT 80-100 and ACT 200-250. After 2 days under heparin is passed to clexane 0.6x2 sc. At exit from the hospital, the recommended therapy is 2 mgx1 for INR 2.5-3.

25. THE IMPORTANCE OF NEUROPLASTICITY IN PHYSIOTHERAPY AND REHABILITATION

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Abstract

OBJECTIVES: The aim of this study is to verify the effectiveness of neuroplasticity stimulating techniques and the mechanisms of neuroplasticity in the rehabilitation applied in neurological patients and patients with chronic pain.

METHODOLOGY: Information has been gathered from medical websites such as PUBMED, SCOPUS, MEDLINE and also Google Scholar. During our research we were focused in the effectiveness of neuroplasticity in the modification of pain and in the motor improvement of patients after stroke. We have also gathered information of the rehabilitation process from the medical files retrieved from the Neurology Department in the University Hospital Center of Tirana "Mother Theresa" (QSUT).

RESULTS: The studies show that using neuroplasticity stimulating techniques in the rehabilitation of different neuropathologies such post-stroke aphasia and hemiplegy has resulted in improving disability, motor function and balance, improving learning and memory retention. We also verified that neuroplasticity has in reduced pain score in different diagnosis as myofascial pain syndrome and chronic pain.

CONCLUSIONS: Stimulating the brain's neuroplastic abilities through various mechanisms and techniques has proved to be effective in neuropathologies and chronic pain. With this study we suggest that neuroplasticity could be beneficial in all types of pathologies and disciplines as well.

KEYWORDS: neuroplasticity, rehabilitation, physical therapy, pain, stroke.

26. THE GLOBAL POINT PREVALENCE SURVEY OF ANTIMIKROBIAL CONSUMPTION AND REZISTENCE (GLOBAL-PPS). RESULTS OF ANTIMIKROBIAL PRESCRIBING IN ALBANIAN HOSPITALS IN 2017

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Abstract

Introduction and **AIM:** A standardized Point Prevalence Survey, (PPS) method for surveliance of antimicrobial use in hospitals was used to assess the variation in antimicrobial prescribing. This methodology is a well established surveillance method for monitoring antimicrobial prescribing in hospitals.

METHODS: The GLOBAL-PPS was conducted between 01/02/2017-30/09/2017.The survey included all inpatients receiving antimicrobials on the survey day. Data collected included antimicrobial agents, reasons and indications for treatment and a set of quality indicators. Four hospitals participated: University Hospital Centre"Mother Teresa "(UHC), University Hospital of Trauma (UHT), Obstretic and Gynaecology Hospital "Koco Glozheni" (SUOGJ) all three in Tirana and Vlora Hospital (VH)a Regional

Hospital in Vlora. A web –based application was used for data-entry, validation and reporting as designed by the University of Antwerpen Belgium.

RESULTS: The PPS included 662 patients of wich 531 admitted in adults wards, 113 in pediatric wards, and 18 in neonatal wards.Overall AM use was highest in children (58, 4%), followed by neonates (50, 0%)and adults (48, 6%) .in adult wards the prevalence of AM use ranged from 43, 2% in medical wardsto 75, 6%i n ICU.In pediatric wards AM ranged from 80.7%in medical wards to 75, 0% in ICUand in neonates wards the range goes from 0, 0%in medical wards to 50, 0% in ICU.Top three antibiotics subclasses subscribed in those hospitals were other B-lactams(44, 6%)(mainly cefazolin), Quinolones(14, 2 %)(mainly ciprofloxacin)and Aminoglycosides(12.3%)(mainly gentamicin).Most antibiotics for systemic use (ATC J01)were for medical prophylaxis(34, 4%), surcigal prophylaxis(30, 4%), and health care associated infections(25, 8%) .Overall, prolonged surgical prophylaxis (more than one day)was very common in 60%of surgical prophylactic prescriptions.Nearly all antibiotics were not prescribed according to the guidelines (99, 9%).The reason of the antibiotics prescription was mostly recorded in th notes (99%), while a stop review date was rarely recorded(1%).Overall the antimicrobial prevalence in UHC and VH in 2017 (57, 3%)was lower as compared to 2015 (78, 8%).The pattern (types)of antimicrobial prescribing remained the same (results not showen).

CONCLUSION: Antimicrobial prescribing is very high in Albania hospitals.The Global PPS is an excellent tool to evaluate the current situation of antimicrobial consumption in Albania, to identify ares for improved prescribing(e.g develop guidelines)and to monitor the outcome of antimicrobial stewardship initiatives .We aim to implement policy actions wich need to be obtained at national and hos[itals level.Although the Global PPS data is only from a small number of Albanians hospitals, they showed differences in the agents and reason fo prescribing reflecting differences in hospitals guidelines.Participation of a larger number of Albanian hospitals will provide additional detail on the comparative epidemiologyof antimicrobial use in Albania compared to other countries and regions of the worls.

27. ORAL REHABILITATION OF EDENTULOUS PATIENT THROUGH IMPLANT SUPPORTED OVERDENTURES

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Abstract

INTRODUCTION AND OBJECTIVES: Edentulism is a debilitating and irreversible condition described as 'the final stage of oral health disease'. Fixed implant supported prostheses are an alternative for implant rehabilitation treatment that allow patients to have new fixed teeth. They are used as a method of solving the problem of instability and lack of retention associated with conventional removable prostheses. The purpose of this scientific research is to evaluate the effects of fixed implant supported prostheses in edentulous patients. To accomplish this purpose we will describe and compare two of the most used treatment methods such as overdentures and hybrids.

Methods and analysis: We will electronically obtain literature screening references of included studies, searching for trial protocols in different books like 'Implantology Step by Step' by author Christoph T.Sliwowski, 'Contemporary Implant Dentistry' by author Carl E.Misch or 'Clinical Periodontology and Implant Dentistry' by author Wiley Blackwell. We will also undertake data extraction and assessment of the continuity and quality of our included cases.

RESULTS: The results will be presented in a descriptive way, a step-by-step treatment of the edentulous patients using implant supported overdentures, accompanied with several photos of the procedure.

CONCLUSIONS: Implant supported overdentures overcome the limitations of conventional dentures, increasing stability, retention and esthetics, therefore providing functional and psychological advantages for the patients.

KEYWORDS: Overdenture, Hybrids, Edentulous, Implants, Bone resorption, Bone graft, Procedure.

28. ORAL MUCOSAL LESIONS ASSOCIATED WITH REMOVABLE DENTURE. DIFFERENTIAL DIAGNOSIS AND TREATMENT

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Abstract

INTRODUCTION: Removable dentures are made up of a plate which has direct contact with the mucosa of oral cavity and can cause lesions of it. The patient may experience concerns such as: pain, difficulty swallowing, bad smell, bleeding, etc., that will lead him to the dental clinic. Denture related lesions may be from the least risky ones to those that may endanger the life of the patient. For this, it is necessary to establish an accurate diagnosis, through clinical, objective and subjective examination, and through differential diagnosis with similar pathologies. This way will be chosen the most appropriate treatment for the patient.

AIM: The purpose of this study is to contribute to understand a possible relation between the use of removable dentures and oral mucosa pathologies that may occur during this period.

METHODOLOGY: This study included 242 patients, presented at the University Dentistry Clinic, in Tirana, during the period January 2017 - June 2018. All mucosal pathologies that showed on patients who had dentures were analyzed and a relationship was established between the age, gender, socio – economic status, the type of dentures used, the duration of use of prostheses and lesions displayed, using the SPSS program.

RESULTS: Oral lesions caused by the dentures were found in 140 cases out of 242 patients in total (57.9%). Decubitus was the most common pathology found mainly in new denture users. After decubituses, the most common lesson was denture induced hyperplasia and then candidosis. There was a significant relation between the duration of the denture use and lesions, as well as the type of

dentures and lesions caused by it.

CONCLUSION: Some of these results were close to those of other studies, while some were different. This fact is related to the change in the dental materials used, the various denture preparation techniques and the information that people have about taking care of their own oral health.

KEYWORDS: removable dentures, decubitus, denture induced hyperplasia, candidosis

29. CONTROL OF THE INDIVIDUAL TRAY BORDER ACCORDING TO MARXCORS, THE USE IN CLINICAL PRACTICE

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Abstract

INTRODUCTION: Functional mass is a mass of analytical (detailed) type that records in different times (stages): 1- fornix and 2-support surfaces.

In controlling the individual tray, for the identification of long border areas and areas where the inner surface of the custom tray can suppress the mucus, we will use the method recommended by Marxcors.

AIM: Our study aims to determine the areas where the individual tray border is long, the areas where the tray surface meets the mucosa of the prosthetic field or press it and use different methods for taking functional measure.

MATERIALS AND METHODS: We treated 50 consecutively patients with total prostheses: 79 functional measures were taken. The objective of the functional mass is the distribution of a uniform material layer on the surface of the individual tray base and in the region of its boundaries.

RESULTS: Group I - 50 patients - 79 functional masses according to Hupfauf. In this group in 54.4% of cases, Hupfauf's functional mass was used in the upper jaw. Group II - 50 patients - 79 common functional masses. In this group, in 59.4% of cases, normal functional measures were used in the upper jaw.

CONCLUSIONS: The method used determines the pressure points and the long border areas with precision. It is a simple method that should be applied to the daily practice of total prostheses. The prosthetic endurance increases to 91.13% of cases compared to the usual method in 53.17% of cases. The possibility of decubitus decreases in 74% of cases compared to the usual 32% method.

KEYWORDS: Individual tray, Marxcors method, uniform layer, Hupfauf

30. HEMOLYTIC DISEASE OF FETUS AND NEWBORN: RHESUS AND ABO INCOMPATIBILITY IN ALBANIA

Anila Duka

Abstract

BACKGROUND: Hemolytic disease of the fetus and newborn (HDFN) is a disease which – if untreated – can cause perinatal mortality and morbidity with a substantial risk for long-term sequels. In Albania we lack of studies in this field.

AIM: The aim of this study is to determine the predictive value and the reliability of the "critical titre" during the evaluation of red cells alloantibodies ability to cause the Hemolytic Disease of Fetus and Newborn.

MATERIAL AND METHODS: We conducted a descriptive, cross-sectional study. The data were collected in the University Hospital for Obstetrics and Gynecology in Albania. In the study were included 20 immunized pregnant woman for anti-D antibodies and their newborns which were affected from the Hemolytic Disease of Fetus and Newborn. The data belong to the period 2013 and 2018.

RESULTS: The "Critical Titre" in our study was 8, meaning that this was the minimal value of the titre antibodies that could cause Hemolytic Disease of Fetus and Newborn. Our study concluded that only 2 newborns were born without the Hemolytic Disease of Fetus and Newborn and the titre values were less than 4. Moderate Hemolytic Disease of Fetus and Newborn were caused between the titre values 8-32. The major number of the newborns affected belonged to the titre values 64-256. The maximal value of the titre in our study was 1024.

CONCLUSIONS: The titre values of the mothers are a predictive option of the high risk of giving birth to a child with the Hemolytic Disease of Fetus and Newborn. It is recommended that in this cases the mother should be followed with Doppler Ultrasonography to measure the blood flow of the middle cerebral artery.

31. ALBANIAN PUBLIC ATTITUDES TO MENTAL HEALTH

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Abstract

OBJECTIVE: To obtain a comprehensive view of attitudes to mental health among the Albanian adult population, ultimately to give support to mental health awareness comparing. a) raising the awareness of individuals of the mental health and wellbeing. b) increasing the public knowledge of

mental health and problems positively influencing attitudes and behaviors toward people with mental health problems. c) encouraging people with mental health problems to recognize the importance of seeking professional and social support and empowering them to take on responsibility for their therapy and treatment.

METHODOLOGY: this survey and the questioner used for the data collection where partly based on survey used for the same purpose by the Health Service Executive-Mental Health Ireland. Adults aged 18+, sample size 520, from 10 cities of the countries.

KEY FINDINGS: 8% of people studied reported to have personally experienced a mental health problem. main sources of information of mental health are television-radio programs and technology. 75% of people studied that Anyone can experience mental health problems and about 90% of them accept it that in our society many stereotypes exist about people with mental health problems. 30% of the respondents could successfully recognize the symptoms of depression and only 15% of the symptoms of schizophrenia. 9 in 10 people think that people with mental health problems should not be allowed to be employed in jobs directly with people. More than one in 2 respondents think that people with mental health problems should not have the right to vote.

32. POSTOPERATIVE REHABILITATION OF TIBIAL PLATEAU FRACTURE

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Abstract

BACKGROUND: Tibial plateau fractures can occur as a result of high-energy trauma and low-energy trauma when bone quality is poor. The most common injury mechanism is traffic collision, followed by falls and sports injuries, with 40% of injuries being poly-trauma. The most affected age groups are males around the age of 50 and women over the age of 65.

MATERIALS & METHODS: The subject's discussion was made in the theoretical aspect based on various references, mainly foreign ones. This project provides data on the effectiveness of manual therapy in post-operative rehabilitation of tibial plateau fracture caused by traumas, excluding fractures caused by an illness such as osteoarthritis, metapathy, and so on. A treatment protocol has been developed for the rehabilitation, which is done in accordance with the age and progress of the patient.

AIM: The important and unique role of a physiotherapist in postoperative rehabilitation of fractured tibial plateau.

RESULTS: Based on the treatment protocol, patients are monitored for a 24-week period by performing manual therapy based on the treatment phases. At the end of each phase, the patient must complete the goals of that phase and then to have the opportunity to go to the next one. By the end of the

protocol, the patient is able to perform daily life activities without the help of others, has regained the function of the affected limb and reduced the risk of its refracture.

CONCLUSIONS: In conclusion, we can say that the postoperative rehabilitation plays a key role in restoring optimal function for the patient with a tibial plateau fracture, by interfering in pain modulation, muscle strengthening, joint ROM improvement and improving the quality of life.

KEYWORDS: role, postoperative rehabilitation, tibial plateau fracture, patient, protocol.

33. ANALYSIS OF MEDICINES AND THEIR METHODS OF ANALYSIS, IN THE CONTROL LABORATORY AT NATIONAL AGENCY FOR MEDICINES AND MEDICAL DEVICES

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Abstract

INTRODUCTION: Drug analyzes as a necessity of a qualitative and quantitative analysis of drugs that circulate in the market with the most modern methods to guaranteed the population with safe, quality and efficient medicines.

METHODS: Analysis performed according to the Analytical Methods described and approved as British Pharmacopoeia BP and American Pharmacopoeia USP as well as Analytical Methods Described by the Producer, Benefit and Effectiveness of Performing Analyzes.

RESULTS: The control laboratory ensures and responds to the quality control of drugs within the scope of action of the National Agency of Medicines and Medical Devices to ensure the placing on the market of high quality and efficient medicines for the population by carrying out physical – chemical and microbiological tests, doses of imported and domestically produced drugs. Issuing an analysis certificate after the results of the analysis performed in accordance with the pharmacopoeia requirements (American Pharmacopoeia USP, British Pharmacopoeia BP) as well as the analytical method described by the manufacturer. The medicines are taken for a survey during the physical verification process of drugs imported or produced in the country, as well as in any case when there is first import or during the activity of inspection and surveillance of drugs in Albania. The Laboratory has been established since 1965 and according to WHO guidelines has been made a work organization in the sector and in similarities with other countries. In 1968 it was moved to an expanded environment in order to grow up with the necessary framework and expand control of medicines. It can be said that from those years has been inherited a good working tradition in the Laboratory. Over the years, the analytical laboratory has been constantly equipped with contemporary equipment that has enabled analytical control in line with the requirements of recent years.

CONCLUSIONS: Continuous analyzes are always in the function of better control of drugs that circulate in our country. The challenge is to improve the instrumental methods for increasing the quality of drug analysis.

34. DRUG INDUCED LIVER INJURY (DILI): THE IMPORTANCE OF AN ACCURATE DIAGNOSIS AND TREATMENT

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Abstract

DILI is a broad term comprising a spectrum of liver injury from asymptomatic liver enzymes elevations to Acute Liver Failure (ALF) and is caused by a prescribed medication, over the-counter medication, herb, or dietary supplement. Drug hepatotoxicity can be predictable (intrinsic DILI) which is more frequent and dose related as in the case of acetaminophen or unpredictable (idiosyncratic DILI) which is immune or genetically mediated, less frequent and not related to the dose of agent. The leading etiologic compounds causing idiosyncratic DILI are antimicrobials like amoxicillin-clavulanate or isoniazid. Clinically DILI is categorized as hepatitic, cholestatic, or mixed depended on the type of injured target cells and is classified on the basis of the degree of abnormalities of the liver enzymes ALT and ALP.

The diagnosis of DILI is challenging because there is no single clinical, laboratory, or histological feature specific for DILI. It is very important to make an accurate diagnosis by evaluating very cautiously the history of the suspected drug use and exclude other causes of liver injury (like hepatitis A, B, C, E, alcohol, autoimmune hepatitis, Wilson's if age<40, biliary obstruction, ischemic hepatitis, Budd-Chiari, congestive hepatopathy etc).

Prompt cessation of the responsive drug as soon as DILI is suspected is the cornerstone of the treatment preventing in this way further hepatic damage. Drug discontinuation and supportive treatment should lead to an improvement in liver biochemistries in most patients.

N-acetylcysteine is the mainstay of treatment for patients presenting early in their course of acetaminophen toxicity. Patients with drug-induced autoimmune hepatitis may benefit from corticosteroids while cases of acute liver failure meeting Hy's law, have a higher risk of death and may require referral to a liver transplantation unit.

KEYWORDS: DILI, predictable, idiosyncratic, drug cessation

35. COST-EFFECTIVENESS OF THE BRONCHIAL ASTMA THERAPY IN PEDIATRIC AGES

Anisa Topalli, Mirela Miraçi

Abstract

AIM: This study's aim is to analyse the cost-effectiviness of therapies which have been used in bronchial asthma, in pediatric patients; fluticasone-salbutamol; fluticasone-salbutamol-

montelucast; salbutamol-fluticasone/salmeterol; salbutamol-montelukast; salbutamol-fluticasone/salmeterol-montelucast.

METHODOLOGY: 64 patients of age 1-14, wich have been diagnosed in Regional Hospital of Durres, are involved in a retrospective study. For each patient is studied the efficiency of therapy in annual intervals (this because of therapy's change). Datas for each patients are taken for a period of four years. The effectivity and the cost are studied for each year. In total we have 169 cases. Patients have been classified according to treatment schemes and for these patients is identified the degree of asthma.As the criterion of effectiviness is used the change of asthma degree.This study is based on direct cost.

RESULT: 27.8% of patients use fluticason-salbutamol , 54.43% use fluticason –salbutamol-montelucast, 7.7% use salbutamol-seretid , 0.59% use salbutamol-montelucast , 1.2% have used fluticasone-salbutamol-prednisolon , and 8.28% have used salbutamol-seretide -montelucast.

-Salbutamol-seretide-montelucast is the therapy with maximal cost (42947)

-The cost of Salbutamol-seretid is 39933

-The costo of Fluticason-salbutamol-prednisolon is 46161

-Fluticason-salbutamol-montelucast is the most used therapy with a cost 36811

-Fluticason-salbutamol is the therapy with the minimal cost 16137

CONCLUSION: According to the cases we have studied the result is that the therapy flixotide-salbutamol is more costeffective than the therapy fluticason-salbutamol-montelucast.

According to the cases we have studied the result is that the therapy salbutamol-seretid is more costeffective than the therapy salbutamol-seretid-montelucast.

According to the cases we have studied the result is that the therapy fluticason-salbutamol is more costeffective than the therapy salbutamol-seretid. So the conclusion is that fluticason is more costeffective than montelucast.

KEYWORDS: bronchial asthma, salbutamol, seretide, montelucast, fluticasone, costeffectiveness analysis.

36. HEARING LOSS AND ACOUSTIC PROSTHESIS

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Abstract

INTRODUCTION: To make things simple we devide our ear in 3 parts, external, media and internal. When we are talking about neurosensorial hearing loss we are talking about the 3d component of the ear.

Neurosensorial hearing loss may come from work conditions, systemic diseases, like hypertension and diabetes, cervical problems, otitis media and otosclerosis., These demages may be from light to severe depending on the grade of demages and we can resolve the problem with mediacal therapy or acoustic prosthesis that improve the hearing while they are used. Acoustic prosthesis are several from in the internal acoustic canal to behind the ear and they are different deping on the prices and the quality. Depending on the age, proffesion and other conditions we specify the acoustic prosthesis and the most difficult cases are the children and the third age peope.

CASE REPORT: 14 years old child, at the age of 6 has gone under a therapy with gentamicine for broncopneumonia for 10 days, I.v. In the audiometry we have neurosensorial hearing loss for both ears and in the tympanogram we have normal rates. Than we put acoustic prosthesis behind the ear and we had satisfying results.

CONCLUSIONS: Neurosensorial hearing loss is a very difficult condition for the patients because they suffer from hearing loss and tinnitus and in most of the cases the solution is acoustic prosthesis expecially in the people who are working for keeping the acoustic nerv in tonus and the third age to avoid isolation and depression.

37. SURGICAL INTERVENTION OF SOFT TISSUES, IN TERMS OF PROSTHETICS

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Abstract

INTRODUCTION: A very important part of daily practice in dental labs is the successful and long-term prosthetics in patients who suffer from total or partial edentulism. Surgical interventions in soft tissues have a very important role in insuring an appropriate prosthetic field, regarding the aspect of quality and quantity in prosthetic.

The essential criteria to be assessed before prosthetics are: the presence of intra and extra-oral pathology, the condition of fixed and movable mucus, tongue and the glands of saliva, the consistence of soft tissues, muscularity etc.

The plan of treatment consists of the exact taking of vitae anamnesis: the assessment of general pathologies of patient assessing the contraindications of intervention, lab tests, level of Ca, phosphates that might cause bony damage, the assessment of primary complaint of the patient to make clear the result of the intervention, the reasons of previous prosthetics failures as well as the radiological examinations. In soft tissues surgical interventions include: the correction of frenemies, plicas, the avoidance of gingivitis hyperplasia, the deepening of sulcus, the management of soft tissue tumor, reposition of mental nerve, commissuroplasty etc.

38. PHARMACISTS'S EXPERIENCE IN THE USE OF ABORTIFACIENTS

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Abstract

The study is focused on the community pharmacists approach on the dispensing of abortifacient medicines.

Based on the basic principles of pharmaceutical ethics and bioethics also on the current pharmaceutical regulations in power in Albania, we were interested on the pharmacists opinion on topics of particular importance that relate to the management of abortifacient by the patients. Questions focused on the respect of patient confidentiality, treatment information, patient oriented or not on self-medication or physician consulting were part of our survey. The study was conducted in three different regions in Albania: Tirana, Vlora and Korca during the period January - April 2019.

KEYWORDS: pharmacist, patient, abortifacient

39. CEREBRAL INSULT, ALTEPLASE COST-EFFECTIVENESS STUDY ON CONSERVATION THERAPY

Anxhela Gjini, Mirela Maraci, Myrvete Rama

Abstract

AIM: To know the treatment schemes and effectiviness after application of these treatments at patients with ischemic cerebral insult (AVC ischemic) and to define wich therapy is more costo – effectiviness.

METHODOLOGY: It is a retrospective study for a period of one year 2017-2018.And the material is taken at the statistical service at QSUT Tirane in sector neurologia. This study include 60 patients with cerebral insult ischemic (AVC ischemic) and exclude patients diagnosed with cerebral insult hemorrhagic (AVC hemorrhagic)because it is not allowed applying thrombolysis procedure in those patients. That is because their condition worsens and cause more hematoma.

Patients are classified in two group based o two types of therapy that applies.In first group are patients that apply alteplase and in the second group are patients that apply therapy conservative (different medicaments, anticoagulant, antihypertensive, antiagregation etc).

And as the criter of effectiviness is taken 1- the survival and 2- the degree of improvement wich is expressed with points of NIHSS.

RESULTS: The study include 60 cases with cerebral insult (AVC ischemic).25 of them apply thrombolysis procedure with alteplase and 35 of them apply therapy conservative. Our results show that the treatment with alteplase was higheffective than therapy conservative.That is because the survival in group with alteplase is 96% ad in the other group is 37.1%.Also the improvemet of patients

with alteplase is higher than the the patients with therapy conservative.They don't have to many neurological deficiency .

The costoeffectiviness of therapy with alteplase is 19102.7

The costoeffectiviness of therapy conservative is 16692.3

ICER of therapy with alteplase vs therapy conservative is 20621.1

CONCLUSIONS: Therapy with alteplase is less costoeffectiviness than therapy conservative because the survival and the improvement is high but this does not justify the costo of this therapy in ischemic cerebral insult.

KEYWORDS: thrombolysis, cerebral insult, alteplase, costo-effectiviness, therapy conservative, avc ischemic, avc hemorrhagic etc

40. ACUTE KIDNEY INSSUPHENCY (AKI)

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Abstract

AIM:

Finding the prevalence of AKI

The Relation of gender and age with AKI

The categories of AKI based on pRIFLE critters

To give our experience on how to manage, treatment, diagnostician in what cases we should use haemodialysis

METHODOLOGY: This is a transversal study in which we have accumulated data from Nephrology department at Paediatrics hospital at QSUT, Nephrology Department for adults at QSUT and from Statistic Department at QSUT. The time period of this study is 1 January 2016- 31 December 2018. The number of patients accumulated in this study is 126. We divided the patients according to the pRIFLE critters.

RESULTS: The study was conducted in 126 patients in which 58% males and 42 % females. We divide the cases in Prerenal38% of the cases, Renal54% of the cases, Postrenal 8 % of the cases. In prerenal cases the dominant pathology was sepsis and dehydration the other hand. In the renal cases the dominant pathology was Uremic Haemolytic Syndrome. Based on pRIFLE critters we found 23% of cases with Risk, 50% of cases with Injury and 27% of cases with failure.

CONCLUSION: The AKI pathology is more dominant in males. AKI is mostly caused by renal pathology. The best classification AKI is by pRIFLE critters.

KEYWORDS: AKI, pRIFLE, prerenal, renal, postrenal, haemodialysis.

41. BARIATRIC SURGERY IN ALBANIA; OUR EXPERIENCE

Arben Beqiri

Abstract

The Surgery of Obesity and of Metabolic disease is indicated in patients with BMI over or equal 35. Recently, the indications include a wider range of patients such as those with BMI between 30 and 35 in cases of diabetes II. The operations performed are restrictive or malabsorbtive. The first group includes Gastric Banding and Sleeve Gastrectomy. They are preferred for their minor complications, but these operations are designed for the young and motivated patients, able to follow the post-operative advice on diet and lifestyle in general. There is a difference in indications and selection of procedure between men and women. At the origine, the indication for Sleeve Gastrectomy was considered as the first step operation in high BMI. After losing enough weight pass into the second step surgery, which is gastric bypass or major malabsorptive operations. We prefer to do the mini gastric bypass especially in men with excess of weight from 40-60 BMI. This procedure is partially restrictive and partially malabsorptive.

This operation has low complication rate and the longterm results are very good, concerning the weight loss as well as diabetes hypertension or other metabolic diseases control. In this lecture we demonstrate our excellent experience of the last 3 years in this field of surgery. Our experience includes 42 patients, 17 treated with the sleeve gastrectomy and 23 with mini gastric bypass. In 2 cases after the failure of Sleeve gastrectomy done in other institutes we did revision surgery and converted the Sleeves into Minigastric Bypasses. No mortality in our series and no complications. Postoperative results achieved the goal of the surgery and met the satisfaction of the patents so far. We consider Minigastric Bypass as the procedure of choice not only because of the low complication rate, but also because of its reversibility.

42. THE VALUE OF EEG IN PSYCHIATRIC DISORDERS

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Abstract

INTRODUCTION: EEG is one of the diagnostic examinations used mainly in neurology, but it is also needed in psychiatry. EEG is used in differential diagnosis examinations characterized by cerebral organic lesions such as epilepsy, delirium, dementia, central nervous system infections, metabolic abnormalities, intracranial masses, cerebral trauma and sleep disorders. Numerous clinical researchers have attempted to use the EEG in the search for specific neurophysiological markers of psychiatric disorders compared to normal subjects, however no specific diagnostic pattern has been identified such that makes the conventional EEG useful for the diagnostic procedure.

METHODS: The article is based on a literature search in PubMed and the authors' own collections of articles and personal experience.

RESULTS: Psychiatric patients are also at an increased risk of epilepsy. In case of seizure symptoms such as convulsions or conditions with rapid changes in affective states, epileptiform activity during EEG is a specific sign of epileptic aetiology or comorbidity. Quantitative frequency analysis (QEEG) is useful for research purposes and in exceptional cases also in a clinical context. No QEEG method has as yet become accepted as providing reliable, independent markers for psychiatric disease or treatment response.

CONCLUSION: EEG should be undertaken in case of newly occurring psychoses and for conditions with a fluctuating or progradiating loss of cognitive function. EEG is indicated when the history, mental state, physical examination and laboratory tests suggest a primary neurological or medical cause of the psychiatric symptomatically of a given patient or in the case of new psychic symptoms (and behavioral anomalies), recent onset and/but in any case abnormal compare to the psychiatric syndrome treated. Adult psychiatric patients with seizure symptoms or rapid changes in affective states should also be referred to EEG

KEYWORDS: EEG, epilepsy, QEEG, comorbidity, psychiatric disorders

43. THE IMPORTANCE OF REPORTING ABORTIONS AND TREND IN OUR COUNTRY

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Abstract

STATISTICS: Abortion rate Worldwide and in Europe: Worldwide - One in five pregnancies (20%) ends in abortion; In Europe - 30% of pregnancies end in abortion. Before legalizing abortion, about 50% of all maternal deaths in Albania were due to illegal, unsafe abortions.

DISCUSSION: In 1995 the Abortion Law was approved. Since 2007- the the National Survey System of Abortion was estabilished in Albania. The abortion law in Albania. Law on Termination of Pregnancy - No. 8045 approved on 7 December 1995.

RESULTS: Abortion at a woman's request may be performed by the 12th week of pregnancy for social or psychological reasons. By the 22nd week due to medical reasons (maternal or fetal health) with the approval of a commission of 3 specialists

CONCLUSIONS: When the committee judges that the fetus has irreconcilable misconduct with life it decides to terminate pregnancy at any time

KEYWORDS: abortion, pregnancy, law, termination.

44. LITERATURE REVIEW ON THE USAGE OF PRENATAL SUPPLEMENTS BEFORE, DURING AND AFTER PREGNANCY.

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Abstract

INTRODUCTION: Prenatal supplements help both, the mother and the child towards a healthy and safe pregnancy, by avoiding so, every "bad surprise". The most famous of them is the folic acid, known also as the "pregnancy superhero"! But what are is the prevalence of usage in several countries, including Albania?

METHODOLOGY: Literature review on the use of nutritional supplements in pregnancy, in our country as well as in other places of the world, by making a thorough analysis of the studies made in the field, and later on, making a comparison between Albania and the other countries. Different open access journals and databases were analyzed for population based studies in the field. All of the appropriate ones, were collected and the results got copied in a single database by writing in columns only the interest fields, such as, the usage of the supplements (by percentage of the subjects answering: Yes, I use them or No, I don't use them), the age, education and financial situation of the pregnant female, in order to make a correlation of the socio-demographic characteristics and the usage of the supplements and also the kind of supplement they use and the regimen they follow, in order to make an analysis on which is the most used supplement and if there are in mistake on the regimen these women follow?

RESULTS: From the results obtained, most of the subjects use prenatal supplements, and the majority of them use folic acid. These subjects start using folic acid prior to the pregnancy and continue it even after the baby is born. There is a correlation between women with high education and good or average financial situation and the usage of this supplements.

CONCLUSIONS: Health policies must be made in order to promote the usage of this supplements in women who live in very rural areas and have no access of information. Also in urban areas, more information must be given in order to let these women know the appropriate usage of this supplements.

45. CLINICAL PROBLEMS AND MENAGMENT OF AGENESIS

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Abstract

INTRODUCTION: The dental agenesis is one of most common disorders in the people, where it refers to the partially or totally absence of dental arcade, which is caused as a result of many different reasons such as artificial, pathological or genetical ones. The dental agenesis is a cranium facial malformation. It can be appeared in form of two symmetrical teeth, or in absence of a single asymmetrical tooth.

AIM: To analyze the actual scientific publishments and to emphasise etiological factors of agenesis and the adequate treatment methods of this anomaly.

Materials and **METHOD:** This presentation was realized working with local, international and modern publishments. We have studied 2 dental magazines, 6 scientific references, of Pub Med and Medline scientific writings that give enough information regarding agenesis. Meanwhile it is also shown a clinical case with agenesis.

RESULTS: The teeth, where agenesis mostly appears, are the lateral maxillary, the third molar and the second mandibular premolar.

CONCLUSIONS: Agenesis has been generally accepted to be a negative factor in the proper development of the dental occlusion. When one or more teeth miss, which are very important to maintain the best occlusion, the changes occur with upper jaw and facial implications, both anatomic and functional too.

KEYWORDS: Agenesis, Hypodontia, Lateral, Etiological factors.

46. EARLY IDENTIFICATION OF CHILDREN (6-24 MONTHS) WITH DIFFICULTY IN COMMUNICATION

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Abstract

Communication is a process by which information exchange and understanding between two or more people, in order to be motivated or influenced the behavior or the attitudes. In this paper titled "Early identification of children (6-24 months) with difficulty in communication", the development of the child has a number of characteristics and I tried to elaborate this development starting from the pre-birth period, the infancy period, sensory development (sensor processes), developing motor behavior. Realization of speech, language development, linguistic stages, all these are summarized in this paper (Saqellari, 2006). The goal in this research is that by measuring instrument (scale verification of communication for infants and children (Wetherby & Prizant, 2002), to assess the situation of children aged 6-24 months communication in the city of Pristina. The purpose of the paper is also to test the differences between children by gender and age. One of the practical goals of importance for

child development has been the possibility of identifying children who have delays in communication. In this research, it was found that the age group of children differed among them separately. The 18-24 month group distinctly differs because at this age there is a qualitative flow of communication. Specifically in this paper three children from 40 researched have achieved results significantly below average. Simultaneously translated into percentage, 7.5% of respondents have shown significantly below average results. Children should be followed and stimulated more (Psychologist, Speech Therapist, Pedagogue).

47. CORRELATIONS OF INFLAMATORY INDICATORS IN TERTIARY SERVICE, UHC "MOTHER TERESA"

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Abstract

INTRODUCTION: A pattient's laboratory evaluation to differentiate the microbial cause of an infectious disease has diagnostic, monitoring and prognostic importance.

AIM: Research of common relations and evaluation of white series elements (leukocyte formula) and reactive C protein.

MATERIAL AND METHODS: White blood cells and Reactive C protein were evaluated for 22 patients infected in the Infectious Hospital, UHC "Mother Teresa." Laboratory examinations were carried out using standard reference methods.

RESULTS: The correlation coefficient between high leukocytes and high reactive C protein of 18 patients was r = 0.285.

CONCLUSIONS: Although there is experience in the laboratory evaluation of septic-inflammatory indicators, a common and careful evaluation of these indicators is needed to ensure the most effective and careful medical treatment, especially with the aim of an early detection and selection of the most successful treatment, including SOFA score.

48. THE SIDE EFFECTS SEEN DURING THE TREATMENT OF CHRONIC HEPATITIS B WITH PEG-INTERFERON AND CHRONIC HEPATITIS C WITH COMBINED THERAPY PEG-INTERFERON / RIBAVIRIN

Artan Shkoza, Ervelinda Kilja, Mirlinda Likmeta

Abstract

BACKGROUND: The side effects seen during the treatment of chronic hepatitis B with Peg-interferon and

hepatitis C with combined therapy Peg-interferon / Ribavirin are the main cause of dose reduction and discontinuation of treatment at the early stages. Based on the inevitable use of these new antiviral agents, our study aims at evaluating the variety and prevalence of side effects of monotherapy with Peg-interferon and combined therapy Peg-interferon/ Ribavirin in patients with chronic hepatitis B and C in our country.

MATERIALS AND METHODS: The data collection was made possible through consultation with medical records of patients who fulfilled the criteria for participation in the study at the Gastro-Hepatology Service at "The Mother Teresa "University Hospital Center.From clinical records, information on the treatment of chronic hepatitis was obtained: peginterferon, peginterferon plus ribavirin, or other treatment schemes.In addition, information on the adverse effects during treatment of patients and the type of treatment was obtained. These effects include: influeza-like symptoms, headache, gastrointestinal symptoms, muscle pain / stroke, nervous / depressive irritation, fatigue, rash/ pruritis, anorexia, sleep disorders, endocrine disorders, autoimmune diseases, etc.

RESULTS: The results of this study reported that the most common effects were related to headaches, influenza-like symptoms, nervous / depressive irritation, fatigue, muscle pain, anorexia, and less common observed effects were: stroke, sleep, endocrine disorders, autoimmune disease.

CONCLUSION: The highest prevalence of side effects such as: influenzy-like symptoms, nervous irritation, fatigue / anorexia were seen during treatment with mono-peg interferon and peg interferon or tenefovir. The highest prevalence of gastrointestinal disorders and headache was observed more in patients treated with peg-interferon / ribavirin. As for the other symptoms, there were no significant changes in the treatment groups.

KEYWORDS: Side effects, chronic hepatitis B and C, Peg-interferon/ribavirin.

49. THE ROLE OF PHARMACIST IN THE MANAGEMENT OF JOINT PAIN

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1Pharmacist

Abstract

INTRODUCTION: As accessible frontline healthcare professionals, pharmacists manage patients with chronic diseases and support healthy living alongside dispensing medicines and providing support with medication use. Pain is the most common symptom that causes patients to seek the help of a healthcare professional. Many patients with joint pain will present to a pharmacy seeking advice or to obtain pain medication.

AIM: Define how the pharmacist conduct an effective joint pain management, what does it include and the barriers identified in these process.

METHOD: Gathering information and pharmacist' s experiences on how they manage joint pain and following guidelines about these situations.

RESULTS AND DISCUSSIONS: Conduction of an effective joint pain management consultation in a community pharmacy setting includes asking a series of questions which helps to facilitate the gathering of information related to joint pain symptoms and to help the pharmacist correctly identify and classify the type of joint pain. With enough information, community pharmacwwy teams should be able to distinguish between possible inflammatory arthritides (requiring urgent referral), and common mechanical or activity-related joint pain issues — the majority of which are manageable in a community pharmacy setting without the need for a radiological diagnosis. This separation into two types of problem is useful for directing therapy.

First-line pharmacological treatment for most joints, is the use of topical non-steroidal anti-inflammatory drugs (NSAIDs). Similarly, topical capsaicin can be used as an alternative. Second-line pharmacological treatments are oral medications: NSAIDs, paracetamol and the OTC opioid, co-codamol (8mg/500mg). These medicines should only be considered if first-line options are not appropriate or effective, and if the potential benefit outweighs the risks for the individual patient. Naturally, before recommending any pharmacological treatments, it is important to be fully aware of the patient's current medication use, other medical conditions.

CONCLUSIONS: Several barriers to conducting effective joint pain management consultations have been identified. These barriers appear to be associated with a lack of confidence in managing patients with joint pain, as well as limited consultation and/or communication skills. Physical barriers include lack of privacy, limited time, belief that they are capable of self-managing their own condition, being unaware that the consultation process is for their benefits. Despite this pharmacy teams have the potential to play a bigger role in front line assessment of joint pain, effectively categorising joint pain, allowing them to recommend best management options and signpost patients to relevant healthcare professionals.

Pharmacists remain a trusted source of information, they also know what medications people are taking and are very familiar with medication review processes.

50. MOYAMOYA, SURIGICAL EXPERIENCE

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Abstract

INTRODUCTION: Moyamoya disease (MMD) is an idiopathic disease with a progressive nature leading to recurrent stroke due to occlusion of the terminal internal carotid arteries

AIM: We review, in the light of the recent literature, the modalities and indications of surgical cerebral revascularization for Moyamoya (MM) disease or syndrome. We report our experience in the surgical management of pediatric MM.

CONCLUSIONS: Revascularization surgery for symptomatic MMD is considered the standard treatment

for preventing further stroke. The most important goal of surgical revascularization is to prevent cerebral infarction by improving cerebral blood flow (CBF) and restoring reserve capacity. There is a global consensus to offer revascularization surgery when severity criteria are gathered: symptomatic disease with crescendo/progressive neurological/cognitive deficit or recurrent ischemic/ haemorrhagic strokes associated with pronounced alterations of cerebral perfusion on haemodynamic imaging. Because the disease is active mainly after its clinical onset, early treatment is recommended, particularly in symptomatic children, to avoid irreversible cerebral lesions.

51. AN OVERVIEW OF GERIATRIC AND SURIGICAL PATHOLOGY IN ALBANIA

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Abstract

INTRODUCTION: Aging of the worldwide population is progressively increasing, in relation to augmented life expectancy (LE), which in 2016 was around 71.4 years according to the World Health Organization (WHO), with a greater expectation in women than men all over the world The overall life expectancy in Albania at birth is 78 years1 . We intercept an increase of the cases we treat with surgical pathology from emergency and elective surgery. We evaluated the panorama in general of the cases as the first step to a deeper study of the situation in the future.

AIM: The aim of the study is to have an overview of the situation so to take the necessary steps for a better treatment of this category of patients.

METHOD: After we took all the necessary permits for the study, we used our hospital data for all the elderly patients >70 years. We analyzed hospitalised in university center hospital Mother Theresa" for 12 years (from 2005 to 20017), we used excel and ssps to evaluate the data.

Discussion: We see an increase of the cases starting from 2005 to 2010. Life expectancies in Albania is increasing and with this there is an increasing elderly population with more complex co-morbidity. Surgery in the elderly is challenging in terms of decision making, managing co-morbidity and post-operative rehabilitation with high morbidity and mortality. This is also a contribution of the increased competency of the surgical and anaesthesiology team. Analysis of complications and deaths demonstrates that age makes only a minor contribution to the risk of surgery, and that postoperative morbidity reflects preoperative health status.

CONCLUSION: The workload of general surgery in the elderly is becoming more complex. This challenge has to be addressed with improvements in outcomes. The data presented here reinforces the need for new models of care with increased multidisciplinary geriatric care input into elderly surgical patient care in the perioperative period.

52. CRRT IN INTENSIVE THERAPY

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Abstract

Renal insufficiency is a severe complication in intensive therapy and increases mortality by almost 50%. Hemofiltration as one of the most common procedures in intensive care units offers many benefits to patients in reanimation. We have reviewed the period from November 2017 to December 2018 data from the Intensive Therapy Department of American Hospital 3, to which Prisma Flex was used as the core representative of CRRT. This method is used in 43 patients, 36 for IRA and 7 with sepsis. Hemodynamic parameters, urinary debit, creatinine clearance, plasma creatine and nitrogen levels have been monitored.

CRRT indications are different and have a significant impact on improving the patient's prognosis. In our series only 3 patients remain dependent on dialysis, which is based on the use and efficacy of this treatment method.

Each anesthetist and intesivist should know the indications, the ways, the side effects, the advantages of CRRT in order to improve the efficacy of the treatment and above all the prognosis of the patient.

53. THE TRANS-RADIAL ACCESS FOR PERCUTANEOUS CORONARY INTERVANTION: OUR EXPERIENCE, CURRENT AND FUTURE CHALLENGES

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Abstract

INTRODUCTION: Bleeding complications after percutaneous coronary intervention (PCI) are associated with increased short-term and long-term morbidity and mortality. Trans-radial artery access (TRA) for percutaneous coronary intervention (PCI) is associated with lower bleeding and vascular complications than trans-femoral artery access (TFA), especially in patients with acute coronary syndromes (ACS). Despite a long history, the Trans-radial PCI is not widely used and many operators lack experience in this technique. Based in our experience, we examine the feasibility of the Trans-radial approach to PCI and discuss some of the circumstances that may limit its appeal.

METHODS: From March 2010 to February 2019 we enrolled 2720 patients (1107 males / 1613 females), underwent PCI through radial access for Coronary Angiography and / or Coronary Angioplasty. The patients were gathered from 5 Centers and performed by (or under the close surveillance) of a single operator. Patient files were checked for feasibility of the technique (complete / incomplete / unsuccessful procedure) as well as for peri-procedural minor and major complications (related to the access and / or the type of intervention). Results were compared to current literature data.

RESULTS: Procedure was successful in 2590 (95%) of patients, incomplete (need to convert on trans-brachial or trans-femoral artery access sometimes during the procedure) in 62 (2.3%) and unsuccessful incomplete (need to convert on trans-brachial or trans-femoral artery access before starting the procedure) in 68 (2.6%) of them. Minor complications (local pain, local hematoma, non life-threatening bleeding) were observed in 184 (6.7%) patients, no major complication was found. Size of the introducer, type of the procedure as well as patient / pathology characteristics didn't significantly influence those outcomes; learning curve however seems to be a predictor of procedure-related complications and feasibility.

54. OUR EXPERIENCE, IN EVALUATING THE MICROBIAL LOAD IN SOME FOOD SAMPLES

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Abstract

Ice creams are by-products of milk, which along nutritional values also represent a very suitable ground for the development of microorganisms.

The **AIM:** The purpose of this research is connected with the evaluation of the contamination grade of the Ice-Cream samples and also the determination of the microbial consignment which is above their allowed values (limits)

The material and **METHODS:** This research is carried out in the Laboratory of Food Microbiology in the Hygiene Sector at the Directory of Public Health Tirana. 686 Ice-Cream samples have been analyzed during the 2014-2018 period. The isolated bacteria have been expressed in CFU/g. The Ice-Creams have been cultivated in the relevant fields: Blood agar, Endo, Agar base, Capek , Bile lactose .Depending on the morphology of the colonies, the identification has been done through biochemical tests.

The **RESULTS:** 97.9 % of the samples analyzed are brought from the network (national samples), while 2.1% are imported samples .From the total number of the samples , only 61.34% of them have been evaluated within the standard , whereas 38.66% have been evaluated with high microbial consignment. The most common isolates are the Mesophyll Bacteria 92.30%, Coliform Bacteria 48.35%, Staphylococcus Aureus 13.18%, Streptococcus Faecalis 12.08%, Escherichia Coli 43.9% and Mycotic consignment 4.39%.

CONCLUSIONS: Constant control of the Ice-Cream samples from the relevant Institutions in order to improve their quality.

KEYWORDS: Ice-Cream, contamination, bacteria, quality.

55. SUBCLAVIAN ARTERY DISSECTION -AN UNUSUAL PRESENTATION OF COARCTATION OF THE AORTA AND A BISCUPID AORTIC VALVE STENOSIS

Dr. Benard Shehu, Dr. Joana Rustemaj, Dr. Edison Katana, Dr. Armand Gjana

Abstract

Coarctation of the aorta (CoA) is typically a discrete narrowing of the thoracic aorta just distal to the left subclavian artery. However, the constriction may be proximal to the left subclavian artery as in our case or rarely in the abdominal aorta. The most frequently associated lesions include bicuspid aortic valve (up to 85% of the cases), different levels of aortic stenosis, mitral valve stenosis (parachute mitral valve, a complex known as Shone syndrome).

We report the case of a 51–year–old woman, diagnosed with coartation of aorta at the age of childhood, who had refused the intervention presented with hypertension, dyspnea at rest, fatigue, headache, pain behind the neck and left shoulder. The clinical examination showed a blood pressure of 240/80 mmHg in the right arm and 110/80 mmHg in the left arm and 120/80 in lower extremities and large pulsations in the suprasternal notch, systolic ejection murmur at all auscultation point. A systolic murmur was audible at the parasternal right and left area and at the paravertebral interscapular area bilaterally. The electrocardiogram showed sinus rhythm, RBBB, strain pattern inV5-6. At the echocardiography resulted with a bicuspid aortic valve stenosis with 44 mmhg mean gradient, left ventricular hypertrophy and elevated gradient in aortic arch in suprasternal view. For clearly defining the location and anatomy of the coarctation, the patient underwent CT angiography examination that confirmed the presence of the coarctation , with poststenotic dilatation of the descending aorta with subclavian artery dissecation with prominent collateral vessels proximal to the obstruction. The coronarography was done by radial aproach because was not possible passing the guide at the level of coartation by femoral aproach. The pacient was refered and scheduled for surgery.

Without correction, the mean life expectancy of patients with aortic coarctation is 35 years and 90% of those patients die before reaching the age of 50 years. Systemic hypertension, accelerated coronary heart disease, stroke, aortic dissection, and congestive heart failure are common complications in patients who have not had surgery or who are operated on in later childhood or adult life. Among peripheral artery disease, a dissection of the intrathoracic subclavian artery is a rare occurrence and more rare it's a combination with coarctation of the aorta and a biscupid aortic valve stenosis.

56. PHARMACISTS KNOWLEDGE AND PERCEPTION CONCERNING GENERIC DRUGS

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Abstract

Generic drugs are a great interest reality in local and global pharmaceuticals. The high specific costs of drugs, the inability to afford the price of a drug in specific territories or situations has significantly stimulated the use and spread of generic drugs. Health politics today, even in developed countries and with significant economic resources, are focused on reducing costs, expanding patients' access to medicines they need, reducing shortages and increasing medical coverage. These contemporary pharmaceutical medical themes have prompted professional assessments with interest, related to the use of generic drugs and their characteristics.

Through this presentation we would like to give an informative overview, focusing on the following topics:

- Theoretical definitions, characteristics, generic issues with interest.
- Assessments, reviews and discussions about the attitude and experiences of pharmacist professionals on generic medicines, therapeutic substitutes (generic patent) or their side problems.
- The role of a pharmacist in the community, communication with patients and other health professionals, individual experiences and factors affecting the confidence of these drugs.

Understanding the importance of knowing, informing, scientific and social aspects of generic drugs, as well as the stimulation and the appropriate measures, to their effective and safe use, we thought to carry out a scientific paper on these topics and issues. Our goal is to provide an overview of theoretical moments combined with real-life practical aspects (colleted data from work-related and day-to-day contacts with professionals) to assist interested students, health professionals or patients.

KEYWORDS: generic drugs, patent, pharmacist, patient, health system, quality & safety

57. INSPECTION AND CONDUCTION OF THE PHARMACEUTICAL MARKET SURVEILLANCE

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Abstract

INTRODUCTION: Planning and carrying out the inspection activity in the area of relevant jurisdiction, according to the legislation in force for medicines and pharmaceutical service. Coordination of the inspection activity with the Laboratory of Control to carry out the quality control of samples of medicines taken for analysis, in order to guarantee the quality, safety and efficacy of medicines placed on the market and circulating in the Republic of Albania. Compliance of legal requirements

from the inspected subject.

METHODS: Raising the working group "Task Force for the Licensed Pharmacy Activity and Licensed Wholesale Authorized Subjects", on the control of medicine's safety stamp, on the control of the conditions of storage and distribution of medicines, on the control of trading verification of the medicines. Setting up the commission on the Verification and Determination of Medicine Samples taken in the form of Survey for Pharmaceutical Market Surveillance.

RESULTS: Conducting of inspections on the unique inspection portal, "e-Inspection". Determining the rules for conduction of inspections, based on a regular legal administrative procedure, in order to increase the effectiveness, accountability and transparency of inspections. Implementation of the Regulation "On Good Storage and Good Distribution Practices", in order to determine the storage and distribution of medicines, describing special measures that are considered appropriate for the storage and transport of medicines. Awareness of health professionals on the trading of medicines without the physician's prescription with the exception of OTC medicines, classification of prescriptions.

CONCLUSIONS: Carrying out inspections of any activity in the field of pharmaceuticals, within the scope of the Law no.105 / 2014 "On Medicines and Pharmaceutical Service", as well as by related sub-legal acts by taking administrative measures, according to the legal definitions for avoiding the risks that can be caused to the public interest and legitimate interests of physical and legal people. Inspections brought rigorous application on Law No.105 /2014 "On Medicines and Pharmaceutical Service", implementation of the regulation "Good Storage and Distribution Practices" with aim of monitoring the pharmaceutical market.

58. IMPACT OF COCHLEAR IMPLANT IN DEVELOPEMENT OF CHILDREN SPEECH AND LANGUAGE

Betime Gosalci

Abstract

Cochlear implant (CI) is a surgically implanted electronic device that provides a sense of sound to a person who is profoundly deaf or severely hard of hearing.

The purpose of this study is to provide information about cochlear implant impact on speech and language development in children. The research study involves 24 children of different ages with cochlear implants. The study will be carried out using semi-structured interview method

The majority of research on the effects of cochlear implants among children has focused on speech and language outcomes. Numerous studies have demonstrated the positive benefits of cochlear implants for children's speech perception, speech production, language, and communication. This research is the first of its kind in our country, and we are optimistic about the outcome.

59. ORAL CANCER: AN ANALYSIS OF 39 CASES SEEN AT THE

DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY, UNIVERSITY HOSPITAL CENTER ''MOTHER TERESA''

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Abstract

BACKGROUND: Oral cancer consists of a wide range of lesions, which constitute varying proportions of the total incidence of malignancies in the human population. They are often associated with significant impairment of patients' quality of life.

Methods and materials: A review of hospital records of patients diagnosed oral cancer, who presented to the Department of Oral and Maxillofacial Surgery, University Hospital Center ''Mother Teresa'', over a 4-year period, was done.

RESULTS: A total of 39 cases of oral cancer were identified with a female/male ratio of 1:12.0. The mean (±standard deviation) age was 60.59 (13.2) years. Well-differentiated squamous cell carcinoma was the most frequently seen oral cancer constituting 46.2% of all malignancies, with most patients in advanced stages of the disease. Lower lip was the most frequent location of oral cancer, constituting 79.5% of all oral cancer seen.

CONCLUSION: Regular dental visits may increase the likelihood of early intervention.

60. PROMOTING HEALTH IN HEALTH CARE SERVICE

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Abstract

INTRODUCTION: Health promotion is a process that enables people to increase their control over their health.This process involves factors not only in the health sector but also external factors that include: socio-economic conditions, nutrition, communication, education, family, culture, social situation of society. Health promotion issues can be effectively addressed by empowering individuals and communities to take action on their health, strengthen public health leadership, promote inter-sectoral action to build Healthy public policies in all sectors and the creation of sustainable health systems. Health promotion includes actions such as: informing people about the behaviors they need to have to stay healthy, treating things in the community that affect their health and wellbeing, the asset promotional health fathers focusing on promoting health and preventing diseases.

AIM: The purpose of this study is to show the importance of health promotion of the population as well as the impact of health institutions in general on promotional health.

MATERIALS AND METHODS: The work methodology of the health promotion issue by health workers

regarding the use of tobacco in hospitals was carried out on the basis of the survey method, respectively by means of the survey method and the interview method. In the study there was a certain number of patients hospitalized at the Fier City Regional Hospital and health workers. A total of 30 people were included in the study. Survey was conducted through questionnaires, generally question closed, Total number of respondents was 20. Whereas, the number of interviewed health workers was 10, 3 of whom were doctors and 7 were nurses. Interviewing the health staff is done within one day. The survey data are analyzed with the Excel program and are classified and presented in the form of tables and graphs.

RESULTS: The main source of data for analyzing and studying the problem was the Regional Hospital of the City of Fier. In this case the data of a number of hospitalized patients and the data of a group of health personnel were taken.

In this study 20 patients were involved, 15 of whom had consumed tobacco. In contrast, 73.33% were female and 26.67% males. Women have consumed more tobacco than men. By age, the findings showed that the age consuming more tobacco was 13-15, (46.66%) followed by the age of 16-19 and less than the age of 20. From the health care staff were taken the data of 3 doctors and 7 nurses. From these data we can say that regardless of the measures and actions taken by health personnel and persons authorized to apply the anti-smoking law, there is no full and effective protection against the exposure of tobacco smoke to closed areas. the data in this study show that smoking is being widely used although in a context with limited opportunities.

CONCLUSIONS: Health education and information about the negative consequences of smoking and the threat of life threatening.

Having a healthy lifestyle through health promotion and educational activities such as through communication strategies including public service announcements, health fairs, mass media campaigns, brochures, newsletters, etc.

61. THE ROLE OF OMALIZUMAB IN SEVERE ALLERGIC ASTHMA

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Abstract

INTRODUCTION: Asthma bronchialis is a complicated disease that effects 7-13 % of world population, with a high morbidity and mortality. Despite the use of high-dose inhaled corticosteroids (ICS) and long-acting β2-agonists (LABA), 10 % of the patients with severe allergic asthma can remain inadequately controlled. Asthma bronchialis is a heterogenous disease and knowing its phenotypes can help us a lot. Omalizumab (OMA) is an anti-IgE humanized monoclonal antibody designed to treat IgE-mediated disease by reducing the plasma concentration of free IgE antibody. It has been shown that OMA effectively reduces the risk of exacerbations and hospitalization, improves symptom

control and quality of life (QoL) compared to standard therapy alone, in this group of patients.

AIM: To evaluate effectiveness of omalizumab as an add-on theray in patients with severe allergic asthma, based on exacerbations, pulmonary functional tests, subjective tests (ACT, ARCT, mini–ALQ).

METHOD: This is a transversal prospective study conducted in severe allergic asthma diagnosed patients treated with omalizumab at the Department of Allergology and Clinical Immunology at QSUT. The data was collected at baseline (immediately pre–OMA initiation), Week 16, and up to Week 52. A total of 13 patients were found to have initiated omalizumab as an add-on therapy.

RESULTS: There was a clinically significant reduction in exacerbation rates, which in turn led to the reduction of systemic corticosteroid usage. ACT, ARCT and mini-AQLQ were significantly improved ($p < 0.05$) at the 16th week of treatment. No improvements in lung function were seen. The difference from baseline was not statistically significant for all studied measures (FEV1 (L) $p = 0.7867$ dhe FEV1/FVC (%) $p = 0.5852$).

CONCLUSIONS: This prospective study showed a reduction in exacerbations and improvement QoL. By reducing exacerbation, there is also a reduction in the need for systemic corticosteroids usage.

62. INFLUENCE OF RISK FACTORS OF HYPERTENSION AND MEDICATION FOR A CASUAL POPULATION IN THE CITY OF DURRËS

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Abstract

Purpose of the study:

a) Evaluation of anthropometric hypertensive patients' clinical characteristics.

b) Diagnostication, monitoration, annual health checks at the doctor and classification of hypertension stages.

c) Evaluation and impact of factors such as inheritance, smoking and physical activity in hypertension.

d) Descriptive analysis of the associated hypertension diseases.

e) Treatment of hypertension, its effectiveness over the years and the presence of side effects from this treatment.

MATERIAL AND METHOD: This is a conducted study during the August-October 2018 period in the city of Durres. The study was conducted at several pharmacies in the city of Durres, near the Regional Hospital. A survey about hypertension was drafted, in which were included several questions for 110 patients who were interviewed. Patients suffering from hypertension using antihypertensive drugs over the age of 18 and resident in the city of Durres were selected to be part of the study. All the

collected data was entered in Microsoft Excel program, from where they were latter exported to the Statistical Packages for Social Sciences (SPSS).

RESULTS: Part of this study were 60% of females and 40% males. Based on the calculated data resulted that 69% of hypertension respondents were overweight, 15% obese, and 16% had an ideal weight. Participants in the study were also asked relating the factors influencing the presence of hypertension, such as inheritance (60% of patients had a family member who suffered from hypertension, physical activity (only 20.9% performed physical activity) and smoking (only 37.3% were smokers). Another aspect is also the relationship with the contagious diseases of hypertension, that were present in 80.9% of the patients.

CONCLUSION: The conducted study in the city of Durres for hypertension patients confirms the strong relation of the disease with major factors such as overweight, inheritance, sedentary life, lifestyle changes, the impact of accompanying diseases on the prevalence of secondary hypertension, change of therapy over the years as a result of the presence of ADRs and the presence of more frequent side effects during medical treatment.

63. EPILEPSY

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Abstract

INTRODUCTION AND OBJECTIVES: Epilepsy is a common condition that affects approximately one in 103 people. It is usually diagnosed in childhood and in people over the age of 65, but it can affect anyone.

The only visible symptom of epilepsy is recurrent seizures, and these are caused by too much electrical activity in groups of neurons in the brain. How a person behaves during a seizure will depend upon the area of their brain that is affected. There are two main types of seizure – generalised and focal. Generalised seizures involve large areas on both sides of the brain, whilst focal seizures affect a specific region.Epileptic seizures are caused by excessive electrical activity within networks of neurons in the brain. This electrical activity is generated by the flow of charged particles called ions into/out of the surface of the neurons.Ions enter and leave neurons via structures known as ion channels , and once the current within the neuron reaches a certain level it "fires", and a signal known as an action potential travels down its long arm (axon) to an axon terminal. At the axon terminals are synapses.

METHODS AND ANALYSIS: We will electronically obtain literature screening references of included studies, searching for trial protocols in different books like 'Methodology for Epilepsyand Epileptic SeizureRecognition using Chaos Analysis of Brain Signals from Seyyed Abed Hosseini Ferdowsi University of Mashhad, Iran

RESULTS: The results will be presented in a desctriptive way, the most affected people classified by

gender and age., accompanied with severeal photos and graphics.

CONCLUSIONS: Now we know all the symptoms and ways to prevent or cure this disease, we know how to discern both types of epilepsy and what to do in case of an attac from this disease.

KEYWORDS: Epilepsy, Epileptic Seizure, Symptoms, Generalized seizures, Causes, Risk factors, Complications, Diagnosis, Treatment, Therapies, Potential future treatments.

64. ALGAE, NOT ONLY AN ATTRACTIVE, BUT ALSO A SUSTAINABLE SOURCE OF INGREDIENTS FOR COSMETIC INDUSTRY

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Abstract

The ever-expanding market of cosmeceutical products has led to a continuous search for innovative ingredients for development of effective, sustainable and safe products. Ingredients that can be extracted from marine seaweed can be a suitable alternative for replacing a lot of harmful ingredients, expensive and unreliable. Given that there is a marked similarity between human skin and the cellular structure of algae, and its bioactive components have proven to have beneficial properties in cosmetic formulations.

Their application in cosmetic industry is very versatile, having antioxidant activity, moisturizing effects, anti-inflammatory, antimicrobial and whitening properties. Also, some algae derived polysaccharides are well known for their use in cosmetic technology as consistency enhancer, binding substance or as hydrocolloid and hydrophilic base.

Our research aim to provide a better understanding of the ingredients present in the algal extracts, their effect to the skin and related to them, the knowledge of pharmacists of the district of Tirana on an individual basis.

METHOD: The data was collected with a questionnaire and the findings were transferred to electronic documents and analyzed by descriptive statistics.

The results reflect the interest of pharmacists concerning innovative ingredients in cosmetic like algae extracts by personal research.

Table 1 Knowledge source

Fig. 1 Percentage of cosmetics containing algae

	n	%
Independant reading	61	79
Informative Conferences		
Offered by producers		

Or importers	10	14
TV, social media advertisement	3	3.5
Other	3	3.5

However the findings highlight the need for informative and objective trainings to improve the overall pharmaceutical services even in cosmetics.

CONCLUSION: By the research findings becomes evident that algal cosmetics are already present in major part of pharmacies, even though there is no revealing advertisement and that the main factors that make them preferred is their natural origin, efficacy and meeting customers' expectations.

KEYWORDS: algae; skin care; technological ingredients; antiaging; pharmaceutical service, Community pharmacists, Cosmetic, Cosmeceutics.

65. THE ROLE OF THE SPEECH THERAPIST IN THE CEREBRAL PALSY

Brikela Zotaj

Abstract

OBJECTIVES: The treatment of cerebral palsy implies a functional rehabilitation to re-harmonize the orofacial system. This study aims to demonstrate the importance of a rehabilitation protocol of functional orofacial parameters at the end of the treatment in order to achieve long-term success.

MATERIALS AND METHODS: The facial expression exercises and jaw exercises are prescribed to promote the recovery of neuromuscular function. During the speech therapy treatment that lasted 2 years a patient with cerebral palsy underwent a functional evaluation of the oro facial district to identify any lingual or articulatory dysfunctions. The information gathered led to an individual re-education program that consisted of an active myofunctional-logopedic approach integrated with appliances used as retention.

RESULTS: The speech therapy pays an important role in the rehabilitation of cerebral palsy, through it the patient establishes communicative interaction but also this therapy helps him to enforce and coordinate the muscular oro- facial and the reeducation in the patients with cerebral palsy.

CONCLUSIONS: An effective therapy supports the cognitive and the emotional development, the communication and the vital functions of the patient helping him to interact with the ambient around him.

The speech therapist plans different techniques during the treatment course in order that this intervention have effective results and the desired feedback, he also does periodic evaluations to best fit the individual patient's plan in collaboration with the multidisciplinary team.

KEYWORDS: Cerebral palsy, speech therapy, myofunctional-logopedic, the feeding therapy, early

intervention

66. INFLUENCE OF OIL PHASE CONCENTRATION ON STABILITY AND TYPE OF EMULSIONS

Brunilda Myftari1, Orion Jucja

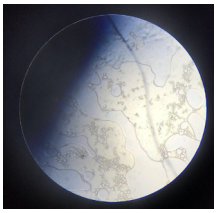
1Department of Pharmacy, Faculty of Medicine, University of Medicine, Tirana

Abstract

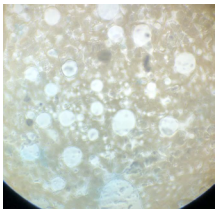
AIM: The objective of this study was to investigate the effect of oil phase concentration, at different emulsification conditions concerning emulsifier content, on stability and type of cosmetic emulsions.

MATERIALS AND METHODS: Emulsions were prepared with 5, 7, 8 and 10% w/w stearic acid (calculated on oil amount), 10, 8, 6, 5% w/w triethoanolamine (calculated on water amount) and 25, 35, 45 or 50% w/w oil. There has been used electric balance model CL501, water bath HH-S6 at 70-75°C, different chemical glasses, mixer. It has been used blue methylen, electrical apparatus, microscope VWR, model DC5V500mA at 10, 40 and 100 times, viscometer FungiLab.

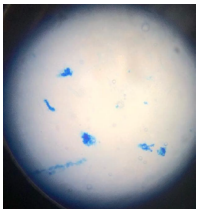
Results and Discussion: It was found that increase in oil phase concentration led to increase of stability of emulsions kept under the same room conditions of temperature and humidity, at the same emulsifier concentrations ≤10%. However, with the increase in oil concentration of ≥ 50% the type of emulsion changed from O/W into W/O due to an increase in equilibrium concentration of emulsifier in the continuous phase. These results were verified via coloring method and further more were confirmed by viscosity measurements as well. See Fig.below



V/U



U/V



90% Vaj

Further, influence of oil concentration on emulsion creaming stability was found to be independent on emulsifier concentration. Therefore, a decrease in creaming with increase in oil concentration was observed in all the examined triethanolamine stearate (TEAS) concentration.

CONCLUSION: Emulsions are colloidal systems which can be encountered in different industrial sectors, such as food, pharmaceutical, cosmetics, oil industry, etc. The concentration of the oil phase is

very important since it influences the properties of emulsion such as rheology, texture, shelf life stability, appearance, taste, etc. However, since the impact of one parameter is often influenced with the intensity of the other variable involved in the emulsion generation, the aim of the present work was to examine the effect of sunflower oil concentration on the stability of oil-in-water emulsions at different emulsification conditions. Therefore a step toward creation of emulsions with desired properties was made.

KEYWORDS: sunflower oil, stability, emulsion, Oil concentration, Triethanolamine

67. DEEP BRAIN STIMULATION (DBS) TREATMENT

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Abstract

Deep brain stimulation (DBS) produces striking effects in patients with various disorders including Parkinson's disease and dystonia, yet its precise mechanism of action is not clear. Because the clinical benefits of lesioning target structures such as the thalamus, globus pallidus and subthalamic nucleus appear to be similar to those achieved by chronic application of stimulation at these structures, it has been surmized that deep brain stimulation produces a functional inactivation or block of the target. This simplistic proposal has supporting and detracting evidence. In the present work we consider the mechanism of action of DBS and provide arguments for and against the stimulation or inhibition of target neural structures.

68. PHARMACOVIGILANCE IN ALBANIA, TOWARDS AN EFFICIENT AND SAFE HEALTHCARE SYSTEM

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Abstract

INTRODUCTION: Pharmacovigilance, known as the science of adverse / side effects or other drug related problems. The functioning base of pharmacovigilance is the reporting of any drug related problem.

METHODS: The thorough analysis of action that must be taken and what benefits have we had from what has been done so far. Also, a study was conducted regarding the level of reporting adverse events in social networks

RESULTS: The reporting system stays in the center of pharmacovigilance, so it has a very big importance

in every possible issue related to it. The reporting formulary (the most important document of this system), was created in the first years when this system started to function, to be changed and adopted later in 2017 with the help of Uppsala Monitoring Centre. What exists as a mission now, is to raise the awareness of health care professionals toward adverse effect / event reporting. This would bring a rise in the number of reporting and as a consequence to get the status: Full Member of the Program on International Drug Monitoring. It remains a challenge for now and for the future, the implementation of a spontaneous reporting system, the reporting culture of healthcare professionals and patients, and also the scientific study of any possible signal.

CONCLUSIONS: Albania, since 2011 is an associate member of the WHO-PIDM, the Program on International Drug Monitoring2. It remains a challenge, the reporting of adverse effects / events and also the essential pharmacist's role in this case, because of the fact that the occasions when the patient complains to the pharmacist after taking a medication are not rare at all. Lately it has been made possible the downloading of the reporting formulary through the web page of the National Agency for Drugs and Medical Devices, which later after it is filled can be sent to the email addresses cited at the end of it3.

69. PAPILLARY CISTADENOMA LYMPHOMATOSUM (WARTHIN TUMOR) BILATERAL AND MULTIFOCAL. CASE REPORT AND LITERATURE REVIEW

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2Pathologic Anatomy Department, University Hospital Center "Mother Theresa", Tirana

3Regional Hospital Vlora

Abstract

Study **BACKGROUND:** The Papillary Cistadenoma Lymphomatosum or Warthin tumor (WT) has first been described by pathologist Alfred Scott Warthin in 1929.

WT is a benign tumor, second by speed, of salivary glands. The clinical course of these tumors is slow and almost asymptomatic, with no metastatic potential, even though they can show infiltration of neighboring structures, worsening the patient's condition. It is a pathology with close connections to smoking.

METHODOLOGY: The aim of this presentation is to present a concrete unusual case of a multifocal and bilateral tumor and the clinical-imaging-histopathological correlation.

RESULTS: The 61 years old patient presented with bilateral buccal mass, without pain. He reports mass presence for more than a year with a very quick growth during the last months. He also reported being a smoker for a long time. Based on the patient's history and clinical examination, the following procedure was RM, which confirmed the presence of a well capsulated bilateral tumor in the parotid glands. After the intervention (Bilateral Partial Parotidectomy) a macroscopical and histological examination of the removed masses was performed. The macroscopical examination

showed the presence of two oval masses, about 4x3x2 cm, each in brown colour and presence of cystic areas mixed with solid ones. The microscopical examination showed the presence of a double layer of epithelial cells (with oncocytic characteristics) supported by a lymphoic stroma dense in the presence of germinative centers. Also 18 lymph nodes were examined and all resulted reactive.

Disccuson: Warthin Tumor constitutes 15% of all tumors of salivary glands, but even though a small percentage caution should be exercised in complicated cases, multifocal and bilateral. There is a strong connection between this tumor and smoking, affecting males but the appearance of WT in large percentage in females these last years can be linked to the increase of female smokers numbers. Even though important information can be learned from the anamnesis, the clinical, histopathological and imaging examination decide the final posoperative diagnosis.

CONCLUSIONS: The bilateral and multifocal Warthin Tumor of the salivary glands constitutes an unusual benign tumor, with appearance in the 6th decade of life affecting more males. The histopathological examination consist a very important step in diagnosing this tumor, even though important is also the clinical-imaging correlation for quick examination and to prevent the repetition of the pathology (because malign cases are very rare) and the improvement of the patients life.

70. PRE-ECLAMPSIA AND CARDIAC PERSISTENCE DAMAGES AFTER BIRTH

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Abstract

INTRODUCTION: Pre-eclampsia, during the acute phase, is accompanied with asymptomatic dysfunction and abnormal geometry of the left ventricle (LV). These subclinical abnormalities in cardiac discoveries are proved to be important in the stratification of cardiovascular risk of non-pregnant patients. Furthermore, epidemiological studies have shown a relation between pre-eclampsia and cardiac morbidity and mortality in later years.

AIM: Postpartum evaluation of the natural progress concerning the asymptomatic damage of the left ventricle that happens during acute pre-eclampsia and the clinical importance of this damage.

MATERIALS AND METHODS: In a prospective case-control study, there were 64 subjects with pre-eclampsia and 78 control subjects studied. The evaluation was done in 3 periods: during pregnancy, 1 and 2 years after birth. The evaluation included: medical and familiar history, arterial pressure profile, echocardiography and electrocardiogram with 12 contrasts (connections).

RESULTS: 1 year after birth, moderate to important asymptomatic dysfunction of LV or hypertrophy of the LV, was found more in women with pre-term pre-eclampsia (56%) compared to those with in term pre-eclampsia (14%) or the control group (8%; $p < 0.001$). The risk to develop essential hypertension in 2 years was importantly higher in women with pre-term pre-eclampsia and in those

with moderate to important persistent dysfunction of the LV or persistent abnormal geometry of the LV. The cardiovascular impact of pre-term pre-eclampsia is not completed with giving birth and exit of the placenta. Most of the women with pre-term pre-eclampsia have postpartum asymptomatic cardiac insufficiency in stage B and 40% of them develop essential hypertension within 1-2 years after pregnancy.

CONCLUSION: Women with a history in pre-term pre-eclampsia can benefit from the cardiovascular risk evaluation in 1-2 years after birth in order to identify what they could profit from the therapeutic treatment.

71. DERMATOLOGIC FORMULATIONS WITH VITAMIN B12 AND THE ROLE OF GALENIC PHARMACIST

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Abstract

Vitamin B12, or otherwise cobalamin, is classified in water-soluble vitamins. Early research that applying a vitamin B12 cream, to the affected area daily, helps treat eczema["Vitamin B12". MedlinePlus. Archived from the original on 5 April 2015.]. While the role of B12 as an effective 'NO' leverage is well known when the vitamin is administered internally (eg through the oral route) through dietary supplements of vitamin B12[Weinberg JB, Chen Y, Jiang N, Beasley BE, Salerno JC, Ghosh DK. Inhibition of nitric oxide synthase by cobalamins and cobinamides. Free Radic Biol Med. 2009;46(12):1626-32], there remain doubts as to how effective it is when being used direct on the skin[Dr. Claudia Schöllmann, Dr. Joachim Kresken. Vitamin B12-Salbe gegen Neurodermitis und Psoriasis. DermoTopics, Ausgabe 1, 2010, ID-Institute for Dermopharmacy GmbH, Köln http://www.dermotopics.de/german/ausgabe1_10_d/vitaminb12salbe1_10_d.html]. Recent studies have shown that under laboratory conditions it is possible to prove the efficacy of an NO inhibitor of the enzyme inhibitor in lowering pruritus and erythema in cases of atopic dermatitis[Stücker M et al: Topical vitamin B12 – a new therapeutic approach in atopic dermatitis-evaluation of efficacy and tolerability in a randomized placebo-controlled multicentre clinical trial. Br J Dermatol 2004; 150 977-983].

In the Official Formulations, standard dermatological formulations with Vitamin B12 are not prescribed. Also, in the Albanian pharmaceutical market there are no available pharmaceutical forms of vitamin B12 active substance for the therapeutic purposes described above. The purpose of this study is to formulate a suitable and stable dermatological galenic pharmaceutical formulation for topical use with vitamin B12 content through galenical knowledge. Two V/U types emulsions and one hydro gel were performed. The materials used in the in vitro laboratory study include vitamin B12 (extracted from other pharmaceutical forms), auxiliary substances in formulation and pharmaceutical analysis equipment. Methods of content and stability evaluation are through spectroscopic measurements through A (1%; 1cm). The results of the study show the realization

of a possible dermatological preparations through galenical preparation with content within the boundaries of the active substance and limited durability of one of the emulsions. The galenic pharmacist is the chosen figure to realize sustained galenic forms that are thought to be part of specific dermatological medications.

KEYWORDS: Vitamin B12, galenic pharmacist, dermatologic formulation

72. HELICOBACTER PYLORI AMONG PATIENTS WITH GASTRODUODENAL ULCER DISEASE IN ALBANIA

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3Continental Hospital

Abstract

INTRODUCTION: To meet key millennium development goals, the population needs to be reached for health assessment and service delivery. Gastroduodenal ulcer disease is a common ailment affecting the health of people in Albania. H, Pylory infection plays the major etiological role in UGD. A cross-sectional study was conducted at Continental Hospital, to establish the prevalence and predisposing factors of Helicobacter pylori among gastroduodenal ulcer and gastritis disease patients.

METHODS: A sample of 104 patients with gastroduodenal ulcer disease confirmed by endoscopy was purposively obtained. Using two laboratory test methods, the prevalence of H. pylori among these patients was determined. A structured questionaire was administered to participants to establish their demographic background and selected aspects of their lifestyle. Finally, the results obtained by upper endoscopy and biopsy test for H.pylori and immunochromatographic rapid test (IRT) .

RESULTS: We established the prevalence of H. pylori as 55% (54/104) by biopsy and 33% by rapid test. Cigarette smoking, poor sanitation, and lack of formal education were the significant predisposing factors with p-values <0.05.

KEYWORDS: Helicobacter pylori, peptic ulcers, symptoms, gastroduodenal ulcer, chronic gastritis, smoking

73. CHALLENGES IN TREATING SECONDARY HYPERPARATHYROIDISM IN PATIENTS WITH CHRONIC RENAL DISEASE

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Abstract

INTRODUCTION: Secondary hyperparathyroidism is a usual complication of chronic renal disease which is characterized by hyper secretion of parathormone and parathyroid hyperplasia. The pathogenesis is complex and it represents a compensating response towards reduced levels of serum calcium, vitamin D-active and raised levels of serum phosphor. Clinical manifestations are characterized by muscular and bone pain, weakness, restraint of movement, fractures, pruritus, vascular calcifications etc.

AIM: The purpose of this study is to indicate the prevalence of secondary hyperparathyroidism in the center of hemodialysis, American Hospital Tirana 3.

Methods and materials: This is a descriptive study made in 63 patients treated with chronic hemodialysis 3 times a week in our center of hemodialysis in January 2018 – December 2018. All patient's level of serum PTH was dosed (twice a year), vitamin D (once a year), phosphoremia and calcemia (every month).

RESULTS: In the study took part 63 patients where 21 were women and 42 men. The methods of treatments used are: limitation of phosphor diet intake, medicinal treatment with phosphor connectors, vitamin D-active analogs and calcimimetics. Only one case was treated with parathyroidectomy. It turned out that 25.4% of the patients had PTH ≤150pg/mg, 23.8% were with acceptable levels of PTH (150-300 pg/ml), 19% of the patients had PTH (300-600 pg/ml), 14.3 % resulted with PTH (600-1000 pg/dl) and 17.5% had PTH ≥1000pg/dl.

CONCLUSIONS: It is noticed a high prevalence of patients with higher levels than 1000pg/dl of PTH regardless the medicinal treatment. If not treated in an adequate way, secondary hyperparathyroidism progresses continuously and this reflects in increased levels of PTH and the amount of years in dialysis.

74. SYNDROMIC TESTING – A CHALLENGE OF THE MOLECULAR LABORATORY

Denada Lacej1, 2, Andi Koraqi 1, 2

1Medical University of Tirana

2Microbiology Laboratory at the University Hospital Center "Mother Theresa"

Abstract

INTRODUCTION: Infectious diseases are caused by pathogen microorganisms, such as bacteria, viruses, parasites and fungus; early diagnosis and monitoring of these infections is very important.

Materials and methodes: In diagnostic laboratories that use a variety of traditional methods and technologies to detect the organism causing an infection, a specific pathogen may not be identified

for several reasons, such as lack of appropriate tests for specific pathogen (sensitivity and low susceptibility) , the specific pathogen is not required by the clinician, the clinical symptoms are atypical to the specific pathogen, the patient's characteristics are not directed towards specific pathogens (outside the geographic area outside the season). Even in cases when a pathogen is finally identified, it has been a long time to conclude in a response that contains valid information to correctly target the clinician for the right therapy and the clinician should empirically decide only on the basis of specific clinical signs for the etiologic cause.

RESULTS: As a result, many patients do not receive adequate diagnostic and miss the opportunity to benefit from timely and appropriate treatment. The use of syndromic tests has a number of advantages compared to traditional methods for both the health institution and the patient.

75. A CROSS-SECTIONAL STUDY TO ASSESS ADOLESCENT PERCEPTIONS ABOUT THE NEGATIVE EFFECTS OF DRUG CONSUMPTION.

Denisa Bundo1
1Medical University of Tirana

Abstract

INTRODUCTION: Drug consumption is a growing phenomen that is increasingly affecting today's society. Many people don't understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. Teens who abuse may have a greater risk of developing an addiction when they are adults. Teenagers can be risk-takers who don't always recognize the consequences of their actions.

AIM: To get information about the perception that young people today have about the need to use these substances and the negative effects they have on their health.

Methodes and materials: The study is transversal, conducted during January-March 2019. A total of 276 teenagers were interviewed. Data was collected in 7 schools in different areas of Tirana.

RESULTS: In the last few years the number of young people has increased as experimenters of these harmful substances. Young people claim that they are more likely to understand the social benefits of drug use (such as admission among friends or being social), this makes them not to give proper weight to the negative effects of these substances. It is noted that most 56.5% of respondents do not have accurate information on the negative effect of drug on the body, 24.6% have a high level of information and 18.8% are not sure about the validity of the information they have received.

They are aware of the fact that drug consumption creates addiction, affects various organs and can lead to death. Most men have stated that they are part of various associations that organize campaigns related to the awareness of young people about the negative effects of drug use. 20% of girls interviewed feel threatened by the social environment that consumes these harmful substances while men have said they feel less threatened. It has been noted that older ages have greater

tendencies to consume these substances and men are more likely to consume than females.

CONCLUSION: Some of the reasons why teenagers consume drugs are: Curiosity; Stress; To be part of the social groups and the desire to avoid undesirable situations. Knowing and preventing drug use is an opportunity to prevent the problem from the beginning.

KEYWORDS: Drug, effect, prevention, consequences.

76. ENDOMETRIAL THICKNESS AS A PREDICTIVE FACTOR IN IVF PREGNANCY OUTCOMES

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Abstract

AIM: To evaluate the role of endometrial thickness (EMT) in hCG- day administration, as a predictive factor in ART.

METHODS: This is a cohort retrospective study. Cycles of IVF/ICSI conducted between January 2016 and January 2018 at the Reproductive Medical Center, Obstetrics-Gynecology Department, American Hospital, Tirane were analyzed. A total of n=155 cases were evaluated. To avoid biases, we have selected only the cases with: fresh cycle, day 3 embryo transfer, number of embryos transfered 2, non-Donor Oocytes.

RESULTS: Student t-test showed no significant differences between the group pregnancy positive and pregnancy negative for variables: women age (p=0.700), cycle number (p=0.261), EMT (p=0.501), AMH (p=0.961), MII number (p=0.058).

Logistic binary regression founded no statistically significant association between EMT on hCG-day administration and the pregnancy outcome in fresh cycle IVF/ICSI. [OD=1.04; CI 95%: 0.74-1.25] and (p=0.769). The only statistically significant association was between MII number and pregnancy outcome [OD=1.08; CI 95%: 1.02-2.22].

CONCLUSION: The analysis of EMT role on hCG-day administration shows a limited capacity to determinate if a woman has/hasn't lower chances to conception. It is not justified to consider only EMT value as a tool for canceled the cycle, freeze all the embryos and transfer them in another moment.

KEYWORDS: Endometrial thickness, IVF/ICSI, infertility.

77. HYPERTENSION IN A CHILDHOOD

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Abstract

In adults the hypertension is a pathology with high prevalence, associated with high morbidity and mortality.

More than 50% of individuals had hypertension during their life.

Hypertensive essential process will be identified in adults, but first signs come from the pediatric period, with different picks and abnormal response to physic and psychic stress.

In all populations, the hypertension rises progressively during childhood with a pick in first weeks of puberty. Each individual in childhood is identified in one percentile that will be followed during the growing up. After puberty the hypertension rises only in the industrialized countries.

Hypertension is necessary to be measured at least once per year in children and adolescents that took part of risk categories such: family hypertension; low birth weight; subjects affected by specific pathology such as: diabetes mellitus, nephropathies, aortic coarctation, M. Cushing, etc.

Hypertension is determinated by a genetic and environmental component. In the third period of childhood rises the incidence to the essential hypertension and less to the secondary hypertension.

The main cause of hypertension in childhood is renal diseases, responsible for the 50-85% of cases.

The child who has a blood pressure of more than 95° percentile during the three nonconsecutive measurements and safety, with the appropriate instruments is considered as a hypertensive patient.

78. FAST: ULTRASOUND METHOD FOR TRAUMA

Dr. Dorian Meta

Abstract

INTRODUCTION: It is often the case when problems of patients are misinterpreted as a result of misinterpreting the information, which is collected in the field, particularly for trauma. Moreover, not being familiar with the systems used in EU may also be another reason. One of the main problems with regard to Trauma (especially the abdominal ones and not only) is the haemorrhage, which may be avoided by the FAST method and a well-trained nursing staff where an ultra sound can be made in

real time in order to determine the diagnosis straight away. Diagnosis and treatment are essential for optimum results and maintaining the integrity and patient's life.

Aim of the study: The early identification of abdominal traumas and the real-time determination of the traumatic event and its consequence consist an increasing challenge both real and indispensable. The first line of life is precisely the efficient and professional response to trauma.

RESULTS: There has been an increase in the post trauma survival index and even during the hospitalization phase in 60% of patients who have received treatment service with the use of FAST. On the other hand, in patients, who were not treated with the FAST method, there has been observed a drastic decline of 40% in the percentage to survive the trauma and complications were encountered while giving first aid.

CONCLUSIONS: The nurse is required to have some specific ultrasound knowledge in order to be part of the FAST program, as the appropriate diagnosis and the high level of knowledge has a direct effect on the patient's life. They should be trained and capable of managing hemodynamic problems, intensive care techniques and drug administrations, as well as manipulations such as, intubation or cardiocentesis.

79. THE HIGH PREVALENCE OF METABOLIC SYNDROME IN PSORIATIC PATIENTS IN ALBANIA: A PROSPECTIVE STUDY

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Abstract

BACKGROUND: Psoriasis is a chronic inflammatory disease that affects not only the skin but also other organs. Genetic factors play an important role in individual predisposition. Lately, a link between psoriasis and metabolic syndrome has been confirmed.

AIM: To evaluate the prevalence of metabolic in Albanian patients with psoriasis and differences depending on the type and severity of the disease.

METHODS: This is a case-control study that includes 148 psoriatic patients and 150 patients with age and gender relation as a control group accepted at the Department of Dermatology at the University Hospital Center "Mother Theresa". Psoriasis severity was assessed through Psoriasis Area Severity Index (PASI). Blood glucose, HDL cholesterol and triglycerides were measured by blood test in sober patients. Binary multivariate logistic regression models were constructed to evaluate the link between metabolic syndrome and psoriasis.

RESULTS:

Basic characteristic: The average age is 52, 31, 26 years old in psoriatic patients and 54, 46 ± 15, 18 years old in the control group without any significant difference between the groups. In psoriatic patients the average duration of the disease is 10 years with a standard deviation of 7, 78 years. Among psoriatic patients 38.5% were women and 61.5% were males. There is a positive statistical

significance between age, duration of the disease and metabolic syndrome.

Psoriasis and metabolic syndrome: MS is more pronounced in psoriatic patients than in the control group, 63% vs 48.7%. MS in psoriatic patients CI 95% [0.001-0.003] is significant in relation to MS group control CI95% [0.800-0.816], P <0.02 there was no significant difference between MS components of these groups. HTN p = 0.128 TG p = 0.293 HDL p0.194 Obesity p = 0.938

Influence of disease severity: PASI score was higher in MS patients than those without MS in the psychiatric group, p = 0.000. Patients with severe psoriasis (PASI & gt; 10) were 2.6 times more risked to have MS, OR 2.6.

Smoking and stress impacts: There is a significant link between stress and MS in psoriatic patients, p = 0.008. there is no significant association between smoking and MS in psoriatic patients, p = 0.131

CONCLUSION: This is the first study that evaluates the relation between psoriasis and metabolic syndrome in Albanian subjects with psoriasis.

KEYWORDS: psoriasis, metabolic syndrome, PASI

80. CONTEMPORARY TREATMENTS OF INSOMNIA

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2MIA Clinic

Abstract

Human brain activity never diminishes. Structures that are activated during sleep are different from those that are activated during awakening. Sleep is important for the body and has restorative and homeostatic function; thermo-regulator and energy conservator. It also plays a role in memory and learning consolidation as well as special behaviors programming. The clinical importance of sleep is always growing. 15% of adults present chronic insomnia, 24% of adults present other sleep disorders, 25% of automobile accidents occur due to sleepiness, 60% of fatal accidents are due to sleepiness. Sleep disorders gives neurocognitive disorder series not only in adults but also in children that consist in computer speed reduction, impairment of verbal fluency, and a drop in creativity and skills to solve Abstract problems. Severe sleep fragmentation (e.g. as in sleep apnea) gives IQ reduction.

According to the American Society of Sleep Disorders, sleep disorders are divided into two great groups of: dyssomnias and parasomnias; which essentially have the quantitative and qualitative sleep disorder.

So treatment of sleep disorders continues to be a challenge. This treatment consists in non-pharmacological and pharmacological treatment. Nonpharmacological treatments include cognitive behavioral therapy, different psychotherapies and physical activity; while in pharmacotherapies are included plant-based treatments and benzodiazepine and non-benzodiazepine therapies, which recommendation should be done only by specialist doctors after a detailed clinical interview.

81. THE NEW DATA ON SEPSIS

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Abstract

Sepsis is a diagnosis based on clinical criteria, defined as a life-threatening dysfunction of organs caused by a disordered response of the recipient to the infection. Grave sepsis is an important cause of sickness and mortality in hospitalized patients. Recent data suggest that early identification, antibiotic therapy, adequate restoration of intravascular volume through crystalloids, evaluation of hypertrophic indigestion by lactates, use of norepinephrine as vasopressor are essential elements for the reduction of disease and mortality from grave sepsis and septic shock. Use of CRP / PCT inflammatory markers as useful parameters for diagnosing, monitoring and predicting the progression of sepsis patients. In addition to indurated hypertrophy, microvascular dysfunction, inflammation, and metabolic responses to inflammatory injury are major physiopathological mechanisms that may explain acute renal injury from sepsis.

KEYWORDS: Sepsis, norepinephrine, lactate, procalcitonin, acute renal failure

82. PREVENTING CEREBRAL INSULT IN ELDERLY PATIENTS WITH NON – VALVULAR ATRIAL FIBRILLATION

Edjon Hajro

Abstract

AIM: Age is an important risk factor in cerebral insults. The prevalence of atrial fibrillation increases with age. In elderly patients with non - valvular atrial fibrillation, with average to high risk for cerebral insult, rivaroxaban is as efficient as warfarin, supporting rivaroxaban as an alternative for the elderly.

METHODOLOGY: Subanalysis of ROCKET-AF; where 44% of the patients ≥ 75 years old. New data for ≥ 80 years old patients with non-valvular atrial fibrillation from the retrospective database US. 8976 patients were involved in the study.

RESULTS: Rivaroxaban assures efficient prevention of cerebral insults by lowering by a half fatal haemorrhages in elderly patients, compared to Vitamin K antagonists. Data from real life confirm the safety of rivaroxaban for preventing cerebral insult in patients ≥ 80 years old with non-valvular atrial fibrillation.

In the analysis of the Danish registry on the efficiency and safety of oral anticoagulants in elderly patients with atrial fibrillation; Xarelto 20 mg was linked to a lower risk for ischemic insult or systemic embolism, compared to warfarin, without compromising the safety, while Xarelto 15 mg showed a trend towards the lower degrees of thromboembolisms whith levels of major haemorrhage comparable to warfarin.

CONCLUSIONS: The overall relative effects of Rivaroxaban compared to Warfarin, were consistent in older patients (and younger) in efficiency as well as safety. Rivaroxaban provides efficient prevention in cerebral insults by lowering by a half fatal haemorrhages in elderly patients, compared to Vitamin K antagonists.

Rivaroxaban provides efficiency, consistency and safety profile in preventing insults in senior patients with atrial non-valvular fibrillation.

83. ANEMIA IN PEDIATRIC AGES

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Abstract

INTRODUCTION: Anemia is the reduction in the number of red blood cells or the reduction of the total amount of hemoglobin (Hb) in the blood. In anemia the decrease the level of Hb in circulation is more important than the number of the erythrocytes for mm^3. Iron deficiency anemia is the most common type of anemia especially in the pediatric age. Erythrocytes often look hipokrom and mikrocites viewed under a microscope.

AIM: In this study we evaluated a case of iron- deficiency anemia in pediatric age, through laboratory examinations (RBC & the constant of erythrocytes, HB, HCT, sideremy & ferritin level.)

MATERIAL AND METHODS: We examined 247 patients in clinical-biochemical laboratory at Tirana University Hospital Center and Laboratory "Hipokrati" , in 1-year period from 2016 to 2017. This was made possible by automated measurements with autoanalisis hemocitometric electronics (cell-counter). Hematologic indicators were studied: the number of erythrocytes, hemoglobin level, hematocrit and erythrocyte constants. Apart from these analyzes to patients with Hb <9 g/dl was conducted even the measurement of serum ferritin and sideremy through biochemical autoanalisis.

The reference values of Sideremy include : 40-160μg / dl, while serum ferritin reference values were 10-15 ng / ml.

RESULTS: It is noticeable that from 247 patients in total, 69% of them suffer from anemia of various types and 31% patients suffer from iron- deficiency anemia, with statistically significant difference of p <0:01. In cases with anemia distribution by gender we noticed that 52% of the cases were females and 48% were males with no statistically significant difference between them p = 0.2. Of 247 patients examined, is noticed a predominance on the number of cases with slight level of anemia (Hb between 9-11 g/dl) , in 55% compared with 31% patients with a moderate anemia (Hb between 7 -9 g/dl) and severe (correspond to a level less than 7.0 g/dl) 14% with significant statistically change among them is: $\chi 2 = 63.7$ p <0:01 .Of the 100% cases, 46% with iron-deficiency anemia resulted men and 54% women with no statistically significant difference between them p = 0.1.

According to the study the most common causes of anemia from intestinal parasitic hemorrhages with 34% and then from throat infections by 23%, with 16% gastroenteritis, bilateral pneumonia 17% and 12% malnutrition or insufficient intake of rich in iron foods.

DISCUSSION: Iron-Deficiency Anemia is most common in female children aged 2-4 years old by 41% whereas 25% of the cases come from throat infections in the age group 5-8 years old and 21% of cases are bilateral bronchopneumonia. Iron-Deficiency Anemia in men is most pronounced in the age group 9-18 years old with 27% coming from malnutrition during growing up and in the age group 5-8 years old age anemia come from gastroenteritis with 33% of the cases.

CONCLUSION: Of 247 patients with various types of anemia, 31% present iron-deficiency anemia. Anemia is more common in females (2-4 years old) whereas in males we find it during adolescences. In our study 67% of the patients resulted with MCV <80. Patients with severe anemia had low level of sideremy (< 40 µg/dl) and ferritin (<10ng/ml) in all the cases.

KEYWORDS: Anemia, Hemoglobin, Erythrocyte constants, Ferritin level.

84. MEASLES, A NEW EXPERIENCE FROM AN OLD DISEASES

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Abstract

Measles was a "forgotten" infectious disease. During 2018 a lot of countries declared its presence. The disease is more severe to adults.

OBJECTIVES: The aim of our presentation is to give a short panoramic view of measles in adult patients.

Materials and **METHODOLOGY:** In this prospective study we included only patients admitted in one floor of our service. Period time was from January 01, 2018 to July 31, 2018. Our hospital is only for adults over 14 years old. All patients are confirmed serologically.

RESULTS: From 201 patients admitted during that time we analyzed 62 patients occasionally hospitalized in our floor. Males were 62.7%. Average age was 30.88 years old and SDEV ±11.96 and median was 28.5 years. Average time from the firs symptom to the hospital presentation was 3.54 days. Contact with other patients with measles referred in 20.9%. All patients reported fever and rash. The rashes were identified as maculopapular in 96.7% (n=60). The other symptoms were cough (n=42 or 67.7%), dyspnea (n=4 or 6.4%), weariness (n=42 or 67.7%), myalgia (n=36 or 58%), arthralgia (n=21 or 33.8%), sore throat (n=28 or 45.1%), conjunctivitis (n = 25, 40.3%), cefale (n = 25, 40.3%), vomiting (n=18 or 29%), epigastric pain (n=12 or 19.3%). Pathognomonic enanthema or Koplik spots wee identified in 29 or 46.7%. Average WBCc was 4.37x106/mm3, SDV± 1.11 and 23 (37%) had leukopenia <4x106/mm3, thrombocytopenia < 150x109/mm3 was identified in 16 patients. CPK was 401.7U/L, ALT 78U/L was elevated in 21 patients, AST 79.43U/L and was elevated in 24 patients. Radiologic changes were seen in 25 (40.3%) of patients and pneumonia resulted in 12 (19.3%), in which only 4 needed the O2 support.

CONCLUSIONS: Despite the development of an effective vaccination, unfortunately measles continues to be present worldwide. Suboptimal vaccination coverage rates in some areas and immunity gaps in

the population remain the primary cause of continued measles transmission.

85. A CASE WITH HIGH BILIRUBINEMIA AND HEMOLYTIC ANEMIA DURING LEPTOSPIROSIS

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Abstract

Leptospirosis is a well-known tropical infectious disease especially in tropic countries. One of its most aggressive presentations is Weil disease, characterized by jaundice, hemorrhagic phenomena and renal failure.

Case presentation and management: A 54-year-old man arrived at the emergency department with severe fatigue, nausea, vomiting, and generalized weakness. He reported muscle pain, fatigue, and weakness at work for 4-5 days and had been a decrease in the amount of urine produced in the last two days. Two days before admission, he was seen by rheumatologist for severe lower back pain. As pertaining to anamnesis, the patient lived in the outskirts of the city and was currently involved in construction work (concrete breakage in collapsed buildings). Two issues though – hypotension and oliguria – although not glaring, raised our suspicion for leptospirosis.

He is catheterized and despite aggressive hydration for the next 12 hours, the patient continued with anuria. Therapy consisted of Ampicillin 6gr/day, fluids, and fresh frozen plasma. After reaching blood pressure of 110/70, patient started on furosemide, but again still remained anuric for another 36 hours. Despite the fact that the renal, diuretic and platelet ratios had a tendency to improve, bilirubin continued to grow, and on the fourth day of hospitalization reached 73.4mg/dL. During the days D3-D6, the patient continued to be anxious and agitated and had elements of encephalopathy. He had progressively worsening anemia and on the seventh day was hemotransfused. Findings of hemolysis included a reticulocyte increase. The Coomb tests were negative.

CONCLUSIONS: Identification of occupational activities that put patients at risk of exposure to contaminated water or infected animals such as farmers, construction workers, is very important. Based on our clinical experience, as well as literature data, we suggest that clinicians should have a high index of suspicion in cases of jaundice with exposure possibilities for infectious diseases.

86. MINIMALLY INVASIVE CARDIAC SURGERY. ALBANIAN EXPERIENCE

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Abstract

INTRODUCTION AND OBJECTIVES: The minimally invasive cardiac surgery (MICS) consisting in various techniques such as a right-anterior mini-thoracotomy (MT) or mini-sternotomy (MST) are the techniques of choice especially in females patients requiring cardiac surgery. Such techniques have been developed during the last decade, however their employment is very selective because it depends on surgeons' training and quality. We are presenting our experience with MICS in terms of hospital outcome and patient's satisfaction.

MATERIALS AND METHODS: Between February 2010 and August 2018, 133 (Group I) patients with congenital heart defects and 32 (Group II) patients with MV disease and 10 patients with AV disease nunderwent MICS. Patients were all managed under the same postoperative practice guidelines: 1-Early extubation (<6 hours after surgery) 2- early discharge from the intensive from the ICU (< 24 hours). In Group I, 65 patients had atrial septal defect type ostium secundum, 12 had subaortic ventricular septal defect, 10 atrial septal defect sinus venosum type, 6 posterior extension ventricular septal defect, 30 patients had a patent ductus arteriousum, and 10 patients aortic coarctation. In Group II, 19 MV regurgitation and 13 MV stenosis and in Group III all patients had AV stenosis. All patients were followed with a physical examination 1-month, 1-year and 3-years after surgery to assess the quality of the cosmetic result. Late results of surgical repair and patient's satisfaction were also evaluated by means of direct contact with a patient or a phone interview.

RESULTS: All patients survived surgery. In Group I all patients were discharged home in good clinical conditions, without residual intracardiac shunts at the pre-discharge echocardiography. 64 patients underwent right MT in the 2th or 4th intercostals space, 40 patients underwent left MT and 29 upper MS. During the operation, induced ventricular fibrillation (IVF) was employed in 64 patients, while the aorta was cross-clamped in the remaining patients. None of the patients required to be converted to a classic full sternotomy or a larger thoracotomy. Median follow-up time was 25 months (range 1-96 months). 18 out of 64 (28%) undergoing MT complained temporary (<6 months after surgery) mild sensitive skin deficits in the mammary area at the physical examination. None of the 26 pre-puberal patients who underwent MT had asymmetric breast development, shoulder movement deficit, scoliosis and no lactation problems were reported in those 3 patients who had pregnancy. In Group II, all patients underwent right MT on the 3rd or 4th intercostals space through subclavian vein and femoral vein and artery cannulation. With arrested heart the MV was replaced in 13 patients and repair in 19. Two patients in Group II underwent videoscopic mitral valve repair in a 24 years old female and mitral valve replacement in a 58 years old lady.

All but one patient in Group III underwent upper MST, just one underwent right MT on the second intercostals space. The youngest patient was a 17 years old female and the oldest 64 years. All patients survived and were discharged on the 5th postoperative day. Only one patient developed femoral thromboembolism and later cholecystectomy and another one was idenfied bleeding. The vast majority of patients in all groups were satisfied with the cosmetic result of surgery and the satisfaction rate was greater in MT patients. Patients in Group I, II and III were compared with match patients undergoing conventional cardiac surgery

CONCLUSIONS: Minimally invasive cardiac surgery is a safe and effective procedure with comparable functional results to a classic surgical approach with a high rate of subjective satisfaction between

our patients. Such operations, rarely employed even in Europian countries now are feasible with excellent outcome even in our country.

87. INNOVATIONS IN CARDIAC SURGERY: ALBANIAN CONTRIBUTION.

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Abstract

New surgical techniques have been recently developed by our team in Albania. Some of them have been already accepted in the international surgical armamentarium, some others are in the evaluation process.

1.We developed the "peacock tail" technique is a modification of the cone reconstruction technique for Ebstein anomaly and failing right ventricle, simultaneously to bidirectional cavopulmonary shunt. Our technique consists in total detachment of the posterior and anterior tricuspid valve leaflets, which are rotated simultaneously clockwise and counter clockwise and sutured at the mid septal leaflet level, forming a new tricuspid valve. The constructed cone-shaped valve is then attached in all its circumference to the true tricuspid annulus.

2.The "extroverted cuff" technique that we have proposed is a novel modification of the flanged technique for the elephant trunk construction. The technique consists in the graft extroversion which is than located inside the descending aorta. Then the distal anastomosis is constructed between the descending aorta and the circular free edge the external layer of the graft. Such a modification seems suitable for aortic arch aneurysm with ragged descending thoracic aorta that minimizes bleeding from the distal anastomosis and potentially prevents distal embolization of atheromatous plaque.

3. The acute ascending aortic dissection after previous cardiac surgery, in the presence of large aortic dimensions very closed to the sternum, severe aortic regurgitation, false lumen in the descending aorta is a very challenging situation to manage. Herein we are reporting a combination of strategies of perfusion and myocardial protection based on the Port-Access technology that allows antegrade flow into the aorta, endo-clamping of the ascending aorta, administration of cardioplegia before opening the sternum and left ventricular venting to not allow ventricular distention.

4. Tirana 1 technique for total root replacement consist in the same principal of Bentall operation but without coronary ostium detachment and applying a single anastomosis with the valve tube.

5. Tirana 2 technique represents a modified David operation consisting in a external tube wrapping of the aortic root including the coronary ostiums and internal implantation of the valve in a helicoidal form.

6. Retrograde cellular cardiomyoplasty through the coronary sinus according to an experimental study on swines in collaboration with the University of Florence, Italy. Our study provides data in support of the following issues: the venous retrograde delivery route through the coronary sinus is safe and effective; Celullary cardiomyoplasty provides a significant improvement in function and viability.

88. RIVAROXABAN IN PREVENTING VENOUS THROMBOEMBOLISM AFTER ORTHOPEDIC SURGERY: XAMOS STUDY

Edvin Selmani

Abstract

AIM: Low molecular weight heparin treatment, as prophylactic anticoagulation treatment after kneecap replacement surgery and femur head replacement surgery, is known to have high costs and be uncomfortable to the patient due to it's invasive nature. In this study, (Xamos), in a real population, Rivaroxaban (tab) 10 mg 1 x day is compared with Enoxaparine to spot differences in safety and efficiency.

METHODOLOGY: In this international, observational study, Rivaroxaban 10 mg once a day was compared to low molecular weight heparin. The study included 17, 700 patients over 18 years old, who had undergone replacement surgery for the kneecap or the femur head. The patients were monitored up to three months after the intervention.

RESULTS: Compared to low molecular weight heparin, in 1000 patients Rivaroxaban reduces on average with 5, thromboembolic symptomatic cases. As far as haemorrhage is concerned no significant differences were observed.

CONCLUSIONS: On patients who undergo major orthopaedic surgery, rivaroxaban is a safe and efficient alternative to low molecular weight heparin.

Except the scientific data which supports and encourages the usage of Rivaroxaban, the latter is an easier and comfortable alternative which does not require the routine monitoring of anticoagulation using INR.

89. THE CURRENT APPROACH OF ARTERIAL HYPERTENSION BASED ON RECENT RECOMMENDATION OF ESC

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Abstract

Background and **AIM:** Arterial hypertension is one of the most important and modifiable risk factors for cardiovascular disease in Europe and worldwide. As a major contributor to worldwide morbidity and mortality, it poses a massive socioeconomic burden. Blood pressure control is still inadequate in most of the hypertensive patients (<140/90 mm Hg) even though great progress in perception, diagnosis and treatment of hypertension is made. The intention of this research paper consists on analyzing and comparing guidelines through the current years in order to generate an updated definition, diagnostics and treatment about arterial hypertension regarding the population standards.

Performing a literature search for new evidence on hypertension in general would inform for the reaffirmation of the current guidelines used in our hospitals.

METHOD: The PubMed and ESC/ESH guidelines were searched. The searches were limited to articles of adult ages published between 2013-2018 in English language. The studies were reviewed and controlled to get the best extract. Determination of risk factors, lifestyle and demographic characteristics tends to give a full overview of the patient and define the proper treatment scheme.

RESULTS: In a comparison, the current guidelines refer more lifestyle modifications especially in uncomplicated hypertension. Drug treatment is considered afterwards depending on hypertension grade with its main purpose to lower blood pressure. By how much the blood pressure should be lowered is currently a matter of controversy. The 2013 European and German national guidelines recommend a target blood pressure of <140/90 mm Hg for most patients. The 2018 European Society of Hypertension guideline recommends as the first objective lowering blood pressure <140/90 mm Hg for all patients and afterwards hypertension target values should be <130/80 mm Hg for most patients.

CONCLUSION: The most efficient treatment of hypertension is reached knowing your patient, classifying the level of hypertension and determine risk factors for cardiovascular disease. As it always starts with lifestyle modifications, the drug treatment preferably starts with a two drugs combination except the hypertension Grade I. As an addition to resistant hypertension treatment is a low dose of spironolactone or another diuretic therapy like higher dose of thiazides or a loop diuretic or bisoprolol.

KEYWORDS: hypertension, treatment, blood pressure, drug

90. MORTALITY RATE AMONG DIABETIC PATIENTS ON CHRONIC HEMODIALYSIS

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Abstract

INTRODUCTION: Diabetic patients on hemodialysis are reported to have poorest survival rate among hemodialysis population. This study aims to investigate factors associated with mortality and specify epidemiological and clinical characteristics of diabetic disease during the dialysis period.

METHODS: This is a reteospective, descriptive study which included a population of 252 patients, mean age 55.8 +/- 11.9 years), 124 of them were diabetic during a five year period from january 2013 to december 2018. 98 patients were tipe 2 diabetics (98, 4%). HD was started in emergency conditions in 68, 5% of cases. During this period all morbid events and deaths were recorded in order to investigate risks factors associated with mortality in our population.

RESULTS: At initiation of HD the risk factors which were associated with higher mortality rate were, low socio-economic status, advanced age, low body mass index, history of stroke, peripheral neuropathy, initial vascular acces, secondary hiperparathyroidism, nephrotic proteinuria and glicolated

hemoglobin. Meanwhile, during dialysis period, cardiovascular events, infectious complications, and secondary hiperparathir were more noticeable among deceased patients.

Among the population started HD for diabetic EDRD, 89, 4% had tipe 2 diabetes, and 10, 6 had tipe 1 diabetes. At first dialysis mean age were 55, 8% +/-11.8 years and more than 50% were older than 60 years. During dialysis period 45 patients had presented cardiovascular complication. Myocardial infarction, peripherial vascular disease, stroke and pericarditis were noted in 13.3%. Infection complications were ocurred in 38 patients, dominated by septicemia, pneumonia and cutaneous infection.

CONCLUSION: This study has several limitation because it is retrospective monocentric study, but this work revealed the increase of mortality in diabetics in HD and the most important risk factors for moratlity and morbidity are the cardiovascular events

91. CHILDHOOD MORBIDITY

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Abstract

INTRODUCTION: Since birth children are exposed to disease-causing agents including bacteria, viruses, fungi, parasites and many more. The immune system, which is an inherent self-defense system consisting of cells that helps the body distinguish between its own healthy cells from these disease-causing agents. The two recognized types of immunity are innate and adaptive. Innate immunity, relatively nonspecific, is the body's first-line defense against many pathogens, resides in the skin, mucous membranes, polymorphonuclear cells, complement system and a select group of cells that possess cytotoxic capabilities. The adaptive immune system is specific and depends on antigen stimulation, consists of two types of lymphocytes T-cells and B-cells. Early in life, children have little immunological memory and a developing immune system, which increases their vulnerability to infectious diseases.

AIM: To assess the spectrum of acute infectious diseases in children.

Method & Material: This is a retrospective study. There were enrolled all children aged 1-14 years hospitalized in the General Pediatric Ward, in the University Hospital Center "Mother Teresa" during one year period 2018. The studied parameters were age, gender, seasonality and location of infection. Information was extracted from clinical records.

RESULTS: There were 1896 children, aged 0-14years, hospitalized in the General Pediatric Ward during 2018. 833 (44%) belong to the age 1-12 months, 387 (20%) belong to the age 1-2 years, 187 (10%) belong to the age 2-3 years, 135(7%) belong to the age 3-4 years, 90 (5%) belong to the age 4-5 years and 252 (14%) belong to the age 5-14 years. 1051 (55%) were males and 845 (45%) were females. 952 (50%) had respiratory infectious diseases, 623 (33%) had gastrointestinal infections, 183 (10%) had different viral infections (measles, Infectious mononucleosis etc), 73(4%) had tonsillitis, 45(2%) had urinary tract infection, 20(1%) had ear infection. There were not observed differences in seasonal

distribution.

CONCLUSION: Children are exposed to many infections during their life but infants are the most susceptible to acute infectious diseases, partly due to the immaturity of their immune system, resulting in high morbidity. Respiratory infections are the leading cause of morbidity followed by gastrointestinal infections. Males are more inflected by infections partly due to the differences in the levels of gonadotropins and sex hormones in the first few months of life, furthermore a number of immune response genes are encoded on the X chromosome, leading to sex differences in immunity and predisposing male gender to higher morbidity during infancy.

KEYWORDS: Morbidity, Immune System, Infections, Immaturity, Childhood

92. BENZODIAZEPINES´ USE AMONG PATIENTS OF THE GJIROKASTËR REGION

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Abstract

INTRODUCTION: Benzodiazepines are a group of drugs with sedative, anxiolytic and hipnotic effects, which potentiate GABA (gamma aminobutyrric acid), the primary inhibitor neurotransmitter of the central nervous system. Due to the potential for abuse and dependence, it is recommended that these drugs should not be used for more than 2 to 4 weeks for the treatment of anxiety or insomnia. The objectives of our study were: market analysis on benzodiazepines available in the Republic of Albania based on the National Agency of Medicines and Medical Devices data, evaluation of their use among patients of Gjirokastra region, and reporting of dependence from benzodiazepines.

METHOD: Information regarding benzodiazepines were extracted from the official page of the National Agency of Medicines and Medical Devices. Patients were contacted in elderly nursing home, hospital and pharmacies of Gjirokastra. Participants completed a validated questionnaire with 15 questions (Benzodiazepine Dependence Questionnaire - BDEPQ) and an abbreviated version with 7 questions about self-reporting of addiction to benzodiazepines.

RESULTS: We identified 43 preparations of the benzodiazepines group available in the Republic of Albania. The most common active principles are alprazolam, diazepam and lorazepam, respectively in 16, 11 and 7 preparations. The most common pharmaceutical form is tablets (74.4%). Preliminary results of the questionnaire show high prevalence use and high levels of self-reported dependence by patients.

CONCLUSIONS: The findings of our study suggest that the risk of addiction to benzodiazepines is present in patients of Gjirokastra and should not be underestimated. Further studies are needed at national level to understand the extent of this problem and devise the necessary strategies for reducing and preventing it.

KEYWORDS: benzodiazepines, dependence, questionnaire, Gjirokastër

93. VERACITY, THE NEW GENERATION NON – INVASIVE PRENATAL TEST

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Abstract

Noninvasive prenatal genetic testing (NIPT) is an advance in the detection of fetal chromosomal aneuploidies that analyzes cell-free fetal DNA in the blood of a pregnant woman. Since its introduction to clinical practice, NIPT has quickly spread across the globe. While many professional societies currently recommend that NIPT be used as a screening method, not a diagnostic test, its high sensitivity (true positive rate) and specificity (true negative rate) make it an attractive alternative to the serum screens and invasive tests currently in use.

Veracity enables the targeted analysis of selected genomic regions at very high sequencing depth, allows extremely high accurate fetal fraction determination and ensures extremely accurate detection of different types of genetic abnormalities located anywhere in the human genome.

Veracity is the most accurate new generation non invasive prenatal test that safely detects genetical diseases, such as Trisomies (Trisomies 21, 18, 13), sex chromosome aneuploidies and microdeletions, by accurately measuring the fetal cell-free DNA in the maternal blood.

Advantages of Veracity include:

Clear answers as early as the first trimester;

Unique method of targeted DNA analysis (which achieves an accuracy higher than 90 % and the false – positive rate lower than 0.1 %);

-It is applicable for complex pregnancies such as twins, vanishing twins, gamete donation and surrogacies.

Veracity overcomes the 3 factors affecting the sensitivity and specificity of the old generation NIPT, the problematic genomic region, read depth with hundreds of times higher than other NIPT technologies, and fetal fraction using informative loci to reliably distinguish fetal cfDNA from maternal cfDNA and accurately measuring it.

Veracity is validated in two multi-center studies using hundreds of samples. Its sensitivity and specificity are higher than 99.9 % in detecting the risk for fetal Trisomies. Veracity offers very high accuracy (> 90%), safety (no risk for miscarriage) and is applicable as early as 10th week of pregnancy, through just a venipuncture.

The Veracity prenatal test has also another version, which is the VERAGENE test, a single, comprehensive non-invasive prenatal test (NIPT), that simultaneously screens for autosomal and

sex chromosome aneuploidies, microdeletion syndromes, and 50 monogenic diseases that do not show any prenatal ultrasound or biochemical findings. It can be done as early as the 10th week of pregnancy with a simple blood draw from the mother and a buccal swab from the father. Prenatal screening with Veragene can help parents take informed decisions regarding diagnosis, better clinical management and therapy during and after pregnancy.

94. GALENIC PREPARATION OF TIMOLOL 0, 5% EYE DROPS WITHOUT MICROBIOLOGICAL CONSERVANTS AND THE STABILITY STUDY OF THE PREPARATION

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Abstract

The art of pharmacy is in the making of extemporaneous preparations. Nowadays, the development of industy and technology preparing extemporaneous medications is not anymore, something pharmacists do, at least not commonly.

That is why, the aim of this study is primarly to enhance the role and importance of these preparation in pharmacy practice. Also, a rapid, sensitive, economic spectrophotometric method was developed for simultaneous estimation of timolol maleate (TM) in preservative-free eye drops, which we prepared as an extemporaneous preparation in our laboratory. Some sterility tests were ran, too. Suitable and validated methods reported in literature, were chosen for simultaneous estimation of TM in eye drops and sterility of formulation, in our laboratory. The method used for the estimation of TM proved a high degree of lineartity. In conlusion, during the 7-day-period of our study, the preparation proved to be stable and sterile. The different storage conditions did not impact on the stability of preparation.

KEYWORDS: extemporaneous preparation, eye drops, timolol maleate, UV-Vis spectroscopy, preservative, microbiological contamination.

95. DOES THE P- VALUE IS ≤5%, IT ALWAYS SHOW THE TRUTH?

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Abstract

Interpretation of probability values and hypothesis testing are often the subject of discussions

between researchers and data analysts. It is a common practice that after the analysis of the data is reached at a conclusion, if the testing of the hypothesis they perform is statistically significant or not. Generally, for this we refer to the probability value, respectively "p ≤0.05" or "p> 0.05". We often rejoice a probability value of ≤5%, considering it an important result, even when we are unable to interpret and worse when we are unable to understand what this means. The decision to decide whether a hypothesis test is statistically significant or not, based solely on the probability value "p", has always caused a strong debate not only among statisticians, but also between data analysts and researchers, the debate that in fact has been started more than 60 years ago.

96. IMPACTED MAXILLARY CANINE. DIAGNOSIS AND PREDICTION OF INCLUSION

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Abstract

OBJECTIVES: The presence of canine in the upper jaw is very important in functional and aesthetic aspects. The upper canine has a significant role in the lateral movement of the mandibula and is also called the "Canine Guide". Also, being between the frontal teeth group and posterior ones, gives the arch a wider look during the smile. This study has the aim to present easiest and less biological costly ways that are used to diagnose and predict maxillary canine inclusion so that we can avoid or correct all the effects of it's absence in dental arch in the correct way.

MATERIALS AND METHODS: During the work of this material there are used scientific articles published in scientific journals (using site PubMed, Cochrane as browser) to determine the most effective methods to predict the inclusion of upper canine.

RESULTS: Radiologic examination that should be done routine is Orthopantomography. From literature it was observed that many authors like Ericson S & Kurol J, Lindauer SJ et Al, Stivaros & Mandall, Baccetti et Al describe different methods to predict the inclusion or not of maxillary canine. Clark's method also has an important role that helps us know the real position of canine (palatal or buccal).

CONCLUSION: A simple analysis and the correct interpretation of any Orthopantomography data can figure out the canine inclusion avoiding the consequences like; root resorption of nearby teeth, aesthetics problems like asymmetry of smile etc. Furthermore prediction of included canine provides as the chance to plan the proper needed orthodontic treatment to rearrange it in the arch or to substitute its function.

KEYWORDS: Impacted maxillary canine, prediction, Orthopantomography, orthodontic, diagnosis

97. EPIDEMIOLOGICAL DATA ON MYELOFIBROSIS IN ALBANIAN POPULATION (1999-2018)

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1Internal Medicine, Hematology, UHC "Mother Tereza"

Abstract

BACKGROUND: Worldwide published epidemiological data on primary and secondary myelofibrosis (MF) are scarce, and multiple sources are needed to assess the disease burden in each country, in our country we have a lack of epidemiological data on MPD and MF.

AIM: The purpose of our study is to evaluate the annual incidence of Myelofibrosis in the Albanian population during the period of time from 1999-2018.

METHODS: In our study the data was collected from the registries in our Service of Hematology and from the registries in the Department of Statistics, UHC "Mother Teresa" and were analyzed with SPSS 22.0. We have analyzed the data of all patients, age > 18 years, diagnosed with Myelofibrosis and hospitalized in the UHC "Mother Teresa" and in our Service of Hematology from 1999 to 2018.

RESULTS: During the interval 1999-2018 in our hospital are diagnosed 108[100%] patients with MF, 54 pts (50%) males, and 54 pts (50%) female. The annual incidence of MF in Albania results around 0, 22 new cases / 100, 000 habitants per year. The median incidence of MF is about 5, 7 new cases per year with a peak in 2013 (13 new cases) and an increase with respectively 10 new cases in 2017 and 15 new cases in 2018. The median age at the moment of the diagnosis resulted in 62, 5 years old (interval range 25-83 years old) Almost all the patients were on advanced stages of MF at the moment of the diagnosis (95%). Actually, 49 patients are on treatment with Ruxolitinib since 2015.

CONCLUSION: A careful study, using standardized definitions of MF and complete assessment of patients including both primary and secondary MFs, should be performed to estimate the population aimed to receive novel era treatments for these neoplasms

KEYWORDS: Epidemiology, Incidence, Myelofibrosis, Myeloproliferative disorder

98. EFFICACY OF 980 NM LASER DIODE IN ORAL AND MAXILLOFACIAL PATHOLOGIES

Elvana Llogoni

Abstract

INTRODUCTION: The word laser means light amplification by stimulated emission of radiation. The laser operates within the so-called optical spectrum that is a part of the electromagnetic spectrum from the ultraviolet to the border areas to the infrared area. Since the laser was first introduced in medicine it has found a wide application in Oral and maxillofacial surgery. The laser has become an important

tool for the surgeon to treat a variety of oral pathologies. There are several laser systems with different technical parameters and we have selected a 980 nm laser diode, which is a compact device with a range of application possibilities, easy to be put into operation without maintenance costs.

Purpose the study: Evidenced efficacy of 980 nm laser diode application in the treatment of various pathologies of the Oral and maxillofacial region, assessing the advantages of this method, the identification of perfect homeostasis during surgical interventions, wound healing without complications and appreciation of aesthetic effects and functional.

MATERIAL AND METHODS: The study involved 40 patients with different oral pathologies (benign tumors, vascular lesions, tooth exposure, mucocele) treated with 980 nm laser diode for the period September 2015 - June 2016 in the Oral Surgery Service at the University Dental Clinic by the Prof. Ass. Dr. Merita Bardhoshi, acting in the capacity of the scientific leader of this study. Patients are provided with clinical file in which are described in detail the patient's personal data, anamnesis vitae, treatment protocol. The Patients are treated in outpatient conditions with local anesthesia and the technique has been applied excision and vascular lesions photocoagulation without contact. On the file are described protocol of treatment and technical parameters used during operation as energy doses in Watt, method of continuous and pulsed radiation, focused or defocused, optic fiber 200-300 micrometer. On the basis of the treatment protocol the patients were followed after 1 week, 2 weeks and 3 weeks after Intervention to evaluate the results. During the surgical phase we have had a perfect homeostasis in all our interventions. From the re-examination performed during the first week after the intervention and showed us a very good post-operative stage without edema and pain. Healing the wounds took place without cicatrices in normal times depending on the size and pathologies surgical wounds. We had good aesthetic and functional results.

CONCLUSIONS: At the end of the analysis results we concluded that laser surgeries are shorter procedures without bleeding, comfortable for the patient and doctor. Healing of the wounds is accomplished without complications, without inflammatory signs, without pain and edema, without functional disorders of treated tissues and very good aesthetic results.

KEYWORDS: Laser, Photocoagulation, Photoablation, Radiation.

99. PATIENT SATISFACTION – RESULT OF NURSING HEALTH SERVICES

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Abstract

AIM AND OBJECTIVES: To understand satisfaction, communication and experience of patient perspectives.

BACKGROUND: Poor communication is increasingly recognised as a major factor in patient satisfaction. Patient satisfaction is an important and commonly used indicator for measuring the quality in health care.

DESIGN: A qualitative and observational study on two years in Cardiology Clinical in University Clinical Centreof Kosovo in Pristina.

METHODS: The sample was composed of 304 patients during hospitalization. In 2017, 106 patients were included in the survey, while in 2018 a total of 198 hospitalized patients were surveyed. Interviews conducted with patients and observation for a quality health care system three factors directly influence patient satisfaction and they are: (a) safe, (b) communication between nurses and patients, (c) timely.

RESULTS: Patients were more satisfied with the Nursing courtesy at the moment of admission to the hospital, Dedication of Nurses during Hospitalization and explanation of the nature of the disease by nurses . Regarding thewaiting timefor patients in admissionin 2017, 41.5% said they did not wait at all at the moment of arrival in the emergency room, 17% had waited less than 15minutes, 16% have waited 15-30 minutes and 25.57% of respondents waited 1-2hours at the office of admission p<0.001.For 2018, the largest number of patients (62.1%) responded that they did not wait at all and the lowest number of them (7.6%) said they had waited 1-2 hours p<0.001.A significant difference between the results obtained for 2017 and 2018 was the communication where patients had very poor communication (2017 confirmed 7.5%, 2018 4% p <0.001), good communication (2017 confirmed 49.1%, 2018 24.2% p <0.001), while very good communication for the year (2017 confirmed 6.6%, 2018 30.3% p <0.001).

CONCLUSIONS: We can conclude that Kosovo is developing country and thatpatient satisfaction is influenced by economic conditions of the population, health insurance, culture, education level and other factors.

KEYWORDS: nursing care; patient satisfaction; patients' expectations; quality of care.

100. DRUGS INTERFERENCE WITH ROUTINE CLINICAL LABORATORY TESTS

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Abstract

OBJECTIVE: The laboratory tests are used for several purposes in diagnosis of diseases. Drug-related laboratory test interference or drug/laboratory test interactions (DLTI) are a major source of laboratory errors .Many of drugs can affect clinical laboratory test results either by interfering with the analytical systems themselves. Biological effects can be classified as physiological, pharmacological or toxicological. The objectives is to determinate such of routine medical drugs or alimentary supplements who can interfere with laboratory test and how to avoid such of problem.

METHODS: The present study uses as integrative literature review method, The search was conducted in the following databases such Medline – Medical Literature Analysis, Journal of: Cardiology, Interantional Society of Pharmaco-epidemiology; Pub Med and the data in the manufacturer's "Instructions for Use" for each of the methods utilized by immunoassay system .

RESULTS: The interference caused by medicines constitutes a big problem, because the patient may be in use of multiple prescription drugs, and especially by self-medication. These drug interference can be divided into physiological effects of the drug and its metabolites, and effects resulting from a physical-chemical property in analytical processes .Even with analysis technologies that have changed over the decades, it is still possible to interfere by medicines for both enzymatic and immunological methods. Knowledge of possible drug-laboratory test interactions (DLTIs) is important for the interpretation of laboratory test results such like amiodarone which increases the effect of Digoxin which, in turn, raising your serum concentration .The use of vitamins by the patient may interfere with laboratory tests, such as Ascorbic acid which can cause false-negative results for determination of glucose, cholesterol, triglycerides and uric acid or biotin can interfere with TSH and FT4, FT3 , troponin and Ferritine.

CONCLUSION: Medical professionals, clinicians and laboratory staff should keep drug-laboratory test interactions in mind when interpreting the results of laboratory tests, and should ensure that they obtain a complete and accurate record of all drugs being used by patients in order to anticipate potential DLTI .It is important to note that a medication may interfere with the determination of an analyte specifically for a methodology, without interfering the results of tests for the same analyte accomplished through other methods. Practices in clinical analysis are important to identify, reduce and/or eliminate the sources of potential errors in laboratory diagnosis.

KEYWORDS: biotin, DLTI, immunoassay, laboratory test interactions.

101. PHARMACOLOGICAL MANAGEMENT OF RHEUMATIC DISEASES

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Abstract

Rheumatic diseases comprise a wide group of musculoskeletal disorders which affect the joints, bones, muscles, ligaments, fascias, tendons and cartilage. Patients who suffer from these pathologies experience pain, joint swelling, muscle weakness, stiffness, limitation of motion and articular structural damage. Lesions here involve joints and other body organs. All diseases decrease patients' quality of life and some of them when left untreated lead to reduced life expectancy.

Management of rheumatic diseases is complex - involving pharmacological approaches, physiotherapeutic modalities, patient education, occupational therapies, natural remedies, alternative medicine treatments and surgical options. Ailments are classically treated with medications and the following short review presents the categories of drugs that are most commonly utilized in

rheumatological clinical practice.

Nonsteroidal anti-inflammatory drugs (NSAID-s), are a widely used class of chemicals which block prostaglandin's production by inhibiting the activity of the cyclooxygenase enzymes (COX1 and COX2). There are subtle differences in individual NSAID-s mechanism of action and these changes are responsible for some of the variabilities observed in their specific pharmacological characteristics. Medications are generally grouped according to their chemical structures, half-life, and COX selectivity. They display mainly anti-inflammatory, analgesic and anti-pyretic effects. Aspirin has distinct anti-aggregative capabilities for it blocks cyclooxygenase irreversibly, while the other traditional NSAIDs inhibit platelet COX-1 to variable degrees. Drugs' adverse effects include - cardiovascular events, gastrointestinal complications (ulcers and bleeding), renal toxicity, exacerbation of hypertension, and fluid retention.

Glucocorticosteroids (GC), comprise a group of potent anti-inflammatory medications whose effects are mediated by genomic and non-genomic mechanisms. Genomic mechanisms are relatively slow and therapeutically efficient at all doses. GCs may be divided into three main categories based on the duration of their biologic activity – short acting (hydrocortisone, cortisone), intermediate and long acting compounds. Glucocorticosteroids affect the hypothalamic pituitary-adrenal axis and the immune system. They are the cornerstone of therapy for rheumatic diseases and many inflammatory connective tissue disorders (like polymyalgia rheumatica, vasculitis disorder, inflammatory myopathies, rheumatoid arthritis, SLE) respond well to GC therapy.

Non-biologic disease modifying antirheumatic drugs (DMARDs), are used to treat a variety of rheumatologic disorders. These medications suppress the body's hyperactive immune system but their effects become apparent over a period of weeks or months. Methotrexate an important DMARD, is a structural analog of folic acid which can be administered orally or parentally. In rheumatology, this drug is used in low - usually well tolerated weekly doses to treat rheumatoid arthritis, rheumatoid arthritis related disorders, vasculitis, systemic lupus erythematosus,

inflammatory myopathies etc. Other traditional most frequently used DMARDs include - sulphasalazine, leflunomide, hydroxychloroquine. Cyclophosphamide. azathioprine, mycophenolate mofetil, cyclosporin, tacrolimus are important immunosuppressives that are used to induce remission and control manifestations in various rheumatic diseases.

Biologic therapies have revolutionized the treatment of rheumatic diseases. These agents target molecules and cells involved directly in disease pathogenesis and lead to a better prognosis and clinical remission. Biologics, can be grouped in the following categories: cytokine targeted therapies (TNF-α inhibitors, IL-1 inhibitors, anti IL-6 receptor, anti IL-12/IL23, oral tyrosine kinase inhibitors); B cell targeted therapies; T cell targeted therapies; complement targeted therapies.

CONCLUSION: Rheumatic diseases are common disorders which affect people of all ages, genders, races and professional backgrounds. Medications represent the cornerstone of musculoskeletal disease management. For this reason, physicians and other medical personnel should be familiar with the principal classes of drugs that are currently being used in everyday practice, their mechanisms of actions and adverse effects.

102. HOMEOSTASIS IN SURGICAL PROCEDURES

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Abstract

INTRODUCTION: Homeostasis is a very important process in oral surgery. Hemorrhage could have serious consequencesduring the surgery or after the procedure for the patient if it is not under control.

AIM: Our presentation aims to explain the nature of hemostatic agents used today in dental procedures from the dentists. We try to give the proper explanation to the active mechanism and the clinic appliance of these agents.

Materials & **METHODS:** The presentation has been constructed as a literature review. There has been research in Pub Med and different websites and scientific referrals have been utilized. The illustration of clinical consequences and solutions, has been completed utilizing data on real cases offered by private clinics and from the available literature.

Results & **CONCLUSIONS:** Hemorrhage management begins before the surgical intervention, by choosing the patient and by choosing the correct operative technique according to the patient. The dentist should know the hemostatic agents and their application in different hemorrhage classes.

KEYWORDS: hemostasis, hemorrhage, hemostatic agent, oral, oral surgery

103. CHALLENGING USE OF INTERNET, WELLBEING, SELF ASSESSMENT AND SELF CONTROL IN THE ADOLESCENT POPULATION

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Abstract

BACKGROUND: Taking into account the prevalence of internet use among the teenagers it exists the concern that in a sample of adolescents of internet users it can be observed challenging or addictive of internet use.

METHODS: This study investigates the association between challenging internet use, demographic variables and the the appraisal related to the health of Abanian teenagers. The data of the study involved 875 adolescents (males=523, average age= 14.25 years old) and were collected from the whole country. According to the questionnaire of the adolescents about the internet addiction (YDQ)

72.4% (n= 612) fulfilled the questionnaire and 15.2% (n=133) demonstrated misuse or challenging use of the computer

RESULTS: The analyze of logistic regression of discovered that gender and the monthly family income changed among the problematic and appropriate use of computer. Well-being, self-evaluation and self-control correlated with the rigorous problematic use of computer, typically related to wrong measurements in any field.

CONCLUSIONS: The study findings that problematic use of computer is associated to specific socio-demographic characteristics and the measurement of well-being suggests that specific groups of adolescents might be vulnerable to challenging use of computer. Early prevention and intervention programs that focus on risk groups may help to improve public health policy.

KEYWORDS: Challenging use of computer, self-control, self-assessment, well-being

104. THE EPIDEMIOLOGICAL ASPECTS OF TUBERCULOSIS

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Abstract

INTRODUCTION: Tuberculosis is an infectious disease known since the ancient times. Earlier descriptions are found in Egyptian mummies. The first signs of the disease are described by Hippocrates. The tuberculosis microbe was discovered by the German scientist Robert Koch as Mycobacterium tuberculosis in the honour of which was given the name Bacilli Koch. The tuberculin test was first applied by Koch. Tuberculosis is an infectious, bacterial, slow-growth necrotizing disease that affects all tissues and organs of the organism, but is found most commonly in the lungs. The development and spread of tuberculosis is multifactorial. The main source of tuberculosis infection is the infected patient. Infected people's coughs, sneezes, talking or anything similar will emit droplets of moisture which can contain the bacteria. The main pathways of tuberculosis infection are endogenous, exogenous and through blood. Pulmonary tuberculosis is a contaginous disease. The tuberculosis disease may be primary or secondary. About 90% of the infected are asymptomatic. The classic symptoms of active tuberculosis are chronic cough with blood-containing sputum, weight loss, loss of appetite, fever, night sweats and sometimes dyspnea. Diagnosis is determined by finding the Bacilli and the tuberculin test.

Material and **METHOD:** The study is retrospective. There were taken into study 66 patients with pulmonary tuberculosis, 27 of them children and 39 adults between 2012-2014 at "ShefqetNdroqi" hospital and the Pediatric Hospital QSUT (Tirana University Health Center), Tirana. The data were extracted from the medical files of the hospitalized patients in the respective hospitals. Data were collected on the number of cases, age groups, place of residence, gender, treatment and disease progression.

RESULTS: Studied children represent 40% of cases, while adults represent 60%. The study found that males infected with tuberculosis represent 65% of cases and women 35%. From the results of the biopsy performed, pulmonary infiltrates were found in 27% of cases, plural inflammation met at 13.6% and exudative pleurisy at 12.1%. In patients studied, positivity for BK met in 75.7% of cases.

CONCLUSIONS:

1. From 66 patients, 65% resulted male and 35% female.

2. 75.7% were with BK + and 24.3% with BK.

KEYWORDS: mycobacterium tuberculosis, tuberculin test, airway path.

105. BREASTFEEDING IS THE FIRST BABY VACCINE, DO WE KNOW IT?

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Abstract

INTRODUCTION: Breastmilk is a baby's first vaccine, the first and best protection they have against illness and disease. Putting the baby to the breast also provides them with the essential nutrients, antibodies and skin-to-skin contact with their mother that protects them from disease. Breast milk also contains antibodies, which means that babies who are breastfed have passive immunity for longer. The thick yellowish milk (colostrum) produced for the first few days following birth is particularly rich in antibodies. This helps to build the colony of bacteria in the gut that contributes to their immunity. After birth, more antibodies are passed on to the baby in colostrum and in breast milk. But babies 'immune systems are still not as strong as adults'. After birth, these maternal antibodies wane in the first 6 to 12 months of human life. The neonate and infant can receive additional maternal protection from breast milk, however. Human breast milk contains large quantities of secretory Ig A (sIgA).

AIM: The purpose of the study is to know the values of breastmilk and knowing the most important ingredients of human milk that gives it the role of a natural vaccine.

MATERIALS AND METHODS: This is an analytic study

All the work is based on the recommendations of American Academy of Pediatric, UNICEF, WHO, World Aliance of Breastfeeding, The Journal of Immunology, etc.

RESULTS: Breastfeeding helps to build the colony of bacteria in the gut that contributes to their immunity. After birth, more antibodies are passed on to the baby in colostrum and in breast milk. But babies' immune systems are still not as strong as adults'. Evidence from human and animal studies indicates that antigen in breast milk can impact actively a child's immune reactivity in both the short and long term. Here, we will describe briefly the evidence in the context of autoimmune disease and

allograft rejection and focus on the evidence from prevention of allergic disease by breast milk. Breastfeeding within the first hour of life play an important role in decreasing infants mortality and morblity. Breastfeeding is a children's right not the society choice!

KEYWORDS: colostrum, first vaccine, breastfeeding, immune factors

106. THE THIRD IMPRESSION TECHNIQUE IN TOTAL REMOVABLE PROSTHETIC

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Abstract

INTRODUCTION: The traditional lower jaw prostheses always have low stability. To increase their stability there are used a lot of different techniques for example the prosthesis extension with lingual retensions, third impressions etc.

AIM: Using the third impression in total prosthesis, especially in small lower jaw with third grade atrophy.

MATERIALS AND METHODS: In 10 patients of third age, with extreme atrophy of mandible and with unfavourable anatomical conditions, we prepared new prostheses for these patients using the third impression to register the neutral zone of the prosthetic equilibrium. Piezography or the third impression is a technique that consists of defining the shape of the outer surface of the prosthesis, placing a soft material, which is strengthened according to the functional movements of the periprosthetic musculature. As a material we use the UFI-Gel P.

DISCUSSION AND RESULTS: Analyzing the results of this method, in 80% of the cases, the increased stability of the prepared prostheses was observed compared with the previous traditional prostheses of these patients. This is also associated with increased patient comfort during treatment and phonetics, resulting increased in 90% of patients.

CONCLUSIONS: The method of the third impression is simple and provides satisfactory results, especially in cases where the anatomical factors of the prosthetic field do not provide conditions for prosthetics. It increases the forces of the surface tension, the durability of the prosthesis and the comfort of the patients.

KEYWORDS: Third impression, stability, atrophy, etc.

107. STROKE, NURSING ROLE AS EDUCATOR AND PROMOTER OF HEALTH

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Abstract

INTRODUCTION: We have been told that when we talk about Nursing, we refer to the profession that deals directly with the patient after the disease has been installed, but actually the definition in the notion of Nursing is not complete and this not only to students but also I would dare to say so to the professionals who educate and teach future generations. According to the American Nurse Association (ANA) and many other international nursing institutions, it is recognized that Nursing is a profession that deals with the promotion of health, prevention of illness to the individual and beyond in the community, alleviates the patient's suffering by placing nursing diagnoses, performing nursing interventions with quality nursing care.

Stroke is the third-ranked disease in mortality and the first in terms of immobility and physical disability. This study focuses on educating and sensitizing patients and the community about risk factors.

AIM: This study material should be a good guiding and suggestive example of how nurses through co-operation and studies can identify problems in the community and through the role of educators and health promoters to increase the quality of health and care.

To find out how informed are the patients and their accompanying family members about some of the risk factors that cause these pathologies and how ready are they to take action.

OBJECTIVES: Very interesting objectives have been part of this study, focusing on identifying how some variables seriously affect our health and the community, especially in the so-called STROKE, and on the other hand the great importance of the role of the nurse as an educator and promoter in preventing illness, reducing suffering, and taking further measures. We also want to give a message that when we work on scientific topics and specifically do not refer to ''according to a study in America, '' but now: "according to a study conducted by our colleagues in Albania at this hospital, school, or research institute"

CONCLUSIONS: Patients and their family know about Stroke, but not at a satisfactory level. "Time Is Brain" is endangering because of lack of information and education of the population in general, by not recognizing the first clinical signs of Stroke initiation.

Nursing Students willing and ready to contribute to scientific research and awareness-raising initiatives against patients and the community.

KEYWORDS: Stroke, Research, Statistics, Fast, HTA, Study, Nurse, Education, Awareness

*This study was conducted in collaboration with Nursing students, Master of Science Group IV, in Neurology Department during Nursing Practice.

108. MENTAL DISORDERS AND EFFECTS ON YOUTH

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Abstract

INTRODUCTION: Mental health includes our emotional, psychological and social wellbeing. Mental disorders are characterized by a change in thinking, mood, or behavior associated with distress or impaired function. Mental disorders are a constant problem for youth in all societies. The way in which a mental disease develops can vary. They usually appear from 12 to 24 years old and have an impact on the child's development and their social and economic integration. Mental disorders discovered at later age. Suicide, substance abuse and unprotected sexual activity are the most common issue during adolescence.

A variety of factors cause mental illnesses such as biological factors, negative early life experiences, individual factors, social circumstances and serious illness. Schizophrenia, bipolar disorder, and depression are genetically heritable and may be activated by the environment. Mental illnesses that affect children and adolescents include anxiety disorders, attention-deficit/ hyperactivity disorder (ADHD), conduct disorder, depression, psychosis, bipolar disorder, eating disorders, schizophrenia, suicide. Depression is the most common mental health disorder of youth. Children who are very sensitive or anxious are more likely to develop depression. Depression affects the way that children and adolescents feel and behave. Schizophrenia and other psychotic disorders are medical illnesses that result in bizarre thinking, perceptions, and behaviors. It is an uncommon psychiatric illness in young children and is difficult to recognize in its early phases.

RESULTS: Untreated anxiety disorders disturb family relationships, affect performance in school, social functioning and lead to severe mental and physical problems. Anxiety disorders are caused by life events, inheritance, and biochemical factors. Bipolar disorder is a serious brain illness. Bipolar disorder is characterized by dramatic or unusual mood swings between major depression and extreme elation, or mania. It's more prevalent in youth who have a family history of mood disorder or psychiatric problems. Youth with conduct disorder have difficulty tracking the rules and behaving in a socially acceptable way. Psychological symptoms cause major emotional distress or interfere substantially with daily life and social interactions. Signs of mental illnesses include persistent irritability, anger, or social withdrawal, as well as major changes in appetite or sleep.

CONCLUSIONS: Mental disorders are treated by combining psychotherapy with medications.

KEYWORDS: Mental, Disorder, Youth, Factor, Effect

109. NEW TECHNIQUE FOR TEACHING LETTER K AND G

Erges Eskiu

Abstract

BACKGROUND: The defect of the pronunciation is described. Includes specific patient conditions and assessment methods. The patient is presented to the hospital only by the shame of her husband and her parents. The method of evolution was applied with relevant elements. The reason for coming was an inaccurate speech of the patient. Anamnesis is taken from the patient. The patient's diagnosis is described and the treatment table is presented.

AIM: Creating a new technique in the rehabilitation of the spoken language in the defects of the pronunciation of letters K and G, since classical methods did not work in the concrete case, speech

exercises, time needed for rehabilitation of this defect.

OBJECTIVE: This review will answer this question: Can we find new technique in speech therapy patients who have a defect in K and G pronunciation?

METHODS:

Design: work and observation with the new technique in pronunciation.

Participants: patient of the age 30 years, duration 1 (one) hour and 30 (thirty) minutes

Intervention: articulation exercises, language exercises and continuous motivation.

Outcomes measures: Speech therapy exercises (measured by language competence tests for 5min), Speech quality (measured by specific weight disorder) and unwanted events (measured as frequency base damage, incomprehensible speech, relocating speech organs).

RESULTS: Five randomized 1-party controls with 1 defective participant were included. The patient was a lady of the age of 30 (thirty) years. The program lasted only 90 (ninety) minutes. The time needed for rehabilitation was 1 hour and 30 minutes plus 3 days follow-up. Speech therapy exercises increase the communication quality of patients who have difficulty expressing.

CONCLUSION: The method followed was effective, as classical methods failed. The difficulty faced was the lack of self-confidence and bulimia experienced by the patient for more than 20 years in school and family. Teachers in schools should have been more cautious about the defect of pronunciation because it has left a major trauma in the patient's psyche and has hampered its academic achievement as a result of stigmatization and bullying.

Key word: speech therapy exercises, language exercise, defect of pronunciation, prohibition of bullying.

110. NURSES, PATIENTS AND INFECTIONS

Ergys Ramosaço, Ledio Neçaj, Erald Çoçka, Alma Pulaj, Merita Sefa

Abstract

INTRODUCTION: Nurses can be at risk both for spreading or catching infectious disease. Nurses' contacts with potentially infectious persons probably place them at higher risk than the general population for infectious diseases. Nurses can potentially spread infection from infected patients to the general population. After infection is introduced into the nurse population, further contact with patients, other staff members, and relatives might result in faster spread to the general population. A nurse can play an important role in controlling hospital infections via updated knowledge, enhanced attitude and professional behaviors. The practice of infectious diseases is an ever-changing discipline. Moreover, the increasing number of emerging diseases often forces nurses to take on roles outside of their normal duties. So, nurses need to be equipped to understand and follow infection control procedures to not only protect themselves, but also to protect their patients. Reducing the risk of infection and using the prevention principles are in the realm of nursing. Nurses play a pivotal role in preventing, not only by ensuring that all aspects of their nursing practice is evidence based, but also through nursing

research and patient education.

CONCLUSIONS: For this reason, nursing education strategies are essential to the prevention of infections, between medical staff and patients, because taking precautions against infection is so important, not only for patients and nurses, but for public health.

KEYWORDS: Nurses, patients, risk of infectious, prevention, education

111. REHABILITATION ASPECTS OF THE DISTORTION OF THE ANKLE IN ATHLETES

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Abstract

DEFINITION: Distortion is the damage of an articulation with the possible rupture of ligaments or tendons without displacement of articulates.

AIM: Traumatic injuries can be caused by sport practice without basic training, heavy workout, great exercise intensity and very low recovery time. For this reason, it was necessary to develop diagnostic and therapeutic proposals aimed primarily at preventing the risk of other recurrent distortions. Therefore, it is necessary to make the appropriate estimates in order to establish the degree of damage and to monitor the continuous progression that continues with a specific re-training to recover normal static-dynamic properties of thefoot, thus reducing the probability for another distortive trauma.

MATERIALS AND METHODS: Studies of patients were carried at Orthomed Sport Center Tirana, in the period February-April 2019. 10 patients are professional athletes diagnosed with I and II degree ankle distortions. 5 patients underwent routine treatment, which means rest, mobilization, physical therapy, muscular strengthening and exercise. 5 other patients have performed also proprioceptive treatment besides routine.

Results and Discussion: In patients treated with ankle distortion and having significant pain, 50% had partial improvement while 50% had a complete improvement of the ankle pain. Patients treated with ankle distortion and having significant articulation limitation, 60% had partial improvement, while 40% had a complete improvement of the articulation limit. Patients with significant articulation effusion, 100% of them had complete elimination of the articular effusion. Patients with reduced muscle capacity, 100% had full improvement of this capacity.

CONCLUSIONS: The most appropriate treatment resulted from the proprioceptive re-education, as it helped in achieving complete articulation, and allowed:

1. Restoration of stabilizing reflexes that enable functional ankle recovery (as before the distortive trauma).

2. Modifying the muscular force that results to be very effective in coping with distortive repetitive trauma (in order to avoid a subsequent trauma).

All of this allowed the patient to gain the proper proprioceptive stability, strength and sensitivity, in such a way as to eliminate the risk of a new distortion event occurring.

KEYWORDS: Distortion, ankle, rehabilitation, physiotherapy, proprioceptive.

112. FABRY DISEASE AND ITS PREVALENCE IN THE POPULATION OF CHRONIC HAEMODIALYSIS PATIENTS

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Abstract

INTRODUCTION: Fabry's disease (AFD) is an X-linked lysosomal storage disease, resulting from a deficiency in alpha-galactosidase A (A-Gal A). Untreated, this leads to precocious failure of vital organ function and death. As enzyme replacement therapy is available, it is of vital importance that affected individuals can be traced.

MATERIALS AND METHODS: We set up a screening in the population of chronic haemodialysis patients in six different haemodialysis center (six different cities), using a two-tier approach. The first tier was a determination of alpha- galactosidase A activity using a dried blood spot on filter paper. In the second tier, patients with the lowest alpha-galactosidase levels were further subjected to mutation analysis of the GLA gene.

RESULTS: From a total of 428 patients, 255 patietens (102 female, 153 male) were selected for testing, after exlusion of patients with definite renal diagnosis and the selecting criteria we aplied. In total, we sent 255 tests DBFP to be analysed. From 255 test sent, only 239 patients (93.7% of the populate) were analysed, 96 females (37.64%) and 143 males (56.07%). DBFP tests analysis of 143 males yielded a mean α-Gal A activity 21.84 ± 11.9 μmol/L/h, with 34 males under cut-off value (<15.3 μmol/L/h), but with normal levels of lyso-Gb3 and no mutation found. In 96 females, levels of α-Gal A activity were within normal range. Only in one female, a heterozygous variant of uncertain significance p.(Asp313Tyr)], was identified in the GLA gene, exon 6. Additionally, the concentration of the biomarker lyso-Gb3 was found within normal range.

DISCUSSION: A screening programme for a rare genetic disease is time-consuming and expensive. Therefore, some prerequisites are indispensable: confinement of the screening to a well-de-fined population subgroup with a higher risk for the presence of the disease, the availability of a cheap and sensitive test method and the possibility to offer therapeutic and genetic counselling after a diagnosis is made. Steps should be undertaken to implement routine measurements of α-Gal A in these patients, supported by recommendations in national and international guidelines.

113. COMPARISON BETWEEN DIFFERENT METHODS OF POLYMERIZATION IN REMOVABLE DENTURES

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Abstract

The treatment of patients who need complete dentures, challenges the skills of a dentist . Nowadays the number of patients wearing complete removable dentures is rising. We are dealing with a situation where jawbones are more and more atrophied. In order to construct an efficient total prosthesis we were based on the Biofunctional System, elaborated by U.Stuttgen. The preparation process of these dentures was built on the principles of Guided Functional Movement.

The aim of our study was to construct a complete removable prosthesis according to bilateral balanced occlusion with no alterations, interferences, deformities and to compare it to conventional prosthesis in terms of stability, function, achievement of balanced occlusion, strength, mechanical resistance, decubitus, sore and aesthetics.

As a study material, we included 245 patients treated by us, who observed in 5 year long period. We divided patients into two groups: in the first one 133 patients treated by using biofunctional prosthesis, and 112 patients were part of the second group treated using conventional dentures. Based on the check up immediately after putting on the dentures and 6 years later, we concluded and compared the results of the prosthesis systems in both groups.

As a result, we concluded that biofunctional prosthesis had a high advantage compared to the conventional ones in all terms.

KEYWORDS: bilateral balanced occlusion, biofunctional prosthesis, highly functional, stability.

114. AMLODIPINE - RELATED PERIPHERAL EDEMA

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Abstract

Amlodipine is a calcium channel blocker (CCB) of the third generation dihydropyridine CCB group, used as monotherapy or in combination, for treatment of hypertension. Treatment with Amlodipine is frequently complicated by dependent oedema in the absence of sodium retention or cardiac failure, a bothersome side effect of unclear etiology. A prospective observational study was conducted in tertiary care, UHC "Mother Theresa" to evaluate amlodipine induced peripheral edema. A total of 145 patients receiving amlodipine were enrolled into study. Inclusion criteria were subjects between

30–70 years of age who had essential hypertension and on stable dose of BB and ACEI/ARB for at least 4 weeks, having either systolic BP (SBP) ≥140 mmHg or diastolic BP (DBP) ≥90 mmHg, or both, in sitting position. The overall incidence of peripheral edema was found to be 27 (18.36%). The incidence of peripheral edema was higher among females than males, 19.37% and 17.35% respectively.The incidence of peripheral edema was found to be dose-dependent, ranging from 9.35% for 5 mg and 28.45% for 10mg respectively. The incidence was higher in patients over 60-70 years (37.00%). The incidence of peripheral edema progressively increased with duration of CCB therapy up to 6 months. As a conclusion the incidence of PE due to CCBs is high, older age, chronic co-morbidity conditions, drug dose, duration of therapy we're found to be the risk factors. The usual approach to patients with amlodipine-induced edema involves cessation of amlodipine therapy and substitution with an alternative antihypertensive.

KEYWORDS: calcium channel blocker (CCB), amlodipine, peripheral edema (PE), antihypertensive therapy

115. ANAEMIA AND THE NEED FOR ALLOGENIC BLOOD TRANSFUSION IN CARDIOSURGICAL PATIENTS IN ALBANIA

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Abstract

BACKGROUND: Preoperative anaemia is a common finding in patients undergoing surgery and often neglected in our country. Aims: The objective of this study was to evaluate Hb (values and the identification of cardiac patients who entered operation with anaemia. And also to study the correlation between Hb values and the number of RBC (red blood cell) transfused unit

METHODS: This is a retrospective, descriptive and analytical study. The data for this study was collected from the files in the Statistic's Service at QSUT (University Hospital Center "Mother Tereza"). The object of our study were the files of 158 patients hospitalized in the period January - May 2018 in the Cardiac Surgery Ward, which were subjected to cardiac surgery. From the files were collected data on age, gender, primary diagnosis, accompanying diseases. We also collected Hb, RBC, Htc (hematocrit), MCV(mean corpuscular volume), MCH (mean corpuscular hemoglobin), MCHC (mean corpuscular hemoglobin concentration). From the Transfusion Service at QSUT and from the files were pulled out the transfused patients and the number of transfused units.

RESULTS: Based on the WHO definition for Anemia (females <12 g / dl and males <13 g / dl), from the 158 patients included in the study, 61 (39%) were anaemic. From 117 males in the study, 40 (34%) of them were anaemicbased on Hb lab values, whereas from 41 women in the study anaemic were found to be 21 (51%) of them. From the 61 anaemic patients in the study, 35 (57.4%) of them with mild anaemia, 23 (37.7%) with moderate anaemia and 3 (4.9%) with severe anaemia. In the total of anaemic female 38.1% are under 65, while 61.9% are over / or 65 years old. In the total of anaemic males, 35% are under 65, while 65% are over / or 65 years old. It is noticed that most of them are with normochromic normocytic 67.2%, normocytic hipochromic anaemia16.4%, hyperchromicmicroytic anaemia 8.2%,

macrocytic normochromic anaemia and macrocytic Hypochromic anaemiarespectively 1.6% and microcytic normochromic anaemia 4.9%.The average value of preoperative Hb decreased from 12.8 g / dl before surgery to 10.3 g / dl after surgery, so there is a decrease of approximately 2.5g / dl of Hb value. In our 158 patients, 48% (76) were transfused and the remaining 52% (82) were not transfused. From 76 transfused patients 41 (54%) patients were anaemic. The correlation between the values of Hb, RBC, Htc and the number of transfusions shows that with the decrease of these values the number of transfused units increases.

CONCLUSIONS: The diagnose of anaemia is underestimated before surgical intervention in our country and investigation of Hb low values do not take the proper importance to find probable cause and correct it before surgical intervention. The lower theHb values, the greater the chance to be transfused and the number of RBC transfused units. Failure to correct Hb values before surgery results in unnecessary transfusions for the patients or which could have been avoided , eliminating also the risk of transfusion complications.

116. BENEFITS OF QUADRIVALENT VACCINE OVER TRIVALENT VACCINE OF INFLUENZA VIRUS

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Abstract

AIM:

1) Representation of data related to prevalence of morbidity and mortality caused by influenza virus, in Albania comparing to other countries of Balkan region, based on an Alert system(flunewseurope.org) constructed by ECDC and WHO-Europe, as well the latest guidelines to reduce incidence in middle-term and long-term period internationally.

2) Review of relevant studies according to cost-benefit analysis in terms of macroeconomic impact of cumulative number of patients hospitalized and implementation of quadrivalent vaccine comparing to trivalent vaccine or live-attenuated vaccine.

3) Evaluation and interpretation of data collected for in-patients visits(hospitalized) on MTUH-Tirana (Mother Theresa University Hospital), Infectious disease hospital.

METHODOLOGY: Research design: meta-analysis (critical analysis on previous international studies on this topic and combining the results of multiple scientific studies)

Advantages: 1) Aggregation of information leading to a higher statistical power; 2) The precision and accuracy of estimates can be improved as more data is used; 3) Extract of relevant data; 4) Results can be generalized to a larger population; 5) Contain important components of a systematic review procedure.

Limitations: 1) non-experimental; 2) transversal follow-up of target group (measurement of prevalence only); 3) problems related to studies not reporting non-statistically significant effects

RESULTS:

1) Every year European Union-states report an absence by 75% of general population vaccination, resulting in 2 million additional cases of influenza.

2) Approximately 1, 9 million new cases with additional influenza-like illnesses, were prevented by vaccination in 2014-2015 year in USA (60% were covered by quadrivalent vaccine).

3) According to a credible analytical study, replacement of trivalent vaccine with quadrivalent vaccine from 2014 until 2034, will reduce new cases by 27, 2% (nearly 16 million people).

CONCLUSIONS:

1) Influenza-like illnesses are a dominant factor, influencing on time of hospitalization and economic cost on health system. It is estimated that one third of medical visits to general physicians, related to influenza's season, are caused by otitis media complication, in developed countries.

2) Implementation of quadrivalent vaccine in 2014-USA, would have reduced influenza new cases divided in these age groups: 0-15 year old (3, 6%), 16-60 year old (4%), ≥61 year old (6, 9%), according to analytical study.

3) Implementation of quadrivalent vaccine in 2016-Spain, in these age groups: ≥3 - 65 year old and ≥65 year old, would have reduced: 1)18565 new cases; 2)407 hospitalized patients; 3)181 deaths.

KEYWORDS: influenza, vaccine, cost-benefit, morbidity, strains

117. AUTO INFLAMMATORY DISEASES

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Abstract

Autoimmune diseases are characterized by chronic or recurrent inflammatory signs of infectious pathologies or autoimmune diseases. Autoimmune diseases are caused by genetic mutations in the molecules that are involved in regulating the innate immune response. It is important not to confuse auto inflammatory syndrome with autoimmune diseases, such as: LES, AR, DM-PM, and others caused by the acquired immune system by developing antibodies to antigens that then attack healthy body tissues.

Auto inflammatory syndromes comprise a set of clinically different pathologies characterized by

periodic episodes of fever accompanied by inflammatory manifestations of skin, mucous membranes, serosis and osteoarthritis manifestations. Although these rare disorders, they often have a typical appearance and inflammatory features, they do not present an infectious or autoimmune trait. Many of them are the result of an inherited immune response disorder that causes activation of the inflammasomes and inflammatory cytokines. In favor of this theory goes the clinical response to IL-1 and TNF α-inhibitory therapies and the inefficiency of immunosuppressive therapy. Clinical manifestations include: periodic febrile episodes, neutrophylic or urticarial rash, serositis, hepato-splenomegalia, lymphadenopathy, increased serum levels of proteins during acute inflammatory phases, as well secondary amyloidosis during the progression. Between febrile episodes, patients feel calm and capable of doing daily tasks. Autoimmune diseases are not contagious. When patients are symptomatic, they cannot infect anyone, even if they exhibit temperature, erythema, non-infectious conjunctivitis, vomiting, diarrhea or other symptoms that may be confused as sinus diseases.

It is important to distinguish the "flare" of the disease from infectious diseases. In general, autoimmune diseases "flare" follow a characteristic pattern each time they occur, such as: duration of the temperature, accompanying symptoms, increased inflammatory tests involving PCR, ERS, Fib, α1 glob.

The identification of the genetic defect has led to the development of immune pathogenesis of these auto inflammatory syndromes. In the family history of these individuals there is a family of first or second circles with similar symptoms or diagnosed with auto inflammatory syndrome. A monogenetic defect has been identified in the following auto inflammatory syndromes: FMF (familial Mediterranean fever), TRAPS syndrome (TNF receptor-associated periodic syndrome), HIDS (hyper immunoglobulinemia D), CAPS (cryopyrin-associated periodic syndromes), FCAS (familial cold auto inflammatory syndrome), MWS (Muckle-Wells syndrome), NOMID (neonatal-onset multisystem inflammatory disease).

The mode of manifestations and the gravity of the symptoms with which these diseases manifest themselves when the patient is presented to the doctor and even for the first time make up a challenge for any medical discipline.

118. PROLONGED FEBRILE SYNDROME THAT RESULTED TYPHOID FEVER WITH MICROABSCESSES IN LIVER AND KIDNEY AND POSITIVE FOR GIARDIA-LAMBLIA.

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Abstract

INTRODUCTION: Prolonged typhoid fever, also known as enteric fever is a potentially fatal multysistemic illness caused by Salmonella enterica, subspecies enterica serovar typhi and, related serovars paratyphi A, B, and C.

OBJECTIVE: To describe a case with prolonged febrile syndrome associated with microabscesses in

liver and kidney that resulted typhoid fever and positive for giardia-lamblia.

Case presentation: A 72 years old male patient, presented in clinic of Infectious Diseases with high fever 41-42 º C accompanied with strong chills, strong dry cough, weakness, muscle and joint pain. He referred to these complaints had begun before 40 days.At the time of hospitalization in objective examination was found hepatosplenomegaly, abnormal breath sounds. In hemogramme was found: WBC 2.7 103/mm3, RBC 3.81 106/mm3, HGB 10.8 g/dl, HCT 34.2 %, PLT 96 103/mm3, neutrophils 12%, eosinophils 2 %.Biochrmical tests: ALP 317 U/L, AST 50U/L, ALT 41 U/L, GGT 331 U/L, CK 83 U/L. Prothrombin time 62.9 %.Stool sample for parasites resulted: positive for Giardia Lamblia and negative for Entameba hystolitica.Anti-Echinococcus antibodies IgG (ELISA) was negative. Widal test: Salmonella Typhi O and H 1/160 antigen (repeated after 2 weeks). HBsAg and anti-HCV (Elisa) was negative.Chest radiograph resulted-Pulmonary fibrosis.In abdominal magnetic resonance angiography was noticed some hyperintense formations in liver, aspects in favor of microabscesses the largest in segment VIII with dimensions of 10 mm and kidney cortical cysts formations.Patient was treated with antibiotic therapy (Ceftriaxon 1.0 g, 2x1 fl i.v, Metronidazol 0, 5/100 ml, i.v x 3) and supportive therapy.

CONCLUSIONS: 1.Drinking and eating controlled water and food to prevent infection with S. Typhi.

2.Early diagnosis of the disease, prevention and prophilaxis of family members is very important to reduce the mortality and morbidity of the disease.

KEYWORDS: typhoid fever, enteric fever, ondulant fever

119. HOW MUCH DETERMINANT IS MENTAL HEALTH RELATED TO ALCOHOL ABUSE ? FAMILIAL PREDISPOSITION VERSUS ENVIRONMENTAL PREDISPOSITION

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Abstract

INTRODUCTION: Alcohol abuse is one of the five most important causes of the global burden of disease.

AIM: The aim of this study is to find out if there is any correlation between alcohol abuse and mental health.

Material and **METHODS:** This is a retrospective study, conducted in UHC "Mother Teresa" Tirane, during January 2012- June 2013. The diagnosis was made based on clinical history of the patients and laboratory findings. All the statistical data were analyzed based on SPSS 20.0 program.

RESULTS: In this study were enrolled 328 patients. 98 % of them were male. The mean age of these

patients was 42.9 ±10.8 years old. The average daily doses of alcohol consumption is 240.0±41.8ml, for patients under 30 years old, and increases with age. (Kruskal-Wallis Test, H=11.5, p=0.06). 36 % of the patients had familial predisposition for alcohol abuse vs 34.5% which had environmental predisposition ($\chi 2$ = 4.5 p=0.03). 50% of the patients had both predispositions. 107 patients had a dual diagnosis in the moment of hospitalization.66 patients had comorbid psychiatric diagnosis, from which 45.5 % had anxiety disorders ($\chi 2$goodness of fit = 17.3, p<0.01).

CONCLUSIONS: Although many studies conducted abroad, highlight the close relationship between mental health and addiction in general, but specifically with alcohol abuse, in this study we didn`t determined this. It might be because of the under diagnosed, or misdiagnosed mental health disorders in Albania, but as well as misreporting of alcohol abuse from patients.

KEYWORDS: alcohol abuse, mental health, disorder, predisposition

120. THE IMPORTANCE OF ENZYMATIC CHANGES IN DETECTING AUD PATIENTS IN ALBANIA

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Abstract

AUD is a clinical diagnosis, which is made after the patients meet two of the 11 criteria outlined by DSM-V.

AIM: The aim of this study is to evaluate the changes of some enzymes, i.e AST, ALT, GGT, LDH, ALP and CK to the patients hospitalized with the AUD diagnosis.

Materials and **METHOD:** This is a study performed in UHCT" Mother Teresa" in Tirana/Albania, which is the only center for diagnosis and treatment of patients with AUD in Albania. This is a retrospective study, that is performed during the years 2012-2013. 320 patients are enrolled in this study. These enzymes were measured during the first day of hospitalization. All the data that were collected, were analyzed with the program SPSS 20.0.

RESULTS: In this study were enrolled 320 patients; all of them were male. The median age of patients was 42 years old and standard deviation was 10.8. We have noticed a positive correlation statistically significant between AST, ALT, GGT, LDH and the time of alcohol abuse, meanwhile CK and ALP were not statistically significant in correlation with the time of alcohol abuse.

DISCUSSIONS: As it is already confirmed from different studies, consuming alcohol can damage virtually every organ of the body. Thus, it is very important to measure different enzymatic activities to diagnose the problems caused by alcohol in the right time.

KEYWORDS: Alcohol use disorder; enzymes; alcohol; changes

121. TREATMENT OF DECUBITUS IN CONSERVATIVE WAYS AND SURGERY

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Abstract

Decubitus wounds are also known as pressure ulcers. Definition: "Localized skin and/or basal tissue lesions are commonly found on the bone projection as a result of pressure in combination with the friction or cutting force."

The problem of decubitus associated with predisposing pathologies or the time of staying in bed is becoming more and more frequent.

AIM: this study aims to introduce the types of treatment of the decubitus in the American Hospital.

OBJECTIVES: Prevention of decubitus formation and treating and achieving healing at a shorter time.

MATERIALS AND METHODS: are based on 2 problematic cases, treated at the American Hospital in the period March 2015-March 2016:

First Case - Male, Age 31, Diagnosis: Politraum transferred to the American Hospital after 10 days of events with decubitus wounds present in the sacral part. Treatment with debriment and exudex is performed. Ulcer size 30x35 and after exudate 25x30 . The hospitalization for 20 days, which results in septic condition in Lermer.

Second Case - Female 68-year-old, diagnosis: AVC + Diabetes Melitus, HTA. Depending on the methods of prevention (position change every 2 hours + air mattress placement), the first lesions appear 2 weeks after the patient's hospitalization. After that, the treatment with ultraviolet tanning is changed and the position change every one hour, regardless of all decubitus goes to the gangrenisation stage. It is necessary to remove the necrotic layers up to the bleeding, the earliest treatment of the sacral areas as well as the seizure of the ulcer. The ulcers decrease considerably, indicating the regeneration layers.

CONCLUSION: The treatment of decubitus in the advanced stage makes it difficult for people with healing and remains a challenge both for the health personnel and the patients. Starting from this study, the emphasis is placed on the importance of decubitus prevention.

KEYWORDS: Prevention, Exsudex, Debridement.

122. RELEVANT LEGISLATION AND CASES OF PRACTICE FOR MEDICAL ERRORS

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Abstract

Human society is disposed toward the creation of safe systems in every area of life. Consequently, in the health system, the need for security and "perfection" is more evident than in any other area, for the direct impact on human health and life. But in any place in the world, the health system is not as safe as it should. The issue of patient safety plays a prominent role in health care. Medical error is an alarming concern for patient safety as well as for medical staff, who is endangered by punishment and de-motivation due not only to a health system insecurity but also to legal uncertainty.

Given the recent events, over penal punishment of medics due to "medical errors", the different approach to the concept of medical error in the legal aspect, dealt with by the criminal law and jurisprudence, with what is conceived by medical sciences and practice, brings a confusion of the situation. Punishments and severe sanctions applied by the justice system to doctors, treating them as negligence, which cause negative consequences for the rehabilitation of the convicted subject, in the recovery of professional relationships, their credibility towards the society, institutions, patients, colleagues, until to the most extreme cases, the lack of motivation to continue life.

Today, state institutions and doctor's order are expressed over the necessity of reviewing the provisions of the criminal law and decriminalization of medical errors.Initiative which should begin with the explanation, definition and clarification of the concept of what is a "medical error". An analysis of current legislation and legal acts which sanctions offences that risked life and health, seen also in the aspect of judicial practice and legal acts that regulate the doctor's profession, address the need for their redesign, creating a good practice in resolving conflicts in the future and guaranteeing human rights.

KEYWORDS: Medical staff, Medical errors, Patients, Legislation, Court.

123. STABILITY OF PROPRANOLOL IN A NEW ORAL LIQUID FORMULATION FOR PEDIATRIC PATIENTS

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Abstract

BACKGROUND: Liquid oral preparations of propranolol hydrochloride (PROP) have been proven to successfully treat infantile hemangioma (IH). Unfortunately, no oral liquid dosage form is available

in Albania until now. Hence, there is an immediate need to compound age-appropriate preparations from hospital pharmacists in pediatric cardiology.

OBJECTIVE: To develop a novel liquid formulation preservative-free of PROP 1 mg/ml from the commercially available tablets suitable for pediatric use in hospital settings and also to evaluate its stability when stored at 4±2˚C for 30 days.

METHODS: In the present study a compounded formulation of PROP was developed and analysed in our laboratory. A suitable reversed phase high performance liquid chromatography method was validated and used to assess the stability of the active ingredient in the present formulation and pH measurements were carried out during the stability study.

RESULTS: The compounded formulation of PROP 1 mg/ml was stable throughout the stability study. The chosen chromatographic method proved to be accurate, precise, linear and suitable for assessing PROP in this formulation.

CONCLUSION: The results obtained demonstrate the stability of this novel formulation providing an easy and suitable solution whenever the commercially available dosage form is missing.

KEYWORDS: propranolol HCl, pediatric, oral solution, stability, HPLC.

124. DENTAL PLAQUE INDEX IN DIABETIC PATIENTS AT THE ENDOCRINOLOGY CLINIC IN QSUT

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Abstract

BACKGROUND: Diabetes and periodontitis are two common diseases that have a two-way relationship. Periodontal diseases are mainly caused by the accumulation and maturation of the plaque bacteria which stimulate an increase of glucose level in blood. These induces toxin production and as consequence a greater risk for gum and periodontal diseases.

The aim of the study: Was to measure the oral hygiene status in relation to social economic factors in hospitalized diabetic patients.

Methods and materials: This was a cross sectional study conducted to hospitalized patients at Endocrinology Clinic in Tirana University Hospital Center (QSUT). Study permission was provided by the health authorities. All patients were invited to participate in the study but only the one who signed the consent were included in the examination. Anonymous questionnaire was used including: initials, age, location, gender, education, income, diagnosed diabetes, tobacco or alcohol consumption, etc. The study was conducted within three weeks during March 2019. To access the oral hygiene status we used the plaque index by "Silness-Löe". The data were analyzed by SPSS 22. Frequencies descriptive and compare means statistical tests were used to present the results.

RESULTS: A total of 66 patients 56% female and 44% male participated in the study with a mean age 56.65 (SD+/-144.1) years old. 54.4% were living in urban and 45.5% in rural areas. 83.3% of the patient's education level was elementary or high school and only 16.7% university. 78.8% of the participants reported an income equal or =<24.000 ALL(minimum monthly income). 41% of participants (edentulous or refused examination) were excluded from plaque index calculation. Silness-Lõe Index 1.6 (SD+/-0.47) for the remaining 59% of the study population. There was no statistical significance between Plaque Index and place of living, education or income level.

CONCLUSION: The hospitalized diabetic patients showed a moderate plaque accumulation that could be distinguished with naked eye indicating a need for regular oral hygiene. There is a need to emphasize the importance of regular oral hygiene and its relation to diabetic disease for these patients.

KEYWORDS: diabetes, dental plaque, oral health, periodontal diseases.

125. EFFECT OF VALPROATE VERSUS OTHER MOOD STABILISERS IN PATIENTS WITH BIPOLAR DISORDER 1

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Abstract

OBJECTIVE: To evaluate the effect of Valproate versus Lithium and Carbamazepine in long term treatment of patients with bipolar 1 disorder.

METHOD: Clinical study, opened, randomized longitudinal prospective with 2 years follow up. This study is comparative with parallel groups. Statistical analysis is done using Survival Analysis: Caplan-Meiers method S (t) = P[T >= t1].

RESULTS: Valproate vs Lithium: Survival: S (Vp) > S (Li) with 4.34 ±6, 5%, (p=0.4304). Mean Survival time: t (Vp) > t (Li) with 10 ±6%. Median Survival time: tm (Vp) > tm (Li) with 14 ±13 %. Hazard ratio: Li has a risk of 20.4% higher than Vp (B=0.186, p=0.434). Valproate vs Carbamazepine (cbz): Survival: S (Vp) > S (Cbz) with 26 ±6, 5%, p = 0.0010. Mean Survival time: t (Vp) > t (Cbz) with 35 ±7%. Median Survival time: tm (Vp) > tm (Cbz) with 53 ±17%. Hazard ratio: Cbz has a risk of 108.5% higher than (B=0.735, p=0.001).

CONCLUSIONS: Valproate is effective mood stabiliser, with a good tolerability in the long time treatment of bipoar 1 patients. It has a slightely superior effect compared with lithium carbonate in the long time treatment of bipoar 1 patients. Valproate is superior versus carbamazepine as mono-therapy in the long time treatment of bipoar 1 patients especially in treatment of Bipolar 1 mixed type and bipolar 1 disorder without co-morbidity.

126. USAGE OF ANTIBIOTICS WITHOUT CRITERIA AND THE

KNOWLEDGE FOR THE SIDE EFFECTS IN PRISHTINA

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Abstract

INTRODUCTION: Antibiotics are substances that kill bacteria (bactericidal effect) or prevent bacteria growth (bacteriostatic effect). They have natural, synthetic or half-synthetic origin. Antibiotics are excellent solution for bacterial infections, but they do not affect viruses and fungus. In the beginning of antibiotics discovery antibiotics were used only in hospitals treating dangerous diseases for that time such as: Tuberculosis, meningitis and in pneumonias.

OBJECTIVES: This study aims to analyze the knowledge of residents of Prishtina, who frequented the University Clinical Center and Family Medicine Centers, regarding the usage of antibiotics with or without criteria, preferred antibiotics and their side effects. In Kosovo a major number of antibiotics can be found and the aim of this study is to analyze the knowledge of antibiotics of patients, which types of antibiotics are preferred, was a doctor prescription filed and was the pharmacist consulted.

METHODS: This is a population based study involving 250 residents. Data were collected through a questionnaire done in 250 residents who visited the Family Medicine Centers and the Clinical University Center. Data collection was supervised by the nurse and pharmacy students. Then data were analyzed retrospectively by the author.

RESULTS: In the study were included 250 residents, stratified by gender and age: 110 female's(44%) and 140 male`s (56%). Age-groups included in the study were 30-35 years old female`s and 25-60 years old male`s. 73.5% do not have adequate knowledge about antibiotics usage and used amoxicillin and cephalexin antibiotics without a doctor prescription.

26.5% used amoxicillin, cephalexin and ciprofloxacin antibiotics with a doctor prescription.

Time intervals of antibiotics treatment were not always respected: 59.1% did not take the antibiotic within 24hours, 22.9% took the antibiotic as the doctor prescribed and pharmacist advised, meanwhile 18% took the antibiotic only in the first day and discontinued afterwards.

127. ACUTE KIDNEY FAILURE AS THE INITIAL MANIFESTATION OF MULTIPLE MYELOMA

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Abstract

BACKGROUND: Multiple myeloma is a plasma cell neoplasm that can have various clinical presentations. The symptoms often reflect the infiltration of organs from plasma cells. MM is frequently associated with hypercalcemia and renal impairment. Renal damage is thought to be caused by serum free light chains (FLCs), that cause direct tubular damage and has been correlated with high serum lactate dehydrogenase (LDH), hypercalcemia, anemia and multiple bone lesions.

AIM: Our study aims to describe the epidemiological data (incidence, age, gender…) of patients with a primary diagnosis of MM presented in UHC "Mother Tereza" with acute kidney failure (AKF) as the initial manifestation of Multiple Myeloma.

MATERIALS AND METHODS: A retrospective case review was performed to identify all cases of newly diagnosed MM patients presenting with acute kidney injuryin UHC "Mother Tereza" during the period of time 2008-2018.

Patients were defined as having MM where all three conditions were met:

1) > 10% monoclonal plasma cells in bone marrow;

2) monoclonal protein identified in serum and/or urine;

3) presence of one or more MM-related organ dysfunction.

The presence of AKF at the time of MM diagnosis was defined based on the evidence of previously documented normal renal function during a period of at least 4 months. Data were collected from the Department of Statistics, UHC "Mother Tereza". Analyses were performed using SPSS version 20.0.

RESULTS: In total 252 patients with Multiple Myeloma have been diagnosed in UHC Mother Teresa, with an incidence of about 50 new cases per year. The patients presented with AKF were more likely to be elderly and male and with a worse prognosis and shorter survival compared to other MM patients without renal involvement.

CONCLUSION: This study is limited by its retrospective design, but it shows us that the incidence of MM-related renal disorders is relatively uncommon and more predominant in males rather than in females. MM-related renal failure is a medical emergency with the need for rapid diagnosis, supportive care, and MM-directed chemotherapy.

KEYWORDS: Multiple Myeloma, Acute Renal Failure, Epidemiology.

128. THE APPLICATION OF RESILIENT SOFT DENTURE LINING MATERIALS IN PROSTHODONTIC DENTISTRY

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Abstract

INTRODUCTION: In advanced residual resorbed alveolar ridges, the overlying mucosa loses its thickness, elasticity and cushioning effect. The complete denture applies pressure upon the thin mucosa during mastication causing pain, irritation and lesions of the oral cavity and making it difficult for patients to tolerate dentures.

AIM: The aim of this study is to present the effectiveness of using resilient elastic materials for lining the mucosal surface of complete dentures, in order to replace the lost thickness and elasticity of the overlying mucosa of atrophic ridges and to relieve patients from constant discomfort during mastication.

MATERIALS AND METHODS: Our study was performed on a total of 50 patients, between 70 and 90 years old, presenting type III residual ridge atrophy and thin mucosa. Elastic materials were applied for relining their complete dentures. Relining was applied in the lower denture for 37 patients and in the upper for 13 patients. Postoperative follow-up was performed after 3, 6, 9 and 12 months, evaluating the condition of the denture-bearing mucosa, the stability and retention of the denture, the masticatory efficasy and decubitous ulcers. In 16 cases, the elastic materials were used to relieve excessive anatomic formations.

RESULTS: In 72% of the patients, there was a noticeable increase in the stability and retention of the denture. In 84% of the patients, there was a significant reduction in decubitous ulcers and mucosal lesions in the oral cavity. In 58% of the patients, an improvement of the masticatory efficasy was observed. During follow-ups, it was noticed that the material had undergone a gradual disintegration after 5-6 months, which not only compromises their durability in the oral cavity, but itis also accompanied with the increasing risk of prosthetic stomatitis and candidiasis.

CONCLUSIONS: The results of this study demonstrate the success of using resilient elastic materials in cases of extremely atrophic ridges with non-resilient mucosa and excessive anatomic formations. They provide a cushioning effect to the forces of mastication, they reduce the risk of decubitous ulcers, they prevent the functional overload of the denture while increasing its stability. However, these materials must be replaced periodically (every 5-6 months) due to their disintegration.

KEYWORDS: Resilient material, acrylic, silicon, tissue conditioner, lining.

129. SUBJECTIVE ASSESSMENT OF SLEEP AND SLEEP DISORDERS

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Abstract

Sleep is a naturally recurring state characterized by altered consciousness, relatively inhibited sensory activity and inhibition of nearly all voluntary muscles and reduced interaction with the environment (National Institute of Neurological Disorders and Stroke)

Sleep is distinguished from the waking state by the lowered ability to react to stimuli. Sleep is repeated periodically. People may suffer from many sleep disorders including dyssomnia, insomnia, hypersomnia, narcolepsy, parasomnia, sleep apnea, bruxism, behavioral disorders in the REM sleep phase. Sleep assessment is objective and subjective. Objective sleep assessment includes

polysomnography, actigraphy, MSL (multiple sleep latency tests). Subjective assessment includes:

- Pittsburgh Sleep Quality Index (PSQI) which is used to evaluate overall sleep quality. PSQI is also used to evaluate changes over time or during treatment. PSQI has 19 self-reporting questions and 5 responses categorized by partner or room-mate.

- Structured Sleep Diagnosis Interview DSM / ICSD (SLEEP-EVAL), used for sleep evaluation

  - Brief insomnia questionnaire (BIQ), used to assess sleeplessness

  - Insomnia Severity Index (ISI), used specifically for sleeplessness. ISI is used to evaluate changes over time or during treatment.

  - Epworth Sleepiness Scale, used for hyper-somnolence. ESS is used to evaluate changes over time or during treatment, but not for short intervals.

  - Sleep Diary, which includes reporting of sleep quality perceptions, bedtime, latency, awakening, and so on. Data recording is done for a period of at least 2 weeks.

130. EVALUATION OF COMPLETE BLOOD PARAMETERS IN PREGNANT WOMEN

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Abstract

AIM: Hematological profile is considered one of the factors affecting pregnancy. The study evaluates the average median values of haematological parameters and their median values in pregnancy depending on the weeks of pregnancy. Complete blood analysis is a reliable indicator and a simple, fast, and cost-effective test. During pregnancy the changes that occur affect hematologic parameters such as red blood cells (RBCs), hemoglobin (Hb), platelet (PLT) and leukocytes (WBC). Evaluation of changes in some basic blood parameters compared to a control group comprised of non pregnant women and consideration of these parameters over the trimester of pregnancy.

MATERIALS AND METHODS: The study included 100 pregnant women followed by weeks of pregnancy and a control group comprised of 30 female which were not pregnant. The analysis was performed in venous blood, taken in K3EDTA anticoagulant tube and measured by hematological analyzer Sysmex (xs-1000i).

RESULTS: In this study the average accompanied by the standard deviation is: in the first trimester RBC x 10^3 / µl (4.2 ± 0.41), Hb g / dl (11.9 ± 1.00), HCT% (35 ± 1), MCV fl (84.2 ± 0.25), MCH pg (28.6 ± 2.25), PLTx10^3 / µl (263.2 ± 66.86), WBCx10^3 / µl (7.6 ± 1.85), NEUTRO% (63.9 ± 7.89), LYM% (33.66 ± 7.97). In the second trimester RBC x 10^3 (27.6.11 ± 72.8) HB g / dl (11.62 ± 0.79), HCT% (34.03 ± 2.18),

MCVfl (84.70 ± 4.67), MCHpg (28.93 ± 1.87) PLTx10³ / µl (276.11 ± 72.20), WBCx10³ / µl (7.83 ± 2.23), NEUTRO% (63.91 ± 7.83), LYM% (26.56 ± 6.56).

In the third trimester RBC x 103 / µl (4.25 ± 0.45), Hb g / dl (11.29 ± 1.16), HCT% (35.58 ± 2.98), MCV fl (84.02 ± 5.68), MCH pg (28.60 ± 2.60) PLT x10³ / µl (246.69 ± 62.63), WBC x10³ / µl (7.91 ± 1.14), NEUTRO% (66.13 ± 6.18), LYM% (23.93 ± 5.61) .If average values of parameters are observed in different trimesters, we will see the differences.

KEYWORDS: pregnancy, trimester, erythrocytes, leukocytes, thrombocytes.

131. POLYMICROBIAL RESISTANCE IN INTENSIVE THERAPY UNITS.

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Abstract

Septic problems and the administration of antibiotics in intensive therapy units remain essential issues nowadays. No new antibiotics have been discovered while resistance to them is growing. Existence of bacterial pathogens that exhibit resistance to many antibiotics is one of the reasons for mortality in intensive care units. Inexperienced use of antibiotics, inadequate selection based on cultures, mutant mutant forms are the main causes of this important phenomenon today despite the efforts made to standardize antibiotic use policies and fight against infections. Pathogens such as Staphylococcus aureus methicillin-resistant and vancomycin-resistant enterococci or even gram negative such as Klebsiella pneumonia, Escherichia coli, or Proteus, constitute major problems. Enterobacter spp., Citrobacter spp., Pseudomonas aeruginosa, and Acinetobacter are also highly resistant. In American Hospital 3, the Anesthesia-Reanimation Service is building a policy based on international protocols for the use of antibiotics as rigorously, based on microbial cultures, as well as on inflammatory parameters such as Protein C reactive, and Prokalcitonin.

It is recommended that each hospital has its own protocols, and doctors are part of their design and implementation to reduce polymicrobial resistance to antibiotics.

132. ALCOHOL, DRUGS AND MENTAL HEALTH

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Abstract

Introduction: When you have both a substance abuse problem and a mental health issue such as depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis. Dealing with substance abuse, alcoholism, or drug addiction is never easy, and it's even more difficult when

you're also struggling with mental health problems.

Purpose: The purpose of this study is to understand a possible relation between the use of alcohol and drugs and psychiatric disorders.

Methodology: This study included 478 patients aged 18 to 60 years. All psychiatric disorders that showed on them after using alcohol or drug were analysed and a relationship was established between the age, gender, socio – economic status, the type of substance used, the duration of use, using the SPSS program.

Results: 29 % of alcohol abusers and 51% of drug abusers also have at least one serious mental illness. Of all patients diagnosed as mentally ill, 26% abuse either alcohol or drugs.

Conclusion: Our study indicates that the rate of alcohol and drug abusers has been steadily increasing among patients who received specialist mental health care.

Key words: mental health problems, alcohol/ drug addiction, psychiatric disorders.

133. IRON DEFICIENCY ANEMIA IN INFANTS AND CHILDREN

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Abstract

BACKGROUND: Anemia, defined as a hemoglobin level two standard deviations below the mean for age, is prevalent in infants and children worldwide. Worldwide, anemia affects up to one-half of children younger than five years. Microcytic anemia due to iron deficiency is the most common type of anemia in infants and young children.

AIM: This study aims to review that the current approaches in evaluating infants and young children with anemia in general and iron deficiency anemia in particular.

DISCUSSIONS: The approach to the evaluation of infants and young children suspected for anemia begins with a thorough history such as questions to determine prematurity, low birth weight, diet, chronic diseases, family history of anemia, and ethnic background. A complete blood count is the most common initial diagnostic test used to evaluate for anemia, and it allows for differentiating microcytic, normocytic, and macrocytic anemia based of Mean Corpuscular Volume that is lower than 80 fl.

Differential diagnosis of microcytic anemia is commonly done between the iron deficiency anemia, thalassemia and anemia of chronic disease; but sometimes it may become a challenge, especially for young doctors in their clinical practice in primary care.

The main principles in management of iron deficiency anemia include investigation and elimination of the cause leading to iron deficiency, replacement of deficiency, improvement of nutrition and education of the patient and family.

KEYWORDS: Iron Deficiency, Anemia, Infants, Children, Treatment.

134. REHABILITATION TECHNIQUES AT FRIEDRICH ATAXIA

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Abstract

BACKGROUND: It describes Ataxia Friedriech and its management. Includes specific patient conditions and assessment methods. The patient was introduced to the clinic at his will accompanied by the family members. The method of evolution was applied with relevant elements. The reason for coming was the difficulty in articulation and the difficulty of being understood by others as a result of advancing pathology. Anamnesis was taken by family members and the patient himself. Treatment tables are presented.

AIM: Determine effective speech rehabilitation techniques in the patient with Ataxia Friedriech

OBJECTIVE: This report will answer this question: Can we rehabilitate the speech to the patient with Ataxia Friedriech with speech therapy techniques?

METHODS: Design: systematic review with the evaluation method.

PARTICIPANTS: a girl at the age of 31.

INTERVENTION: massage, articulation exercises, sound exercises, breathing exercises, relaxation exercises, swallowing exercises, grimace,

RESULTS: Speech therapy (measured by phonetic test for 15min), speech quality (measured by specific degree of disruption) and unwanted events (measured as baseline frequency impairment, incomprehensible speech, relocation of speech organs).

RESULTS: Five randomized controls were performed with a participant with Ataxia Friedriech to measure the level of articulation of pacinette and understanding by the interlocutors. The patient was 31 years old. The rehabilitation program lasted 3 months with normal intensity. The time needed for rehabilitation was 8 to 24 hours. Speech therapy exercises increased the quality of speech and the level of comprehension.

CONCLUSIONS: The methods followed were effective. The difficulty faced was the difficulty in listening to the patient as a result of her illness. The same difficulty has been at school, but not due to the lack of co-operation on the part of the children and the lack of teachers time, but due to the pathology of the pathology.

KEYWORDS: articulation exercises, breathing exercises, speech comprehension, sound exercises, swallowing exercises.

135. THE ROLE OF PARENTS AND LIVING OR STUDYING ENVIRONMENT TOWARD CHILDREN WITH DYSLEXIA

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Abstract

Purpose of this study: To enroll how environment and parents role generally affects reading abilities on children with dyslexia .

Dyslexia is a reading difficulty that is displayed at children during learning how to read , which is not related with personal intelligence, social opportunities or school itself. These children have various symptoms related with reading and writing. They have difficulties on learning and memorizing what they see, hard to decode the words and write them properly, difficulties to organize, bad handwriting (substitute a vowel by a consonant etc) and visual memory. This disorder is quite unknown even though it is widespread among the population. Many times these children are named lazy or uninterested to learn. They are set under psychological pressure by their uninformed teachers or parents, worsening everything in their way of learning. Many families with minimal level of education, living in the countryside underestimate their children needs and what they have to do to help them.

The purpose of this study is to see how does the environment and parents behavior affect to dyslexic children. To evaluate this, we need a proper study on school and home place. Secondary source used on this study rely on modern theoretical medical models (individual medical model, phonological deficiency model, cerebellar deficiency model, magnocellular theory, visual stress theory and genetic model), Morton and Frith model with 3 phases, social and biosocial model. Primary source used in this study are some data collected at two different pre-elementary schools in Elbasan city. At the first phase we choose randomly the same number of children studying into two different schools, one located in the side and another at countryside. all of them did the same test with questions about dyslexia. By collecting the data and studying them, we concluded that home environment and school place can have a huge effect into abilities of learning and reading specifically.

The second phase was related with parents and their role into children education, and how they can be useful to them. The results, confirmed to us, that children with one well educated parent have increased their reading abilities. otherwise only one children from both groups of study with uneducated parents have had an significantly improvement. So:

Environment and living place, school and teachers can have a huge affect into reading improvement of a child

A well educated parent is more interested on his children performance at school, and is focused more into his improvement at every part of learning, including reading process.

KEYWORDS: Dyslexia, reading difficulties

136. CLINICAL COURSE AND OUTCOME IN 30 CHILDREN WITH HEREDITARY SPHEROCYTOSIS IN ALBANIA DURING THE LAST 15 YEARS

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Abstract

OBJECTIVE: To describe the clinical spectrum of children diagnosed during 15 years with hereditary spherocytosis, classify them on 4 groups based on their clinical data and evaluating their outcome and giving our recommendations for their management.

METHODS: This is an analytic, observational, retrospective and case-control study analyses of 30 children diagnosed and followed up at our center during 15 years (2003-2018). The patients were diagnosed with hereditary spherocytosis based on their clinical history, clinical examinations, and on a positive osmotic fragility curve. They were divided based on the clinical form on 4 groups: mild, moderate, moderate to severe and severe group. The groups were compared between them regarding the laboratory data, the need for transfusion, cholelithiasis, splenic sequestration, aplastic crises and splenectomy.

RESULTS: In our study 3 patients had mild H.S (10%), 10 patients had moderate H.S (33.3%), 10 patients had moderate to severe H.S (33.3%) and 7 patients had severe H. S (23.4%). The mean age at diagnosis was 4.7 years. Patient with severe form were younger than patients with moderate form (p=0.016) and had lower hemoglobin level (p=<0.001), higher reticulocyte count (p=0.049) and also needed more transfusions (p=0.002). there was not found a correlation between the level of bilirubin and clinical gravity (p=0.873). Splenic sequestration was commonly found, 63.3% of patiens experienced a splenic sequestration and its frequency was significant higher in severe patients (p=0.011). Cholelithiasis was present in half of the patients but its development was not related with disease's severity (p=0.391). Aplastic crisis was relatively rare, only one patient developed aplastic crisis and it was due to parvovirus infection. Splenectomy was performed in 16 patients (53.3%) with the main indication transfusion dependence and splenic sequestration.

CONCLUSION: We have a high number of children with severe clinical forms because as they do severe forms they came at our center and are diagnosed compare with mild forms which are asymptomatic and remain undiagnosed. The clinical course of our patients was relatively benign, but we still have a high frequency of splenic sequestration 63.3% (most of them due to recurrent infections) a high rate of blood transfusion (54%) and a high number of splenectomised patients.

KEYWORDS: spherocytosis, hereditary, splenectomy, cholelithiasis, transfusions, child, retrospective studies.

137. SPEECH LANGUAGE SERVICES AND TERRITORIAL COVERAGE

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Abstract

AIM: This study is focused to describe quantitatively and qualitatively, speech language services territorial coverage, from the therapist graduated at the Faculty of Medical Technical Sciences, University of Medicine in Tirana, Albania. This study will help to indentify active speech therapist in the public and private sector.

METHOD: Create and apply a questionnaire addressed to the heads of the public and private institutions. This information will be processed with SPSS program. We will elaborate only the information of the institution that has engaged speech therapist as part of the staff. The questionnaire intends to show speech services coverage. All the information will lead to create new strategies to promote public and private institution to enlarge their staff with speech language therapist in case of their absence.

RESULTS: After creating a pattern we will create a page with Albanian Speech Language Association where all the speech language therapist can access and connect to create open networks. Creating a coverage pattern of the speech language services.

CONCLUSION: It's very important to have speech therapist services pattern of the public and private institution seen as an important intervention to determine the missing types of speech therapies.

KEYWORDS: institution, pattern, questionnaire, speech language services

138. THE PREVALENCE OF GINGIVITIS IN CHILDREN AGED 12 TO 15

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Abstract

INTRODUCTION: Gingivitis is an inflammatory gingival pathology that affects children of school age more often. This pathology is associated with hemorrhage, pain, edema and discomfort. In the absence of early prevention and timely treatment, it progresses to deeper forms of illness.

AIM: The purpose of our study is to determine the prevalence of gingivitis in children aged 12-15 years and the related factors.

To determine the prevalence of gingivitis by age, gender, social background and level of parental education, level of hygiene and controls at the dentist.

Material and **METHOD:** 217 children in the private clinics aged 12-15 years were included in the study. The study was conducted in the period 2018-2019.

A questionnaire and a card were used for the study. The index used for gingivitis is: Hygiene index

(Green and Vermilion OHI) simplified (OHI-S).

Clinical examination for each child was performed for the determination of the hygiene index.

Results and **CONCLUSIONS:** According to our study the prevalence of gingivitis in children of the age group 12-15 years old is 86.17%. According to intensity, 113 children or 60.42% of the initial gingivitis and 74 children or 39.58% of the medium gingivitis were found.

Low oral hygiene in children of this age group was defined as the main factor in the appearance of gingivitis. The child's personal care can usually maintain a good oral health.

KEYWORDS: gingivitis, bacterial plaque, oral hygiene, children.

139. THE ROLE OF SPINAL ANESTHESIA LEVEL IN THE INCIDENCE OF HEMODYNAMIC ALTERATIONS IN ELDERY PATIENS AND YOUNG HEALTHY PATIENTS WHO HAVE UNDERGONE UROLOGY INTERVENTIONS

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Abstract

BACKGROUND AND GOALS: The underlying mechanism is the preganglionic sympathetic block and preserved or even increased parasympathetic nerve activity, leading to a decreased systemic vascular resistance (SVR) and venodilatation, which causes a peripheral venous pooling of blood. Hypotension during a high spinal anaesthesia is thus a result of decreased CO and SVR. It is the consequence of the increase in sympathetic nervous system activity with a compensatory vasoconstriction in areas above the spinal block (thorax, upper limbs) and a partial increase in CO, caused by the increases in heart rate (HR) and stroke volume (SV) . Besides hypotension, the sympathetic block also causes bradycardia, nausea, vomiting, dysrhythmias and rarely cardiac arrest.The purpose of this study is to demonstrate the role of spinal block level on hemodynamic alterations in elderly patients and young healthy patients.

MATERIALS AND METHODS: This study includes 160 patients of the urology clinic; 100 patients were over the age of 65, and 60 were between the ages of 18-40. The patients were divided into two groups based on their age. Patients over the age of 65 were further separated into two groups- GH (high group) and GL(low group), each with 50 members. GH received spinal block at the L2-L3 level and group GL received spinal block at the L3-L4 level. The healthy and younger group of patients were also separated into 2 groups, each with 30 members- GH (spinal block at level L2-L3) and GL (spinal block at level L3-L4). The patients over the age of 65 were classified under ASA-II-III where as the younger demographic did not have any other illness or co-morbidities. There was no difference between

groups GH and GL in regards to pre-operative cardiac frequency and blood pressure. In the elderly patients, a 24G or 25G spinal needle was used depending on individual technical difficulties, whereas in the younger group of patients, a 26G or 27G was used depending on how young the patient was-younger patients received a 27 G. There was no other distinction between the groups. The patients were all male. In the operating room, patients were monitored by EKG, SaO2, and non-invasive blood pressure measurements. The patients all received 500ml NaCl 0.9% solution prior to anesthesia. Blood pressure was taken immediately after spinal block and continued to be monitored every 2 minutes for the first 10 minutes, then every 5 minutes for 20 minutes, then every 10 minutes for the rest of the procedure. No patients had any hemorrhage during the procedure. Bupivacaine 0.5% was the anesthesia used during this procedure.Patients received Bupivacaine 0.5%-2ml(10 mg).If the blood pressure and cardiac frequency dropped 20% or more compared to the pre-anesthesia value it was considered hypotension and bradycardia.Data were analyzed using Student's test and Fisher's exact test to detect significant differences among the groups.P value of < 0.01 was deemed to be statistically significant.

RESULTS: In regards (age >65) to GH, out of 50 patients, hypotension occurred in 16 (32%) and bradycardia in 12 (24%). In the (age>65) GL group, hypotension happened in 15 patients (30%) and bradycardia in 11 (22%). In patients above the age of 65, the difference between GH and GL values does not reach statistical significance (P>0.5).Within group below 40, the GH group saw bradycardia in 18 patients (60%) and hypotension in 15 (51%) and the GL group saw bradycardia occurred in 17 patients (57%) and hypotension in 16 (54%).In regards to the group below 40, the difference in hypotension and bradycardia values between the GL and GH groups did not reach statistical significance (p>0.5). It was noted that bradycardia and hypotension were more pronounced for the same level of spinal anesthesia for patients below 40 than when compared to patients above 65 (p<0.01). There was noted hypotension and bradycardia soon after spinal block. In both groups of patients over 65, hypotension and bradycardia occurred after 10 minutes. In the group below 40, bradycardia occurred immediately after administration of anesthesia. In fact in some patients, bradycardia occurred during the anesthesia injection and hypotension occurred as soon as the patient lay down. In the group under 40, bradycardia dropped to 40 per minute. It was noted that bradycardia and hypotension were more pronounced for the same level of spinal anesthesia for patients below 40 than when compared to patients above 65 (p<0.01).

Conclusion(s): This study demonstrated that the level of spinal anesthesia during surgery does not play a role in the incidence of hypotension and bradycardia (p>0.5). This being said, it was discovered that age does play a role in the incidence of hypotension and bradycardia, with younger health patients having a higher incidence of these complications (p<0.01).

140. SURGICAL TREATMENT OF COMPLICATIONS OF ACUTE PANCREATITIS

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Abstract

AIM: The aim of this study is to diagnose the cases of complicated acute pancreatitis and to manage the surgical treatment of them.

METHODS: This is a descriptive, retrospective study, carried out in 3rd Service of General and Digestive Surgery, UHC "Nënë Tereza", Tiranë using and analyzing the data of 17 patients, treated over a period of 1 year 2017-2018.

RESULTS: From 17 patients diagnosed as suffering from complicated acute pancreatitis, 9 of them were treated clinically (non-surgically) and the rest were treated surgically (5 of them presented pseudo cystitis, 2 of them presented pancreatic abscesses and only one was shown with necrotic complications).

CONCLUSION: Severe acute pancreatitis can be treated with surgical methods in fast and very efficient ways. Clinical, laboratory and imaging data play an important role in diagnosing all its complications.

KEYWORDS: acute pancreatitis, complications, surgery, study, diagnosis, pseudocyst, symptoms

141. THE MANAGEMENT OF PRIMARY HEALTHCARE SERVICE IN THE REGION OF FERIZAJ AND ITS PERSPECTIVE OF DEVELOPMENT

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Abstract

OBJECTIVES: The main objective of this paper is to evaluate the conditions on the Primary Healthcare in the region of Ferizaj, the current situation and the perspective of the population's healthcare development. In order to examine, analyze and better understand healthcare conditions in the region of Ferizaj, this paper will help describe some of the basic data which will complete the situation analysis at Primary health care nowadays and will give us a better perspective of the development of healthcare system in this region. Management is "The art of getting things done through people", leading activities, programs, organizations and the healthcare system in general. (1:2:3)

RESEARCH METHODS: The analysis and the examination of this paper were done by using a large number of methods such as epidemiological method of retrospective and perspective studies and statistical methods as well. The survey was anonymous, the questionnaire contained 39 questions, 120 people were involved in the questionnaire in 7 different Family Medicine Centres in the region of Ferizaj. (4:5)

CONCLUSIONS AND RECOMMENDATIONS: Considering the survey that was done with 3 of the biggest municipalities within the region of Ferizaj, we can conclude that the coverage with healthcare professionals is not advantageous, especially with Family medicine specialists. The whole region

contains only 5% dentists; 4 nurses work per one doctor and 17% of the employees are non-medical, whichisa financial burden.

The distribution of health institutions is as well unfavorable, regarding only 21.6% of the employees are satisfied with Family Medicine; 5.8% are not satisfied at all with the Primary health care promotion; 30.8% of employees are not satisfied with the Top Management; 11% declare that their management is weak, etc. Regarding what was said earlier, we come to a conclusion that the distribution of FMC and the ambulances is wrong and it does not meet the adequate medical needs of their citizens.

KEYWORDS: Primary Service Management, the Perspective of Development in the region of Ferizaj

142. THE EFFICACY OF MANUAL THERAPY COMPARING TO COMBINED PROTOCOLS OF TREATMENT OF NON-SPECIFIC NECK PAIN: A SYSTEMATIC REVIEW

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Abstract

BACKGROUND: Neck pain is a common problem affecting individuals worldwide. Prevalence data suggests that neck pain can span the ages, affecting children and the elderly alike, without gender discrimination. Manual therapy has been considered the most common treatment approach for this disabling musculoskeletal condition.

OBJECTIVE: To review and update the evidence of manual therapy (MT) treatment as also to assess whether or not combined treatment consisting of MT and other protocols is more effective than either therapy alone in relieving pain and improving function in patients with different stages of non-specific neck pain (NP).

METHODS: A qualitative systematic review was conducted on PED-ro (Physiotherapy Evidence Database) until April 2019 according to an updated-guideline. The specific inclusion criteria consist of using only Randomized Controlled Trials (RCT-s) of the last 10 years. Quality of the included trials was assessed with the PED-ro scale with already at least a score of 4.

RESULTS: Initially 12 studies were identified for potential inclusion. Based on qualitative and quantitative evaluation criteria, 5 Randomized Controlled Trials (RCT-s) with a total number of subjects (n=359) were identified for review. Only very small and non-significant between group differences was found on pain intensity from 7 to 4 (VAS scale) as well as a reduction of mechanic hyperalgesia of the cervical zone, Cervical Range of Motion (CROM) with an increase of right rotation motion of the neck with a $p<0.001$ and neck disability from 42 to 30 at immediate post-treatment, 6 weeks, and 6 months follow-up.

CONCLUSIONS: This systematic review updates the evidence for MT combined or not with other treatment

protocols and/or usual medical care for different stages of NP and provide recommendations for future studies. Furthermore the significance that MT is greeted and well-tolerated as treatment for chronic non-specific neck pain, as it is indicated from the drop in the parameters of VAS scale as well as the betterment in the disability Index.

Conflict of interest: None.

KEYWORDS: manual therapy, neck pain, rehabilitation, physiotherapy

143. PALATINAL TORUS, FREQUENCY OF EXPRESSION IN DIFFERENT PATIENTS AND ITS ROLE IN ISTABILITY AND FRACTURE OF THE PROSTHESIS

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Abstract

The Prosthetic treatment in removable partial and total prosthesis becomes difficult in the case of a very developed palatal torus, that influents on the prosthesis function and stability.

The aim of the study is:

- To determine the type (1-5) of palatal torus;

- To determine the treatment;

- To see the results obtained according to the choosen method of treatment;

- To identify the different ways in handling the same case and to select the ideal.

Material and **METHODS:** We have studied 200 models of the upper jaw. In 11% of the cases was presented an developed palatal torus. We made the classification based on the configuration and localization. By localization we divided it into 5 forms. For length measurement was used Dental Floss, being adopted in landscape of hard palate. The floss was measured in caliber. The treatment is made in prosthetic way with cement coating, resilient materials or bullet sheet (0.2 to 0.6 mm).

RESULTS: From measurements and localization of palatal torus were observed that 4 % belonged to class 1, 1 % belonged to class 2, 2 % belonged to class 3 and 4% belonged to class 5.

CONCLUSIONS: Prosthetic discharge treatment of palatal torus showed that it is a non-invasive method and gives good results, omitting wounds and injuries in this area. The best results are achieved by the use of elastic materials.

KEYWORDS: Palatal torus, prosthetic discharge, classification, measurement.

144. PHYTOTHERAPY APPLICATION IN SOME MENTAL HEALTH DISORDERS IN THE DISTRICT OF TIRANA.

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Abstract

Nowadays mental health disorders are very common among us. With our lifestyle, seems like the problematics are growing day after day.

However most people are still unconscious about their situation, refusing medical assistance and treatment.

Therefore, we have made a survey about diagnosed cases, to see what kind of therapy people prefer. The survey took place in Tirana during a three month period. A group of 151 adult individuals were asked about the use of phytotherapeutics in their mental health issues, interactions with other therapies and improvement.

By this study we saw that phytotherapy was mainly prefered in insomnia, with a rate of 40.4 %. In 49.7% of cases prescriptions of phytotherapeutics were mainly suggested from health care professionals.

KEYWORDS: phytotherapeutics, mental health, survey, individuals.

145. CORRELATION OF ULTRASOUND, MAMMOGRAPHY IN BREAST CANCER AND BIOPSY RESPONSE

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Abstract

In the study, patients were presented with complaints as touching a breast mass, diagnose patients with a breast cancer but presented to us for a second assessment. Patients who have come for a routine check and have resulted with breast tumoral mass. The results of mammography and ultrasound were compared with the histopathological reports of biopsy obtained in our service. All patient data was plotted in a database including age, sex, birthplace, place of residence, weight, length, mammography score, ultrasound score, and histopathological response score. No breast

cancer correlation was observed with regard to obesity or length. From this study, it was found that mammography has a high value in breast cancer detection and classification was done according to BIRADS. There is a positive correlation with age, that is, the reduction of glandular parenkime density as well as the size of the tumor. Even the ultrasound has a positive correlation to the size of the tumor. The ultrasound is very valuable especially in young women, ie glandular dense and for the realization of the brain-cut. The above results come after mammography and ultrasound examinations have been correlated with histopathological data.

146. DIABETES MELLITUS IN THE PRIMARY CARE

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Abstract

BACKGROUND AND OBJECTIVES: Diabetes mellitus (DM) is the most common chronic endocrine disorder. Aim of this this study was to determine the demographic and clinical characteristics and comorbidities of the diabetic population in a community-based survey.

DESIGN AND SETTING: A cross-sectional study among patients attending a primary care clinic during January 2019.

PATIENTS AND METHODS: Patients were interviewed with structured questionnaires for history of the disease, and charts were reviewed to document any diabetictherapies and comorbidities.

RESULTS: Of 930 subjects, diabetes mellitus was present in 50 (5.4%) patients. The mean (SD) age of thepatients was 62.3 (13.2) years. The prevalence of diabetes was 56% in males and 44% in females. The mean (SD) age for onset of diabetes in males and females was 41.8 (10.2) and 42 (11.1) years, respectively. Males>65 years old had a higher prevalence than females in the corresponding age range—50%and31%, respectively (P<.0001). Treated with oral anti diabetic medicaments were 34%, Insulin therapy 40% and 26% both. Retinopathy was present in10%, Nephropathy 12%, Chronic Heart Failure 20%, Hypertension 88%, Diabetic foot 4%, of DM patients.

CONCLUSION: The prevalence of diabetes remains high and represents a major clinicaland public health problem. A national prevention program to prevent diabetes and address the modifiable riskfactors at the community level, should be implemented.

147. MALEOLAR FRACTURES REHABILITATION

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Abstract

INTRODUCTION: Maleolar fractures are frequent, especially in situations of sports injuries. These are traumatic, violent and problematic fractures that require immediate surgical treatment and post surgical rehabilitation. If these fractures are not treated, they can cause major disabling problems such as: limitation of motility, articular pain and ankylosis of the articulation affected by trauma. Placement of the diagnosis of this pathology is done through the clinic and through radiological examinations. These types of fractures are divided into four categories: mono-maleolar, bi-maleolar, tri-maleolar, maleolo-supramaleolar. Surgical treatment is essential for these fractures, while physiotherapeutic rehabilitation is necessary to ensure that the articulation maintains its anatomical functionality.

OBJECTIVES: Evaluation of postoperative rehabilitation efficacy of maleolar fracture with physiotherapy

METHOD: in the study were included patients of the German Polyclinic, wich were examined by a specialist and diagnosed with this type of fracture and patients who were treated in a conservative way and with surgical treatment.

RESULTS: A total of 11 patients were treated, of whom 3 were treated conservatively (27.2% of cases) and 8 patients underwent surgical intervention (72.8% of cases). Of all cases, 3 were mono-maleolar fractures (27.2%), 5 bimaleolar (45.5%), 2 tri-maleolar (18.2%), and one patient had a maleolo-supra maleolare fracture (9.1%).

CONCLUSION: Patients who were treated in a conservative manner had good results in rehabilitating the functionality of the talo-crural articulation, but the patients who underwent surgical intervention had the most successful and efficient rehabilitation. The timing of their rehabilitation was shorter and the rhythm and motility of the articulation was greater than that of other patients, regardless of the type I fractures for which they were treated.

KEYWORDS: Maleolar fractures

148. ORGANIC PHOSPHORUS PESTICIDES IDENTIFICATION

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Abstract

AIM: Phosphorus organic pesticides are very used in agriculture. They often cause acute, chronic or even fatal intoxication. The purpose of this paper is to find a suitable laboratory method for identifying these compounds and validating this methodology.

METHOD: The pesticides used in the analyses are pesticides circulating in our market today: dimethoate, chlorpyrifos and pyrimiphosmethyle. The method of thin layer chromatography was applied, to find the most suitable developing system for the identification of these compounds.

RESULTS: Five developing systems were applied. It came out that the n-hexane:ethyl acetate: acetone:

acetic acid developing system was more suitable for the identification of these pesticides. The time required to develop the chromatographic plate was 22 minutes. The spots were appeared quite clearly in 254nm wavelength SF UV. They were well identified in both cases where 1) Rhodamine B and 2) Fast Blue were used as a spray solution. For method validation, parameters like: accuracy, precision and repeatability were considered.

CONCLUSION: This methodology is valid and applicable in routine analyzes for qualitative determinations of these compounds.

KEYWORDS: organic phosphorus pesticides, thin layer chromatography, qualitative identification

149. HYDROXYAPATITE CRYSTAL DEPOSITION DISEASE AND THE ASSOCIATED DISEASES THAT FAVOR THEIR DEVELOPMENT

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Abstract

INTRODUCTION: Hydroxyapatite crystal deposition disease (HA) are systemic diseases with undetermined etiology, which causes peri-articular and / or intra-articular depletion of HA crystals. The disease occurs clinically with localized pain, swelling and inflammation of affected articulation and with motility limitation, but not all patients are symptomatic. The articulations most often affected by this pathology are scapulo-humeral articulation, elbow, hip joint and less the knee articulation. Diagnosis is done by imaging with direct radiography, echography or CT / MRI. This pathology can be classified as idiopathic or as a result of another (secondary) pathology. The most commonly associated pathologies are: 1. Hypovitaminosis D3, 2. Chronic renal disease, 3. Diabetes Mellitus, 4. Repeated microtrauma, 5. Hyperparathyroidism, 6. Hyperuricemia, 7. Hyperhomocysteinemia

OBJECTIVES: To determine the relationship between different pathologies that may be the cause of the development of deposition of hydroxyapatite crystals in patients exhibiting symptoms of articular pain.

METHOD: In the study were included patients of the German Polyclinic, who were diagnosed with bursitis or peri-articular calcifications of the articular capsule or calcification of tendons.

RESULTS: In the study there were 69 patients in total, of which 30 cases were diabetic (43.5% of cases), 3 cases were Chronic renal disease (4.3%), 12 with hypovitaminosis D3 (17.4%), 5 cases were diagnosed with hyperhomocysteinemia (7.2%), 9 cases with hyperuricemia (13.1%), 4 cases had calcifications due to microtraumas (5.8%) and 6 cases were diagnosed with hyperparathyroidism (8.7%).

CONCLUSION: From the data obtained from this study we can say that the pathologies of deposition of hydroxyapatitis despite its unknown etiopathogenesis has a correlation with many other pathologies that favor the development of peri-articular calcification, whereby diabetes mellitus has greater the

tendency to create it. Despite the symptoms that patients exhibit (articular pain or motility restriction), therapy directed to the treatment of primary pathology combined with HA deposition therapy achieves both the improvement of symptoms and the prevention of calcification formation.

KEYWORDS: Hydroxyapatite crystal deposition disease (HA), DM, Hypovitaminosis D3, Hyperuricemia

150. ANTICOAGULANT APPROACH OF PATIENTS WITH PREVIOUS INSULTS

Indrit Temali

Abstract

AIM: Selection of an appropriate therapy for patients who have undergone a previous insult. Determining the risk of event repetition and the need for treatment afterward. The difference between Aspirin and NOAC therapy.

METHOD: Coleman study reviewed the database of octogenarian (80 years old and older) patients diagnosed with non-valvular atrial fibrillation OAV-naive, treated with Rivaroxaban or Warfarin between November 2011 and March 2016. The study included 4, 398 users of Rivaroxaban (43.4% received a reduced dose) and 4, 398 users of Warfarin. Primary efficiency result: cerebral insult/systemic embolism. Primary safety result: major hemorrhage (Cunningham algorithm).

RESULTS: Rivaroxaban reduced 39% of cerebral insults/systemic emboli and 41% of ischemic insults compared to Warfarin. There was no difference in the scale of major hemorrhages between cohorts, however Rivaroxaban was associated with a lower degree of hemorrhagic and intracranial insults. In the treated population, the results for cerebral insult/systemic embolism and major hemorrhage were consistent with the analysis during the treatment.

CONCLUSIONS: This real-life study suggests that Xareltos vs. Warfarine's efficacy and safety are maintained in octogenarian patients diagnosed with non-valvular atrial fibrillation. These findings are consistent with previous findings of the ROCKET-AF study, which showed a 20% reduction in systemic insult/embolism and major hemorrhage rates with Rivaroxaban compared to Warfarin in 75 years and older patients diagnosed with non-valvular atrial fibrillation. The consistency between the results of the study in real life and ROCKET-AF gives assurance on the use of Xarelto in elderly patients who have non-valvular atrial fibrillation.

151. THE RETURN OF MEASLES IN ALBANIA AND MEASLES RELATED ISSUES IN ADULTS 2018-2019

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Abstract

BACKGROUND: Measles is a highly contagious infectious disease that can affect all ages; although primary it is considered as childhood pathology. Following the presentation of the cost-effective measles vaccine, its incidence decreased significantly. However, widespread outbreaks are reported especially in countries with low vaccination rates. In Albania, recently, we faced an epidemic national outbreak in the adult population, with the first cases diagnosed in January 2018. The peak of the incidence was reached in March and April, moving towards a decrease in May. The last measles epidemic in the country dates back to 1989.

OBJECTIVE: Investigation of the profile of measles outbreak in Albanian adults and its complications during the period January - December 2018.

MATERIALS AND METHODS: We analyzed the epidemiological, clinical and laboratory data of measles patients during the January - December 2018 period.

RESULTS: During the January-December 2018 period, 937 cases of measles were diagnosed in the Infectious Disease in UHC (QSUT), out of which 769 were followed ambulatory and 168 were hospitalized. From the study it was found that the dominant gender was male, with 64% of inpatients and 56% of ambulatory patients. The most affected age group was 15-25 years old. The hospital stay was on average 5 days. Regarding to the main patient's complaints, maculopapular exanthema was observed in 100% of cases, temperature in 98%, headache in 75%, asthenia in 57%, cough in 72%, dyspnea in 30%, Koplik's spots in 42%, anorexia in 20%, myalgia / arthralgia in 53%, diarrhea in 30%, nausea /vomiting in 26%, sore throat in 36% and abdominal pain in 18%. The most frequent complications were: Pneumonia in 72 cases, significant hepatic involvement in 51 cases, keratitis in 9 cases, acute otitis media in 4 cases and 2 cases with respiratory insufficiency who were followed in Intensive Care Unit.

CONCLUSION: In conclusion the measles outbreak in adults in Albania is accompanied by its complications that should be observed and carefully treated. We should always emphasize the importance of the prevention of Measles by vaccination.

KEYWORDS: Measles, Complications, Outbreak, Infectious disease, Albania, Vaccination.

152. PATIENTS CARD AND INTERACTIVE COMMUNICATION ISSUES IN THE OUT-PATIENT SERVICE

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Abstract

INTRODUCTION: Interaction and quality of communication have an impact on quality of service and effectiveness at work, based on multiple studies, and models like KANO or KAIZEN.

AIM: Identifying the typology of interactive behaviors and problematics in the physician-patient relationship in the primary healthcare services. Identifying the typology of interactive behaviors and problems in the physician-patient relationship.

METHODS AND MATERIALS: 100 doctors of primary health care in Tirana were provided a questionnaire based on patient card points, consulted and drafted by professionals, pointing out, referring to antisocial behavior, benevolent neutrality and gratitude, as well as pharmacovigilance.

Results and **CONCLUSION:** Graphs we built based on the data show the importance of continuous training of health personnel according to specific target groups, as well as the necessity for further improvement of the human development index.

153. KARPAL TUNNEL SYNDROME AND PHYSIOTHERAPEUTIC TREATMENT

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Abstract

INTRODUCTION: The Carpal Tunnel Syndrome (CTS) constitutes a disability that affects about 3.8% of the population. It is one of the most popular neuropathic neurologic syndromes in 90% of the diagnosed cases. CTS is a frequent problem affecting the hand and hand cuff. Symptoms begin when the median nerve is pressed inside the carpal tunnel, a medical condition known as compressive neuropathy. Any situation that reduces the diameter of the carpal tunnel or enlarges the tissues inside the tunnel can cause symptoms of CTS.

The purpose of the study: It is a collection of as much anatomical information, clinical signs, assessment tests, and protocol for treating this diagnosis according to AAOS (American Academy of Orthopedics) and reducing or eliminating the causes that cause this syndrome.

METHOD: Existing and therapeutic protocol implementation during 6-8 weeks after the first symptoms appear, based on the official AAOS (American Academy of Orthopedics) protocol, which is used as a reference in many European countries

RESULTS: Exact examination, early diagnosis, and clinic with the emergence of sensomotoric hand changes, coupled with an adequate conservative treatment, bring rapid improvement to the patient, maximally avoiding surgical intervention in the carpal tunnel region.

CONCLUSION: As a conclusion we can say that as soon as possible to diagnose and start conservative treatment, the better the prognosis, the CTS performance, the minimization of neural symptoms, by eliminating the surgical interventions in the Carpal tunnel.

KEYWORDS: Carpal tunnel syndrome, rehabilitation, physiotherapy, media nerves.

154. SEXUALLY TRANSMITTED DISEASES

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Abstract

AIM: To identify behaviors that may be considered a person affected by SST

There are 333 million cases of SST worldwide (Syphilis, Chlamydia, Gonorea, Trikomonia). 1 in 4 teenagers has sexually transmitted infections, while 60% of reported cases are among adolescents.

The most common SST in the world is HPV (Human Papilloma Virus), a DNA virus that generally deals with sexual contact and is found in more than 200 different types. According to studies, 80% of the population is at risk of taking the HPV virus up to the age of 50, while 99% in most of the cases of uterine cancer is caused by HPV (genital warts)

6.8% of adolescents who have sexual contact are infected with chlamydia, while 620 adolescents per 100, 000 residents per year are more at risk of being affected by this virus.

By 2010, 406 HIV-infected persons have been reported in Albania and 142 are in the AIDS stage. As far as the female-male ratio is concerned, men are more affected.

Between 13-15 years of age in our country there are nearly 14 percent of students who are involved in sexual contact. In response to our question, it turns out that 14% of teenagers claim to have had sexual contact, about 7% of them have used the condom in the last sexual contact and 7% who have not used it.

The only way, 100 percent safe, to prevent SST is abstinence, or not engaging in any form of sexual activity. This is almost impossible. To reduce the risk of infection, sexually active persons should constantly use condoms and limit the number of sexual partners. The risk is very low when you have only one sexual partner, which in turn has no other partners and is not infected with any SST.

KEYWORDS: prevention, sexual marketing, infections, teens, condom.

155. CASE REPORT: PORTAL VEIN THROMBOSIS IN A PATIENT WITH ANTIPHOSPHOLIPID SYNDROME

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Abstract

Antiphospholipid syndrome (APS) is an autoimmune, hypercoagulable state caused by antiphospholipid antibodies (Ab). Patients with APS predispose to both venous and arterial thrombosis. APS can be primary or secondary when is associated with other autoimmune diseases such as systemic lupus erythematous (SLE). APS may cause arterial or venous thrombosis, vasculopathy, pregnancy morbidity, miscarriage, thrombocytopenia, hemolytic anemia. Patient with APS have moderate to high titer of anticardiolipin Ab, anti-beta2-glycoprotein I Ab and lupus anticoagulant (LA). We are reporting a case of a patient diagnosed with LES and APS three years ago, that developed portal vein thrombosis, deep vein thrombosis. The patient had a moderate titer of IgM anticardiolipin Ab, high titer of IgG anticardiolipin Ab, high titer of anti-ds-DNA/IgG, leucopenia. Treating this patient was a challenge, because of the presence of erosive gastritis, active duodenal ulcers, grade 3 esophageal varix and the need of anticoagulation therapy.

KEYWORDS: antiphospholipid syndrome, antiphospholipid autoantibodies, portal vein thrombosis

156. BREASTFEEDING IN ALBANIAN MYTHOLOGY

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Abstract

INTRODUCTION: The history and culture of breastfeeding traces changing social, medical and legal attitudes to breastfeeding, the act of feeding a child breast milk directly from breast to mouth. Breastfeeding may be performed by the infant's mother or by a surrogate, typically called a wet nurse. Anthropological studies show that the diet of people around 10, 000BC resembled that of contemporary primitive tribes, such as Papua New Guinea and the people of Kalahari Desert. Breast feeding habits, were probably similar, with mothers nursing their babies until the age of 2-6years. Breastfeeding is the natural means by which a baby receives nourishment. In most societies women usually feed their own babies, being the most natural, convenient and cost effective method of feeding a baby. However there are situations when a mother could not suckle her own baby; for example she may have died, become unwell or otherwise could not provide breast milk for her baby.In the Egyptian, Greek and Roman empires, women usually fed only their own children. However, breastfeeding began to be seen as something too common to be done by royalty, and wet nurses were employed to breastfeed the children of the royal families. This was extended over the ages, particularly in western Europe, where noble women often made use of wet nurses. The Moche artisans of Peru (1–800 A.D.) represented women breastfeeding their children in ceramic vessels.

AIM: The purpose of this study is to bring facts from Albanian mythology regarding the reflection of the importance of breastfeeding.

MATERIALS AND METHODS: The study was conducted through reading various materials at the Albanian

National Library

RESULTS: Breastfeeding is a children's right not the society choice!

In studied literature we found facts that show the importance our people have for centuries dedicated to breastfeeding. Here we will bring to your attention the legend of the Rozafes where the mother who will grow up wants to leave a bay outside to feed her son or legend of Mujit and Halil and so on. etc.

KEYWORDS: breastfeeding, history, albanian mythology, Infant,

157. EVIDENCING THE EFFECTIVENESS OF DIFFERENT METHODS IN SCOLIOSIS TREATMENT

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Abstract

AIM: The purpose of this paper was to find out the efficacy of some of the methods of physical therapy in radiographic imaging and clinical recovery by strengthening stump muscles, reducing pain and recovering pulmonary function. It was also worth mentioning the role of these interventions not only in the Cobb angle but also in their impact on the individual's inability, quality of life, as well as psychological and aesthetic issues.

METHOD: Scientific articles focused mainly on the role of some therapies based on motor and kinesthetic motions, methods that have as priority corrective rotational breathing technique, which is used based on the curve model, exercise systems using special apparatus, designed to improve physical strength, flexibility and behavior, and enhance mental awareness. Other articles have included other non-surgical methods for preventing scoliosis curvature progression and others incorporating the latest techniques that are embraced by all physical therapy professionals.

RESULTS: Not all revised articles have seen positive results of the methods used and this has been influenced by the time span of rehabilitation and gender of subjects. However, some of the techniques have shown effective results in improving the angle of Cobb, improving static stump muscles, reducing pain and pulmonary function by significantly affecting radiological and clinical elements.

CONCLUSIONS: The findings highlight the fact that the most effective method for treating scoliosis is Schroth method, which provides safe and long-term results over time, as well as allows global patient treatment. It can be said from the results that the least effective therapy is bracing which can be considered more as a secondary accompanying therapy rather than a primary therapy for treating scoliosis.

KEYWORDS: Scoliosis, Cobb angle, Schroth method, brace, muscular amplification.

158. THE APPLICATION OF A-PRF, HIGHER SECURITY ABOUT SURGICAL INTERVENTION IN THE ORAL REGION

160

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Abstract

BACKGROUND: Implementing and using of organic blood`s components of the patient itself, especially their implementation in stomatology could be helpful for oral surgery. Not by coincidence because the concentration of regeneration elements like A PRF (Advanced Platelet Rich Fibrin) is three to fifteen times over the norm compared with CGF (Contentrated Growth Factors) which in fact is an organic matrix enriched with fibrin, capable of distinguishing platelets and leukocytes. It also helps excreting growth factors; which have an important role in regeneration. These attributes have an important role in oral surgery by providing a successful intervention not only for the patient but also for the patient.

AIM: Let's try to explain by this presentation theoretically and also practically with clinical cases, what the growth factors really represent and how can we interact with it to take advantage of its positive properties. Presenting with clinical cases and also implementation of these methods its part of this presentation purpose, aiming to analyse and compare ways of application.

Material and **METHODS:** We used cases of patients who came to our professor`s dental clinic, and we are going to represent some of these cases.

RESULTS: Radiographic images after the surgical interventions show the bone structure in a perfect condition regardless of they are taken right after the intervention. Only the structure of trabecular bone make the difference. Moreover the recovery "per primum" of the wound regardless of the size has been 100%, which shows best the effectiveness of the treatment.

CONCLUSIONS: The application of A PRF as a liquid or as a membrane, gives higher security for the success of whatever intervention. Expressed with simple terms the application of bovine grafts or not is an opportunity more for an accelerated regeneration.

KEYWORDS: A PRF, surgical intervention, bone grafting.

159. THE COCHLEAR IMPLANT IN THE EARLY CHILDHOOD AND ITS IMPACT IN THE DEVELOPMENT OF THE LANGUAGE AND COMMUNICATION IN THE CHILDREN WITH SENSORINEUTRAL HEARING LOSS

M.Sc. Jonida Trupja

Abstract

The purpose of the assignment: To build strategies and specific logopedic techniques to develop the

receptive and expressive linguistic abilities of the children that have been subjected to the cochlear implant.

OBJECTIVES: The purpose of this assignment is to get to know the importance of the cochlear implant in the development of the auditory and linguistic abilities of the children with sensorineural hearing loss. To analyze if the age of putting the cochlear implant is connected to the ability of speaking, language and communication. To present, illustratively, types of logopedics exercises based on the age of the intervention and the time when the hearing loss has taken place, pre or post lingual. To describe the conditions in which the logopedical therapy takes place to maximize the results.

RESULTS: The approaches, in the world literature in the field of the auditory and logopedic rehabilitation of the patients with sensorineural hearing loss, show that the most important fields of the rehabilitation program are : the hearing education, understanding the sound, auditory discrimination, auditory memory, sound articulation, putting syllables and sounds and its automation.

CONCLUSIONS: Early identification, implantation, logopedic rehabilitation immediately after the chirurgical treatment and the collaboration among the multidisciplinary that is the key of the success for the language and communication development of the children with deep hearing loss.

KEYWORDS: Cochlear implant, sensorineutral hearing loss, speech therapy.

160. EVIDENCE-BASED THERAPEUTIC EFFECTS OF PUNICA GRANATUM; A REVIEW

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Abstract

Punica granatum L. commonly known as Pomegranate, is originated from the Southeast Asia and very well adapted to Mediterranean region. It has extensively been used as a traditional remedy in several systems of medicine for a variety of aliments.

The aim of this review is to highlight Punica granatum therapeutic uses based on nowadays medical evidences; in vitro and in vivo studies. Such compilation of information was based on the search in online medical databases like PubMed, Cochrane and MedlinePlus. The review was focused on studies published between 2000-2018. Textbooks of Phytotherapy were used, too.

A large number of articles concerning some pharmacological mechanism and biological properties of extracts obtained from several parts of pomegranate were found. These properties include antimicrobial, antioxidant, anticancer, anti-inflammatory effect, which are due to considerably quantity of polyphenols (tannins, anthocyanins and other phenolic compounds), polysaccharids and vitamins in pomegranate fruit. Several studies based on animal model and clinical trials confirmed that Punica granatum has a potential role in health management and can be used in a variety of ways as phytopharmaceutical, nutraceutical and food supplement.

KEYWORDS: Punica granatum, biological properties, antioxidant, antimicrobial, polyphenols.

161. DIABETES MELLITUS, DIAGNOSIS CRITERIA AND LABORATORY ASSESSMENT AT THE TIME OF DIAGNOSIS

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Abstract

Diabetes mellitus is an autoimmune endocrine disorder whose main characteristic feature is the increase of glucose intake in blood due to lack of insulin, which is not enough produced by the B cells of the pancreas. It has got a genetic predisposition and can affect any age. In cases when it comes to pediatric ages, the cause is the destruction of Langerhans B cells, which then leads in absence of insulin production.

In cases where diabetes affects adults, a disruption of insulin receptors that are not able to catch and use effective-produced insulin takes place.

For the conduction of this study, 150 patients diagnosed with diabetes mellitus are chosen from May to September by considering their age, gender, blood glucose levels, HbA1C, triglycerides, cholesterol and ketones present in the urine. This is a descriptive study involving hospitalized cases of diabetes mellitus, in the city of Durres. The data was collected on the basis of laboratory instruments including, examining the patient's files as well as their diagnosis. At the end of the study, the results showed that the age group most affected by diabetes mellitus was 61 to 70 and over 70, where females where dominant with 59% of the population. Values with the highest percentage of blood glucose ranged from 201-300 g / dl to 44% of the population.

HbA1C values with the highest percentage were 9.1-13% with 54.6% of the population. High cholesterol values ranged from 301-400 mg / dl to 46.6% of the population while the triglyceride values ranged from 200-300mg / dl to 39.3%. In Albania the prevalence of diabetes mellitus includes 3.6% of the population.

KEYWORDS : Diabetes mellitus, Glucose, Insulin, Hypoglycemia, hyperglycemia, pancreas, Diabetic Triads, P oliuri, Polydipsi, Polifagi

162. MANAGEMENT OF BENING TUMORS IN ORAL MAXILLOFACIAL SURGERY AND LASER TREATMENT

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Abstract

INTRODUCTION: Tumors in the maxillofacial region are located in the soft and hard tissues. Those located in the facial skeleton are rare and can be of dental origin (odontogenic) or arise from bony tissues (osteogenic). Laser surgery has become a reliable treatment option for oral cancer as well as for precancerous lesions.

AIM: Defining a correct diagnosis and making a pre-operative plan. Efficiency of laser treatment in OMF. Evaluation of benign tumors and attendance of clinical cases treated with laser.

METHODS: This research aims to give information of clinical cases connected with laser treatment of benign tumors.20 patients were selected for this treatment during the period April2018/May2019. Results are taken after one month after laser treatment. This research is based on foreign and Albanian literature.

RESULTS: The general condition of the 20 patients was great during this time and there weren't swelling areas. The wound had a successful regeneration and a complete healing. Real time optical tumor detection during laser surgery allow for a very precise and straight forward cancer resection, enhancing organ preservation and hence the quality of life for patients with cancer in the head and neck region.

CONCLUSIONS: We conclude that lasers are rapidly becoming the standard of care in contemporary dental practice and have been shown to be superior to conventional mechanical approaches and to be used as alternative instruments for excisional biopsies of oral soft tissue lesions. Intra and postoperative complications are rare, with minor bleeding.

KEYWORDS: Benign tumors, Diagnosis, Evaluation, Laser, Biopsy.

163. FORMULATION AND STABILITY OF A NATURAL COSMETIC PRODUCT

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Abstract

The purpose of this study is to formulate a natural lipstick with long-lasting characteristics as well as sunscreen, emollient and moisturizing capability.

MATERIALS AND METHODS: Beeswax, cocoa butter, carrot extract, vanilla essence, electric balance model CL501 (500 g x 0.1g), HH-S6 water kettle, porcelain cups, chemical glasses, glass birch, metal matrices and plastic packaging were used for the preparation. Organoleptic characteristics, uniformity of weight, melting point, hardness and stability were checked.

RESULTS: Based on the results of quality control, Formulation V resulted to be the most appropriate one. This formulation had the carrot color, flavor of ingredients, vanilla flavor, softening temperature of 36 ° C, average weight 3.4 g and hardness 500g. Regarding stability over time the samples were stored at 20-25 ° C and HR 75%; 2-4 ° C and 40 ° C. Samples stored at 40 ° C started to thaw within 3 hours, while those at 4 ° C did not change during the entire storage time. Samples stored at ambient temperature preserved the organoleptic and rheological characteristics for the 3 months of the study. There was no unpleasant smell in these samples over time.

Twenty persons were involved in the test of customer compliance. They have been asked after the application. It turned out that 10% had the fatty sensation, all expressed for an emollient sensation that lasts 2-3 hours, the taste was considered pleasant, pale color.

DISCUSSIONS: Lips are highly susceptible to negative environmental factors and damage from free radicals. Therefore beeswax and carrot oil essences were chosen to have a "scavenger" and UV protection activity. From previous studies it has been proven that the beeswax used at ≥ 2% increases the SPF of the product by +2, there is also well known the antioxidant effect of the carotene. Based on the recommendations from dermatologists the color of the lipstick should not be too pronounced on the beach. From the conducted tests it is recommended to apply every 3 hours. It should be stored at temperatures of about 25°C.

CONCLUSIONS: This study is the first step in the Department of Pharmacy to prepare a totally natural formulation in the galenic laboratory. It has been followed the guide line about preparing a product with as few ingredients as possible, without preservatives, with the desired physical and rheological characteristics that guarantee also the stability in time. Tests with customers can be further continued for a wider range of customers.

KEYWORDS: formulation, natural, lipstick, sun protection, stability.

164. ASSAY OF ACETAMINOPHEN IN SIMPLE AND EFFERVESCENT TABLETS BY UV-VIS SPECTROPHOTOMETRY

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Abstract

The aim of this study is the spectrophotometric assay of paracetamol and comparison of methods for quantitative analysis of paracetamol in tablets and effervescent tablets. The study was carried out during February – June 2017 in the scientific laboratory of the Pharmacy Department, University of Medicine Tirana. We analyzed three different paracetamol tablets and two types of effervescent paracetamol tablets. To extract the active principle from the tablets´ powder, two different methods were applied. For method optimization, we measured absorbance varying different conditions: type of solvent – methanol:water (15:85 v/v), only water, NaOH 0, 1 M; time of extraction – 5 minutes, 15 and 25 minutes; wavelength - 245 nm, 247 nm and 257 nm. The absorbance of solutions was

measured inter-day and intraday, using the spectrophotometer UV-VIS Varian 50. Method accuracy was evaluated using the standard additive method, precision was assessed by standard relative deviation (RSD 5 %). The linearity of the calibration curve was good (R2 = 0, 9996). The amount of the active principle paracetamol in tablets was within the limits indicated by the British Pharmacopoeia (95 % - 105 %). Tablet B had the nearest result compared to the declared amount of paracetamol (100, 97 %). The most accurate and precise was method 1 using distilled water as solvent, time of extraction 25 minutes and max 245 nm.

KEYWORDS: acetaminophen, UV-VIS spectrophotometer, tablet, assay

165. APPLICATION OF TESTS FOR EARLY DIAGNOSIS OF DEMENTIA AMONG OLDER PEOPLE OF THE SHKODRA DISTRICT

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Abstract

Dementia is now considered a global health problem; in the absence of a cure, treatment focuses on risk reduction, timely diagnosis and early intervention. The main objective of our study is the application of appropriate early-stage dementia diagnostic tests among elderly patients of the Shkodra District and the association of these results with different socio-demographic and medical factors.

The study included individuals aged 60 and over 60 who visited the health center of the city of Shkodra during September - October 2018, and who signed the document of informed consent. The MoCa (Montreal Cognitive Assessment) or MoCA B tests, the mini-cog test and the test for daily life activities (Lawton-Brody Instrumental Activities) were translated into Albanian and applied by a trained pharmacist.

The study population consisted of 100 patients, with an average age of 69.2 years (SD 5.03) and most of them had completed secondary education (42%). The average score obtained in the MoCA or MoCA B test was 19.04 (SD 2.994), ranging from 10 to 26 points; in the mini-cog test it was 3 (SD 0.865), fluctuating from 1 to 5 points; and in the daily life assurance test 3.9 (SD 1.883), with a variation of 0 to 8 points. After stratifying results by gender, a significant change in the Lawton-Brody test (women 5.04; male 3) was observed. By adjusting according to the level of education, the MoCA test results showed that the prevalence of mild cognitive impairment was 78 % and the prevalence of dementia was 5 %.

The results of these tests can help in selecting individuals for more specialized examination and other diagnostic evidence. The challenge of early diagnosis of dementia to facilitate timely intervention can be faced by implementing structured health care programs suitable for geriatric age and by implementing simple and accurate tests to detect early symptoms of dementia.

KEYWORDS: dementia, early diagnosis, MoCA test, mini-cog test, instrumental activities Lawton-Brody

166. THE EFFECTS OF KINESIOTAPE ON GAIT IN KNEE OSTEPARTHRITIS

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Abstract

INTRODUCTION: Knee osteoarthritis is a chronic degenerative disease, known as the most common cause of difficulty walking in older adults and subsequently is associated with slow walking. Functional decline, increased risk of falls and presence of pain are, in many studies, related to the muscle weakness caused by osteoarthritis especially weakness of the quadriceps muscles. Many studies have shown that the strength of the quadriceps femoris muscle can affect gait, by improving or weakening it. Kinesio Tape is a physiotherapeutic technique, which reduces pain and increases muscular strength by irritating the skin receptors.

OBJECTIVES: The aims of this study was to verify if the application of Kinesio Tape on quadriceps femoris muscle decreases time needed to accomplish the 10 meter walk test in patients with knee osteoarthritis and also in subjects without knee osteoarthritis.

METHOD: In this study we observed the change of gait speed with the help of the 10-meter walk test before, one day and three days after the application of Kinesio Tape in quadriceps femoris muscle. We compared the results of the gait speed in two groups. In the first group, the Patients group, participated 102 out-patients with a clinical diagnosis of primary knee osteoarthritis, while in the second group, the Control group, participated 73 subjects with a main excluding criterion a clinical diagnosis of primary knee osteoarthritis.

RESULTS: Our results indicated that there was a significant increase of gait speed in both groups while walking for 10 meters three days after application of Kinesio Tape on quadriceps femoris muscle. However there was not a significant change one day after the application of Kinesio Tape compared before its application in both groups.

CONCLUSIONS: Our results indicated that there was a significant decrease of time needed to accomplish the 10 meter walk test. Kinesio Tape is a technique that can be used especially when changing walking stereotypes is a long term goal of the treatment.

KEYWORDS: knee osteoarthritis, Kinesio Tape, 10-meter walk test, gait speed

167. THE LEVEL OF ANXIETY DURING RADIOLOGICAL EXAMINATIONS

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Abstract

AIM: The main aim of this study is to evaluate the level of anxiety before and during different radiological examinations.

METHODS: We evaluated 152 patients (mean age 56. years) who underwent different types of diagnostic exams such as MRI, CT, X-ray, mammogram, echocardiogram, scintigraphy in the Department of Diagnostic Imaging "Mother Teresa" and "Shefqet Ndroqi" Hospital from April 1st to April 15th 2019. We administered to patients a questionnaire to detect anxiety from a minimum score of 0 to a maximum score of 10.

RESULTS: 22 out of 152 patients were excluded because refused to file the questionnaire. 18 % of the patients were submitted to MR, 20 % to breast imaging, 21 % to X-ray, 17 % Computer Tomography and 14 % to ultrasound. High levels of anxiety were present in most of the patients (about 75%) and the scores varied according to the imaging examination and to the type of diagnosis. In patients waiting to undergo to MRI and CT exams were found higher levels of anxiety and during examination the anxiety was higher in breast imaging).

CONCLUSION: Our data suggest that the radiologic exams are stressful events for the patient especially in those waiting to undergo a radiological examination. So, it is important to adequate the radiological staff to receive the patient, to inform him and perform exams with emotive involvement with a targeted education.

KEYWORDS: Anxiety; Radiology, Examination, Diagnosis, Score

168. MULTINODULARE THYROID AND TREATMENT METHOD

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Abstract

Sometimes an enlarged thyroid (goiter) is made up of many nodules (which are usually benign). Most thyroid nodules do not produce any symptoms. However, if you have several nodules, or large nodules, you may be able to see them. Thyroid gland produces thyroxine TA and triiodothyronine T3). To synthesis of thyroid hormones (thyroxine or T4 and triiodothyronine or T3) is necessary iodine. Low levels of these hormones push the pituitary gland to release a particular hormone (Thyroid Stimulating Hormone or TSH) which, under conditions of iodine deficiency, causes immoderate growth of thyroid cells. The symptoms of goiter appear later, when the gland is greatly enlarged. They are symptoms of "compressive" type, that is related to the crushing of the surrounding anatomical structures, such as the esophagus (difficulty in the progression of the food bolus) and the trachea (respiratory difficulty particularly evident when lying down, with the need to sleep with more pillows).

To diagnosis of the struma even with the physical examination we must do ultrasound that is the fundamental instrumental examination to confirm the diagnosis describing the characteristics of the gland and any nodules. In the case of sonographically suspicious or particularly large nodules, a fine needle aspiration should be performed to rule out the presence of a thyroid tumor. About the treatment we must be based on the type of thyroid nodule. If the nodules are not cancerous, we may decide that the pations don't need to be treated at this time. Another choise is Radioactive iodine, so we may use radioactive iodine to treat hyperfunctioning thyroid nodules and goiters with several nodules. The radioactive iodine is absorbed into the thyroid gland, causing the nodules to shrink. Pregnant women and women trying to become pregnant should not have this treatment. And the last choice is Surgery and biopsy post-operative. Surgery to take out the nodules is the best treatment for nodules that are cancerous, cause "obstructive symptoms" (for example, are so large that they make breathing or swallowing difficult), and are "suspicious" (they cannot be diagnosed without being taken out and examined).

169. DENDRIMERS, NEW PROCESSES IN PHARMACEUTICAL TECHNOLOGY

Dr. Kleva Shpati11, Dr. Aurora Napuçe1, Krisela Hoxha2, Anxhela Kastrioti2, Aneta Vllaho2

1Pharmacist

2Student

Abstract

INTRODUCTION: Dendrimers are highly branched macromolecules that can be subdivided into three architectural components: a central core branched cell, interior branch cells, and branch cells possessing surface groups. The term dendrimers was coined in the early 1980s by Tomalia et al. from the Greek words dendron (tree) and meros (part) and relates to the symmetrical branch-like structure of these polymers. Dendrimers are synthesized through a stepwise repetitive reaction sequence, which gives rise to different generations of the same molecule and determines the size and surface functionality of the macromolecule. The dendrimer microenvironment possesses some interesting properties.

AIM: The purpose of the study is to investigate in depth the structure of the dendrimer, its solubilizing power, and its pharmaceutical applications.

Material and **METHODS:** The method used in the study is the analysis of secondary data. The secondary data, which in our case have been previously conducted in relation to the subject, have been considered and analyzed by the researchers. During the review of literature, it has been possible to gather contemporary information that has helped to formulate theoretical views by formulating study research questions.

RESULTS: Dendrimers may be prepared by either a convergent or a divergent approach. Much of the work on dendrimers has been based on the commercially available Starburst_ PAMAM dendrimers. which may be synthesized from an ammonia or ethylenediamine core (EDA), and possess an amidoamine branching structure. There has been a considerable interest in the use of dendrimers to encapsulate

or interact with labile or poorly soluble drugs in order to protect the drug and enhance bioavailability. The solubilizing power of the dendrimer was found to increasewith dendrimer concentration and also as the electron density of the polycyclic aromatic compounds increased.

Conlusion: Dendrimers are a unique class of hyperbranched polymers with well-defined size, shape, and chemical functionality and with properties not found in classical linear and cross-linked polymers. There have been significant developments in the last decade in many areas of dendrimer research, partly due to the commercial availability of dendrimers such as PAMAM, but also the result of the synthesis of several novel dendritic structures. Numerous pharmaceutical applications have been proposed for these hyperbranched polymers, and given the rate of current developments, it is envisaged that dendrimer-based formulations will appear in the next decade.

KEYWORDS: Dendrimers, PAMAM, drugs of plant origin

170. HVP IN ALBANIA

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Abstract

Purpose of study:

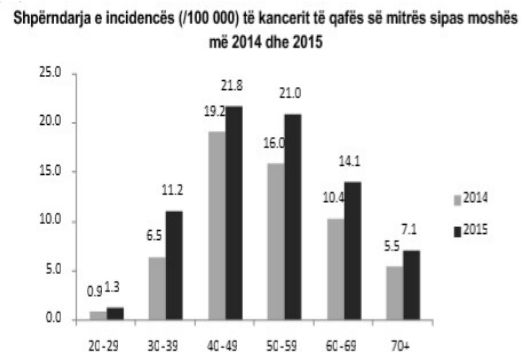
1. To evaluate the incidence of cervical cancer in Albania during 2014 and 2015 with the aim of showing the importance of HVP vaccination.

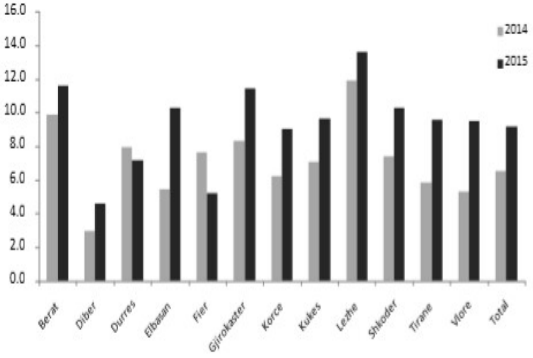
2. To evaluate the risk level of cervical cancer by the age groups, as well as to show the distribution of this cancer by regions in Albania.

3. To compare the incidence of cervical cancer of the 2015 with that of 2014 to show how the disease progresses.

METHODS: Retrospective quantitative study being done during April 2019. The study included 133 cases that were taken from a detailed database from Public Health Institute regarding with national report of NCD for 2015 and 103 cases received from reports made at ISHP from QSUT "Mother Tereza", SUOGJ "Queen Geraldin" and SUOGJ "Koço Gliozheni" in the 2014. We have worked over this data on Microsoft excel in the form of tables and graphs.

RESULTS: Incidence distribution based on age Incidence distribution based on region, shown on the graphics below.





CONCLUSIONS:

1. HVP vaccine is the only protective way against HPV and cervical cancer.

2. Regions with the highest incidence of HPV and cervical cancer are Berat, Lezha, and Gjirokastra and with the lowest incidence are Dibra and Fieri. The age group with the highest incidence is 40-50 years old and the lowest is under 20 years old.

3. During the 2015, incidence of cervical cancer has been increased with 2.1 compared to 2014.

KEYWORDS: HVP, cervical cancer, vaccination, incidence, database.

171. COMPARATIVE EVALUATION OF SEDIMENT OF URINE IN THE DIFFERENT POPULATION

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2Doctor of Laboratory Medicine, Tirana

Abstract

INTRODUCTION: Sediment of urine is very important in prevention, diagnosis or suggest further preclinical investigation for the best clinical decision.

AIM: Careful evaluation, attention to use successfully this low-cost examination according to different populations.

MATERIAL AND METHODS: Comparative evaluation of some our and foreign literature studies.

RESULTS AND CONCLUSIONS: Sediment of urine have features and variation by gender, age, season, geographical position and time. Knowing of these features and variation improve medical offer and quality of health care services.

172. MOLECULAR ALLERGOLOGY (MA), A NEW ERA FOR PRECISION MEDICINE IN ALLERGY MANAGEMENT

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Abstract

INTRODUCTION: MA is a new approach that examines at molecular levels the sensitization of a patient, by using purified or recombinant allergen molecules instead of the allergen extract. Understanding the concepts of molecular allergens such as primary sensitizer (major/relevant allergen) or panllergens (minor allergen) are necessary to make the right diagnosis in allergic patients.

Case report 1: A 48-year old man presented to our Allergology Unit with seasonal symptoms of rhinitis (nasal congestion, sneezing, runny nose, itchy throat) since childhood, and oral allergy symptoms such are itchy mouth, scratchy throat, swelling of the lips and tongue. He refers for these complains started since 2007. The situatation was worse especially after eating nuts, bannanas, tomato, peach, apple, kiwi, orange and melon.

At first, we performed skin prick tests (SPT) for inhalant and food allergens. SPT for inhalant allergens resulted positive for mugwort, birch and phleum pratense. SPT for food allergens resulted negative.

We also, performed prick by prick with above foods , which showed positive response to peach, melon, banana, tomato and peanuts. Later, we tested allergen molecules, which resulted positive for: Amb a 8(Profilins), Bet v 2(Profilins), Art v 1, Amb a 1, Art v 4 (Profilins), Art v 5 (Polcalcin), Phl p 1, Phl p 5. Art v 1, Amb a 1, Phl p 1, Phl p 5 are considered major allergens, while Art v 4 and Art v 5 are considered panallergens. Refering the results after the tests for allergen components and clinical symptoms, we concluded that the patient suffered from weed and grass pollinosis and also from pollen-related food allergy (Ragweed-melon-banana association; Mugwort-peach association; Grass-melon-peanut association).

CONCLUSION: The application of MA is important to differentiate the primary sensitization from the crossed rections. This is essential for the allergist physicians to choose the right specific immunotherapy and to do an individualized management for the patient, including opportinities for prevention.

173. STRUMA OVARII RARE TYPE OF OVARIAN TERATOMA

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Abstract

INTRODUCTION: Struma ovarii (SO) is defined as an ovarian teratoma that is composed predominantly (over 50%) or entirely of thyroid tissue. It may demonstrate pathologic features that can be seen in the normal thyroid including benign and malignant changes. The true incidence of malignancy is difficult to estimate because of lack of uniform diagnostic criteria, but is said to occur in approximately 5% of cases, with papillary carcinoma and follicular carcinoma being the most common.

METHOD: Our case is a 45-year-old woman, diagnosed intraoperatively through frozen section examination with strumaovarii in the right ovary suspicious for malignant transformation. Then she underwent total hysterectomy and bilateral adnexectomy, paraaortal lymphadenectomy and prophylacticomentectomy. Postoperative histopathology examination followed by imunohistochemistry showed Strumaovarii with multifocal papillary carcinoma, follicular variant.

DISCUSSION: Struma ovarii is a rare ovarian teratoma.Because of its rarity even when it is benign, the diagnosis could be a surprise for both pathologist and surgeon and the management of the malignisation of it have not been clearly defined. Adjuvant treatment with total thyroidectomy and iodine-131 ablation is indicated in selected cases. Serial serum thyroglobulin should be used as a tumor marker for follow-up.

CONCLUSION: Struma ovarii with multifocal papillary carcinoma, follicular variant needs a multidisciplinary treatment approach.

174. A QUESTIONNAIRE – BASED STUDY TO OBSERVE THE EFFECT OF PHYSICAL ACTIVITY ON PATIENTS WITH CARDIAC INSUFFICIENCY

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Abstract

Numerous studies have shown that physical activity is a predictive factor in reducing hospitalization frequency as well as in significantly improving quality of life in patients with cardiac insufficiency (HF).

OBJECTIVE: The purpose of this study is to monitor the level of physical activity for a period of one month after patients with cardiac insufficiency have emerged from the hospital regime.

Method and materials: The study included 35 patients with HF (cardiac insufficiency) from the University Hospital Center "Mother Teresa", Tirana. Prior to leaving the hospital, data on symptoms of physiologic stress, the knowledge and self-efficacy of patients to perform physical activity as well as the clinical and demographic characteristics of patients with HF (cardiac insufficiency) were carefully taken into account. After the one month period ended, the data on daily energy expenditure (DEE), DEE for low intensity physical activity (AF) DEE were collected; <3 metabolic equivalents (METs), DEEs for high intensity physical activity (high AF) DEE; 3-5 METs), and DEE for intense intensive physical activity. (FA intensive) DEE; > 5 METs).

RESULTS: The total average for 35 patients was 2577.70 ± 818.12 kJ / 24 h, of which 19.12% was for low FA of DEE, 7.20% for DEE high AF, and only 1.42% for DEE intensive AF. Body mass index (BMI), age, self-efficacy for day-to-day physical activity, and education levels were found to be good predictors for total DEEs of cardiac failure patients a month after leaving the hospital. The self-efficacy of physical activity of daily routine, sex, and BMI was found to be good predictors for DEE coupled with high physical activity. Age, BMI, and physiological-somatic stress symptoms were found to be good predictors of DEE coupled with intense high activity.

CONCLUSIONS: Albanian patients with cardiac insufficiency perform physical activity with low intensity as seen from the above results. Factors associated with the physical activity of HF patients were similar to those of Western countries. Nurses should increasingly emphasize the important role of physical activity in sick patients who are male, adult, low educational, or lower BMI. Motivating the self-efficacy of patients and their willingness to perform physical activity in reducing symptoms of psycho-somatic stress should be included in planning programs of patients leaving the hospital with cardiac insufficiense together with their medication treatment as an integral part of their ongoing palliative care.

175. TREATMENT OF UNSTABLE TROCHANTERIC/SUBTROCHANTERIC FRACTURES WITH PFN, FIRST CASES IN TRAUMA UNIVERSITY

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HOSPITAL & AMERICAN HOSPITAL, RESULTS AND COMPLICATIONS

Fezollari L., Hasmuca I., Duraj L., Habili D., Hysenaj A., Dizdari A., Zama Y., Prof. Caushi Gj., Prof.Asc. Ruci V., Prof. Asc. Duni A., Op. Cami E., Op. Sejdini K., Op. Memini S., Prof. Bassi G.

Abstract

AIMS AND OBJECTIVES: This study was done to evaluate the functional and radiographic outcome of PFN in treatment of proximal femoral fracture and more common technical, mechanical complications and intraoperative difficulties during the implant implementation.

METHODS: We conducted a retrospective study with ten cases of proximal femoral fractures treated between September 2017 and September 2018, which were accepted at the Department of Orthopedics, the University Hospital of Trauma and the American Hospital in Tirana. Fractures are classified according to classification AO and Boyd-Griffin. The age range of patients taking the study was 20-90 years. Ten cases were followed at regular intervals and the final assessment was made at the end of the 6 months period. In the result, functional clinical assessment according to Harris hip score was done.

RESULTS: In our study, mean age was 66 y.o, 7 male and 3 female. Mean of hospitalization time 6 days, mean operation time 120 min. In our study at 6 months follow up, union was achieved in 9 cases, open reduction was performed in 3 cases (10 cases). Technical and mechanical complications were noted in one case. Reoperation rate was 10 % (one case). According Harris hip scoring system excellent results were seen 40 % of cases (4 cases), good results in 50 % cases (5 cases), and poor results in 10% cases (1 case).

CONCLUSIONS: In our study, in spite of low experience in proximal femoral nailing in cases with unstable trochanteric / subtrocanteric fractures, it was found that PFN is an attractive implant and suitable for proximal femoral fractures and its use in unstable trochanteric / subtrocanteric fractures is very encouraging. This study has also shown that this device can safely be used by an average surgeon to handle common but sometimes tough fractures. Operation is technically not difficult, but gradual learning and great patience is needed to make this method really minimal invasive.

176. ACUTE MONO-ARTICULAR ARTHRITIS IN ADULTS.THE CHALLENGE IN DDX AND TREATMENT STRATEGIES

L. Nuhaj, E. Rapushi, A. Vata, A. Zoto, V. Salko, I. Xhemali

Abstract

INTRODUCTION: Acute mono-articular arthritis can be the initial manifestation of many joint disorders. The first step in diagnosis is to verify that the source of pain is the joint and not the surrounding soft tissues. The most common causes of mono-articular arthritis are crystal deposition (i.e., gout and pseudogout), trauma and infection. The examination of joint fluid is often essential in making a definitive diagnosis. Leukocyte counts vary widely in septic and sterile synovial fluids and should be

interpreted cautiously. In suspect of an infection, aggressive treatment with antibiotics should be started promptly to prevent joint destruction. Blood tests alone are not sufficient for the diagnosis and radiographic studies are diagnostic only in selected conditions.

Case presentation: We examined a 55 year old male patient with a 2 days history of left joint pain and swelling. On the physical examination the joint was warm, red, with synovial thickening and the patient had continuous pain not only on walking but also at rest. The patient denied any trauma, previous GI infection or any viral or bacterial infection of any kind. The blood tests were remarkable with no signs of an infectious or inflammatory process. In the joint fluid aspiration the synovial fluid was sterile and no crystals were found. The knee radiography and ultrasound showed nothing but joint effusion with little vegetations. The knee MRI was performed to prevent any probable malignancies and resulted within normal. The patient was started the treatment with painkillers and steroid and non-steroidal anti-inflammatory drugs. After a 4 day treatment the improvement was obvious with a significant reduction of joint pain and swelling.

RESULT: The diagnosis of a mono-arthritic disease was made and the patient was discharged and started treatment with methotrexate, folic acid, NSAIDs and painkillers.

KEYWORDS: Arthritis, blood test, pain, infection, diagnosis, examination, crystal deposition.

177. DISSEMENATED PSEUDOMYXOMA PERITONEI(DPP): PROGNOSTIC FACTORS OF RECURRENT DISEASE

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Abstract

INTRODUCTION: Ovarian mucinous cystadenoma is a benign tumor, multilocular cyst, bilateral 10% of cases, comprise 15% of all ovarian tumors. 80% of mucinous tumours are benign, 10% are borderline, 10% are malignant. The complications of benign ovarian cysts are torsion, hemorrhage, and rupture. Its rupture leads to mucinous deposits on the peritoneum (pseudo-myxoma peritonei, PMP), characterized by the accumulation of abundant mucinous material within the peritoneal cavity.

AIM: This study was set out to define the medical strategy in a 65 years old woman with huge ruptured borderline cystadenoma of left ovary & pseudomyxoma peritonei, presented at the American Hospital in Tirana, o 2012 and recidivant disease on 2019.

Material and **RESULTS:** We collected the data by history-taking, clinical examination, laboratory investigations, abdominal MRI, histopathological study. The patient presented with abdominal distension & strong pain, vomiting, increased weight, fever 38ºC. On abdominal examination, a huge ill-defined pelvi abdominal mass was noticed, extended up to xiphisternum. General examination: tachypnea (Respiratory rate 29/minute), CRP 3mg/dl, sediment 56mm/h, CA 125 123U/ml, CEA 106ng/ml. Her body weight was 107 kg, her height was 166 cm and her abdominal circumference was 134 cm. Abdominal MRI showed large ovarian tumor & ascites. Extended midline laparotomy was done. Intra operatively 9 liters of fluid were aspirated from the rupture of left ovary mucinous

multiloculated cyst. The tumor weighed 7, 5 kg. Bilateral salpingo-oophorectomy was performed & Appendectomy & Meckel diverticulectomy & infracolic omentectomy was done. She had a remarkable recovery, discharged on day 6. After 7 years she came again with recurrent disease and underwent surgery for Cystectomy, hysterectomy, remove of implants in the gastro-hepatic ligament, abundant lavage and drainage of abdominal cavity.

CONCLUSION: Radical surgery of maximum cytoreduction is the goal of treatment in women with advanced or recurrent diseases, implants are the main prognostic factors

The follow-up of patients must be done up to 15 years following the initial diagnosis.

178. PHYSIOTHERAPEUTIC TREATMENT TECHNIQUES AT AGES 0-6 MONTHS OF OBSTETRIC BRANCHIAL PLEXUS

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Abstract

INTRODUCTION: Obstetric Brachial Plexus Injury (OBPI) is an injury of Brachial Plexus nerves during the birth.The combination of treatment techniques with positioning at the age of 0-6 months is very important in the treatment of OBPI on the functional and aesthetic way.

Case presentation: Of the 30 cases with BOP, 13 are shown at age 0-6 months. The rest has come after this age. 13 cases of 0 – 6 months have profited from the treatment 90% function of the limb and 80% aesthetics. By comparing 13 cases with 17 others come after this age who gained 80% function and 60% aesthetics, notice a favourable trend for a better result by the age of first treatment (0-6 months). In result have influenced the degree of damage and combination treatment – positioning.

CONCLUSION: Coming within the range of 0-6 months determines the performance of treatment. The degree of damage is very important in the result.Combination treatment - positioning define functional and aesthetic performance of the limb.

KEYWORDS: Obstetric Brachial Plexus Injury, treatment techniques, vojta, bobath, combination treatment – positioning, age 0 – 6 months, 30 cases, function, aesthetics.

179. PATIENT - PHARMACIST RELATIONSHIP FROM THE PATIENT'S POINT OF VIEW

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Abstract

The study is focused on the relationship of pharmacists and their patients in the community pharmacy. By conducting a survey, the patients were asked about the role that pharmacist plays on the treatment, dispensing, and use of medicines. The survey aims to focus on the way community pharmacists focus on their patient needs, professional communication and pharmaceutical care. The survey was conducted in community pharmacies in the city of Tirana, Lezha, and Mallakastra during the January-April 2019.

From the preliminary results, patients confirmed the important role of the pharmacist in their treatment process, the dispensing of medicines and treatment advises which according to them, were essential and necessary.

KEYWORDS: pharmacist, patient, medicines

180. THE INFLUENCE OF TEMPERATURE AND TIME OF STORAGE OF BIOLOGICAL SAMPLE TO THE RESULT OF TOXICOLOGICAL ANALYSIS

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Abstract

AIM: The study the influence of temperature and time on the result of toxicological analysis.

METHOD: Biological blood samples were "spiked" with ethanol and carbon monoxide at a given concentration, stored under different temperature conditions for a period of 8 weeks. Samples were re-analyzed weekly based on protocol of toxicological analysis applied to the laboratory to see if these two factors influenced the results of analysis. There were used spectrophotometer and volumetric determination method.

RESULTS: The obtained results clearly show that there were significant fluctuations in the values obtained from various measurements at different times and different storage temperatures.

CONCLUSION: The sample conservation temperature and its period are factors that influence the quantitative determination of alcohol and carbon monoxide in the blood sample during toxicological analysis.

KEYWORDS: blood, alcohol, carbon monoxide, temperature, time, toxicological analysis

181. PREVALENCE OF ANTI-THYROID PEROXIDASE IN CHILDREN

178

WITH TYPE 1 DIABETES IN ALBANIA

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Abstract

INTRODUCTION: There is a genetic predisposition toward T1DM, which also predisposes patients to other autoimmunity diseases such as thyroid disease, celiac disease, vitiligo, alopecia. Autoimmunity thyroid as a more prevalent autoimmune disorder associating with T1DM is often clinically silent but may progress to autoimmune thyroid disease.

Case presentation: The aim of our study was to determine the prevalence of Anti – thyroid peroxidase in comparison with anti – IgA transglutaminase in type 1 diabetic patients in childhood. One hundred four children were included in this study. The age of T1D patients raged from 3 to 14 years old.Anti-TPO positivity was found in 30.8% (32/104) patients and Anti – TgA positivity in 6.7% (7/104) patients. Females had higher prevalence of Anti – TPO positive 39.7% and Anti- TgA 8.6% than the males 19.6% and 4.3% respectively. The prevalence of Anti-TPO resulted more higher compared to Anti-TgA.

CONCLUSION: Our results indicate that Anti-TPO is common among T1D children patients than Anti-TgA. So is recommended the regular screening of thyroid autoimmunity in all types 1 diabetic children patients.

KEYWORDS: Thyroid, autoimmunity, diabetic children, Anti-TgA, disease.

182. THE STUDY RELATED WITH THE ADJUVANTS USED IN VACCINE FORMULATION

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Abstract

Purpose of the study: Recognition of vaccine-based adjuvants, mainly viral vaccines, general information on the vaccine formula, problems associated with the use of adjuvants and future innovations. In the practical part, importance is given to the composition of current vaccine formulations in Albania, listing adjuvants in the composition, assessing the knowledge of pharmacists on adjuvants if they cause adverse effects or illness.

METHODOLOGY: Contemporary literature research on the use of adjuvants in vaccines, EMA documents, European regulatory aspects has been conducted. To accomplish this goal, the material explaining the use of adjuvants in their formula and their classification, historical adjuvants, new adjuvants and adjuvants in phase of study, clinical and pre-clinical studies has been reviewed. A large number of

pharmacists were interviewed by a questionnaire to carry out the practical part. Data was processed to build graphs.

RESULTS: The use of adjuvants is important in the vaccine. They help the antigen to give a quick response, prolonged response to the immune response. With the use of adjuvants, the immune response is modulated selectively for the large class I or class II and Th1 or Th2 histocompatibility complex, important for the protection against diseases caused by intracellular pathogens. The most used adjuvants are aluminum hydroxide, aluminum phosphate, calcium phosphate and oily emulsions. During the last 15 years much progress has been made on development, isolation and chemical synthesis of adjuvants such as derivatives of muramyl dipeptide, monophosphoryl lipid A, liposomes, QS21, MF59 and immunostimulating complexes (ISCOMs). Problems are present as a result of adjuvant-antigen action. In the practical part of the work: Of the 140 pharmacists interviewed, only 99 completed the questionnaire. Of these 61.61% have experience 0-10 years, 74.74% recognize adjuvants, 44.44% have completed reinforcement / protection, 48.48% knew they were in the vaccine, 33.33% and 22.22% gave a correct answer, 21.21% admitted that adjuvants give negative effects and 79.79% that adjuvants do not cause autism.

CONCLUSIONS: It is important to improve the adjuvant-antigen complex, the study of novel adjuvants, and informing the health professionals about adjuvants.

KEYWORDS: adjuvant, vaccine, preclinical studies, clinical, novelties, questionnaire

183. PLASTIC SURGERY IS A SCIENTIFIC REVOLUTION OR MISURE

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Abstract

INTRODUCTION: The purpose of the scientificresearch is to evalue the importance of plastic surgerys benefits and disadvantages.To accomplish this research wewill describe and compare two models of plastic surgerys and talk about their influence at the Albanian society.The process of reconstructing or repairing parts of the body by the transfer old tissue, either in the treatment of injury or for cosmetic reasons. Plastic Surgery is a specific surgical procedure performed by qualified plastic surgeons to repair skin and tissue that may have been damaged by various illnesses, accidents or simply aesthetic problems in different persons.

Case presentation: Plastic surgery mostly includes: Breast reconstruction after mastectomy.Repair damage from an accident such as burns.Correction of wounds or cracks.Individuals who have undergone an accident or those who have undergone surgical interventions that have left their mark on the body are the target groups that are mostly subjected to plastic surgery. Plastic surgery is the same for both men and women, in some cases nowdays it is a necessity more than a choice.

RESULTS: Results will be presented in a descriptive way, which will show pros and cons about plastic surgery. The description will be accompanied with photos that will show the differences before and

after a plastic surgery.

CONCLUSIONS: In conclusion, plastic surgery goes against the prespective of law, morality and equality but are supported in the perspective of justice and freedom. This is because plastic surgery is a change in person's natural appearance for the purpose of beautification and other reasons.

KEYWORDS: Plastic surgery, Estetic surgery, Eye lift, Rinoplastic, Buttock lift, Septoplastic, Burn plastic, Mammoplastic.

184. NANOCOSMETICS, ITS INFLUENCE ON THE EFFICACY AND SAFETY OF ANTIAGING PRODUCTS

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Abstract

INTRODUCTION: Nanoparticles are nowadays used in almost all the major cosmetic industries leading to the development of so-called nanocosmetic products. The different types of nanoparticles employed in cosmetics include liposomes, niosomes, SLNs, fullerenes, TiO2, ZnO etc. Due to their novel properties, mainly derived from the reduction of particle size down to the nano size, nanocosmetic products have brought novelties in antiage treatment and prevention of age signs. Many scientists consider these products as cosmeceuticals (cosmetic products with therapeutic properties). Recently, a number of concerns have been raised regarding the safety of these products. Researchers believe that nanoparticles may enhance penetration through the skin layers and may gain access to the blood stream and can be transported to various organs. Other concerns are the exposure of workers and the release of such particles in the environment.

AIM: The purpose of this study is to review the scientific literatures which sustain the efficacy and safety of nanocosmetic products.

METHOD: this study has been conducted in the city of Tirana. The purpose of the study was to assess the knowledge and usage of these products in the pharmacies of Tirana district. In this survey took part more than 102 pharmacists during a 60 day period from September- October 2018. Participants were asked about their knowledge about the subject and asked their opinion on these products.

RESULTS: there were statistically valuable 99 questionnaires, from which 51 % declared they knew about the usage of nanoparticles in antiage cosmetic products, whilst 49% no.

31% of pharmacists think that the most important factor to the efficacy of antiage nanocosmetic products is the combination of different active ingredients, 25% the nano size; 24% double function of nanoparticles; 20% the cosmeceutical effect. As far as it concerns the safety of PNA 61 % of pharmacists think that it is not safe for people with sensitive skin, 31 % think the risk comes from the higher rate of penetration to the skin; 8% thinks that only an accidental and continuous exposure to them might be dangerous to employees during preparation of these products.

32% of pharmacists prefer PNAvs conventional products, 18% don't, whilst 50% declared that didn't

have sufficient information to give an opinion.

CONCLUSIONS: In the light of data gathered during this survey there are different issues to be addressed. First, the pharmacist as a specialist in cosmetic technology and products must increase the level of knowledge regarding nanoproducts in cosmetics. Second, it is the obligation of distributors and representative offices of these products to bring along literature as well. An alternative might be also the Continuing Education Programme offered by OFA. Third the collaboration of all these actors in the field of nanocosmetics might bring to consumers the best product and advice for application in every situation.

KEYWORDS: nanoparticles, cosmeceuticals, nanocosmetics, anti age treatment, study.

185. MEDICALLY COMPROMISED PATIENT MANAGEMENT IN ORAL AND MAXILLARY SURGERY

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Abstract

AIM: Oral surgeons frequently encounter patients with systemic diseases who are on a variety of drugs. It becomes their responsibility to understand pathophysiological factors underlying disease process and pharmacodynamics of drugs the patient is taking. This study highlights the oral surgical management algorithm for patients with medically compromised status suffering from cardiovascular disease, hematological disorders, renal disorders, gastrointestinal disorders, respiratory and endocrine disorders and patients with immune-compromised status.

METHODS: There were examined medical records of University Dental Clinic (KSU) from November 2017 to April 2019. Patients' personal information were registered for each of them, including: proper identification of the patient, medical history, medications and medical allergies, preoperative management, diagnoses and treatment. The results were converted into a statistical program.

RESULTS: After analyzing medical records of each patient, the results were classified over their systemic diseases, using a pie chart. Furthermore, it was made a second classification over diagnoses and the plan of treatment.

CONCLUSIONS: Oral & Maxillofacial surgery frequently cause temporary but clinically significant alteration and has direct impact on vital organs and systems. The physiologic stress produced by surgery and anesthetic techniques, necessary for these procedures, can lead to serious morbidity and mortality. Depending on the variables discovered in the assessment, modifications to the usual surgical and anesthetic regimens should be done for a safe and satisfactory outcome.

KEYWORDS: Medically compromised patients, preoperative management, medical records, pie chart.

186. GAUCHER, A DIAGNOSTIC CHALLENGE

Dr. Marsela Shani, Dr. Xheni Ngjela, Prof. Dr. Polikron Pulluqi

Abstract

GD is one of the most common glycolipid storage disorders, caused by an inherited deficiency of the lysosomal enzyme beta-glucocerebrosidase, leading to accumulation of the substrate glucocerebroside in the cells of the macrophage-monocyte system. Accordingly, key disease features are related to splenomegaly with hypersplenism, hepatomegaly, and bone involvement. Although a single-gene disorder, phenotypic expression is extremely variable, ranging from totally asymptomatic (only detectable by DNA analysis or enzyme deficiency) to a lethal newborn form with hydrops fetalis and ichthyosis. Many manifestations, some not uncommon and others very rare, cannot be explained by storage, examples include immunologic abnormalities, increased prevalence of certain malignancies with relative paucity of others, neurologic comorbidities (peripheral neuropathy and Parkinsonism), calcification of cardiac valves, and pulmonary hypertension. Yet, most patients will present or develop signs/symptoms that are commonly managed by hematologists, for example, anemia, thrombocytopenia, and splenomegaly. In the past 2 decades, GD has become a model for other lysosomal storage disorders (LSDs), particularly because of the introduction of safe and effective (albeit extremely expensive) ERT, as well as substrate reduction therapy (SRT), and other modalities. Since the glucocerebrosidase gene was cloned, 300 mutations have been identified, 6 partly explaining the great phenotypic heterogeneity. Because many are private mutations and others may be either single or combined mutations in a complex allele, whole-gene sequencing is recommended for accurate genotyping.

Diagnosis: Enzyme activity: a requisite for disease identification.

Because most patients with significant visceral involvement (types I and III) will benefit from ERT, and earlier ERT may prevent development to irreversible complications such as avascular necrosis (AVN) of large joints and height retardation in children, accurate and early diagnosis is critical. Detection of low enzymatic activity of beta-glucocerebrosidase in peripheral blood cells compared with (same-day) normal controls is still the “gold standard” for diagnosis of GD. BM examination is not the appropriate diagnostic test primarily because it is nonspecific (pseudoGaucher cells are detected in many hematologic disorders) and therefore may result in a false-positive diagnosis. In addition, we are aware of false-positive diagnoses because of PCR-based mutation analysis: carriers of GD may be seen as having GD because 2 mutations are identified, but actually they are on the same (complex) allele. A further source of false-positive diagnoses is inherent in dry (whole) blood-spot methods. Although this method may be suitable for large-scale screening (of many LSDs), it cannot be relied on for definitive diagnoses. Unfortunately, the true status of persons misdiagnosed on the basis of any of the above-mentioned reasoningis usually discovered only after lack of response to ERT. Unfortunately, there are only a few laboratories that do perform reliably the enzymatic diagnosis on chorionic villous samples or amniocytes, and most of the genetic institutes today prefer full gene sequencing.

When is a BM aspirate appropriate?

When the clinical presentation is atypical and differential diagnosis includes entities that can be identified/excluded by BM smear such as idiopathic thrombocytopenic purpura or acute leukemia.

There are invariably patients who have 2 independently sorting disorders at presentation, such as GD and a hematologic malignancy. When there is an unexplained deterioration in blood counts despite ERT in a symptomatic patient, or acute deterioration in a here to fore stable untreated patient, BM examination may show/exclude hematologic pathology.

Biomarkers: Biomarkers add quality assurance to biochemical diagnoses but, more importantly, quantify dynamic changes in the clinical course over time. There has been no added value in previously used biomarkers such as tartrate-resistant acid phosphatase or angiotensin-converting enzyme or hexosaminidase. Currently, the most reliable biomarker in GD is chitotriosidase. The use of absolute level of chitotriosidase activity as a sole index of disease burden is also hampered by the variation in genetic polymorphisms in the chitotriosidase gene.

187. CHRONIC KIDNEY DISEASE: IMPORTANCE OF EARLY DIAGNOSIS AND MANAGEMENT

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Abstract

Chronic kidney disease (CKD) is a complex disease with adverse outcomes of kidney failure, cardiovascular disease, and premature death. Chronic kidney disease causes at least 2.4 million deaths per year and is now the 6th fastest growing cause of death.The guidelines define CKD as either kidney damage or a decreased glomerular filtration rate (GFR) of less than 60 mL/min/1.73 m2 for at least 3 months. All patients with renal disease should undergo an assessment of renal function by estimating the glomerular filtration rate (GFR) from the serum creatinine. This measurement is used clinically to evaluate the degree of renal impairment, to follow the course of the disease, and to assess the response to therapy. Kidney disease severity is classified into five stages according to the level of GFR.The most frequent causes of CKD are diabetic nephropathy, hypertension, glomerulonephritis, interstitial nephritis, pyelonephritis, polycystic kidney disease, obstructive nephropathy. CKD can also be the final result of untreated acute kidney injury (AKI) caused by infections, medicines, etc .Therapeutic interventions to delay progression and reduce comorbidity, such as cardiovascular disease, are more likely to be effective if they are implemented early in the course of CKD. Progression of CKD to an advanced stage can potentially lead to end-stage kidney disease with a requirement for renal replacement therapy. The selection of the renal replacement therapy (RRT) modality depends on physical and socio-demographic characteristics of the patient. Renal transplantation (RT) is the best RRT option because it assures better quality of life and longer survival. Dialysis remains the mainstay treatment for patients with ESRD who are not suitable for renal transplant or in whom transplant is contraindicated.

KEYWORDS: chronic kidney disease (CKD), glomerular filtration rate (GFR), acute kidney injury (AKI), ESRD, comorbidity, renal replacement therapy (RRT), renal transplantation (RT)

188. IRRITABLE BOWEL SYNDROME (IBS)

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Abstract

INTRODUCTION: Through this research we reviewed the irritable bowel syndrome, evidenced what are the most common symptoms of IBS that the patient relies on. Researching factors that predispose IBS, incidence depending on gender and age. The main purpose lies in the different types of diet and recommended by the doctor to improve the symptoms. Also, how IBS is diagnosed, innovative methods. Researching about impact of quality of life: on working life; social life and relationship; personal finances.

METHODS: The completed study is descriptive type in a retrospective study approach. In which we have tried to describe IBS and facts about it. At the same time we have been working comparatively on the cases, diet and impact of IBS in life quality in different spheres, with world`s study reports and those in Albania.

RESULTS: IBS is the disorder most commonly encountered by gastroenterologists, and diagnosis is made according to a symptom-based classification system, the Rome criteria, with the latest version, Rome IV. Patients with IBS suffer not only from gastrointestinal distress, but approximately 40-60% experience comorbid psychological disorders, such as depression or anxiety. Not surprisingly, IBS has been shown to negatively impact patients` quality as well as to adversely affect society`s financial resources. The IBS affects both men and women of all ages. Approaches are based on the reductions of patient symptomatology, and current pharmacological management often provides suboptimal relief. The prevalence of IBS globally is 11%, however, it is thought that IBS often remains underdiagnosed.

CONCLUSION: IBS is a common disorder that affects the large intestine. Sings and symptoms include : cramping , abdominal pain, bloating , gas, and diarrhea or constipations, or both. IBS is a chronic condition that you`ll need to manage for long term. Only a number of people with IBS have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. More severe symptoms can be treated with medication and counseling. IBS imposes a high socioeconomic burden on its sufferers and on society.

KEYWORDS: IBS, stress, patients, diet, FODMAP, impact.

189. NURSING CARE IN PATIENT WITH MENINGOCOCCAL MENINGITIS IN INTENSIVE THERAPY UNIT

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Abstract

Bacterial meningitis currently represents a pathology with a prevalence that is showing a progressive growth trend in terms of morbidity and mortality. Accidental miraculous causes are Neisseria meningitidis, Streptococcus pneumoniae or Haemophilus influenzae B. In this paper we will describe the importance of rapid recognition, diagnostic approach, application of terapy and nursing care in patients with meningococcal meningitis. Early knowledge and rapid clinical diagnosis are needed to reduce the mortality and morbidity associated with meningococcal meningitis and the nurse has a weight not less important as long as it is the first contact line: the patient-medical personnel. Initial diagnosis of meningitis is often based on clinical features for which history and patient examination are decisive. In the early stages, meningitis symptoms may be unclear or look similar to other infectious diseases due to general toxicity. This is even more difficult in pediatric patients, though there are some characteristic features of meningitis that are easier to recognize. Infants can exhibit nucleic rigidity, have a tense or bombed fountain, high temperature continuous, and alteration of the appearance, while adult patients may refer to high temperature, tense headaches, and non-stiffness. Meningococcal disease may debut for the first time as a maculopapular rash and then progress to a peteclastic rash. The onset of the disease can be quick. Therefore, it is important to have a high degree of suspicion and be aware of possible potential deterioration that may occur in patients with non-specific symptoms and signs Certainly at this point of the diagnostic approach, microbiological confirmation can be secured by isolating the organism from the cerebrospinal fluid or blood. Currently, due to early treatment of antibiotic bacterial meningitis, the number of patients with positive culture has decreased in recent years. When bacterial meningitis or septicemia is suspected, antibiotics should be administered as soon as possible. First line treatment belongs to benzylpenicillin and is strongly recommended when meningococcal meningitis or septicemia is suspected. However, in the case of patients known to penicillin anaphylaxis, the second line of cephalosporins of the third generation is the next next step. In addition to antimicrobial warfare, in the Intensive Care Unit, a major cause also takes nursing management sepsis (hemodynamic, gasometric, oxygen-in vitro and inotropic support stabilization) and also intracranial pressure increased by steroids. The current prevalence of Mannococcal Meningitis is resulting in a major global impact. Early diagnostic and management intervention has a vital, life-threatening, but epidemiological importance due to the high affinity of this pathology. For this reason, the nursing role is so important in fast diagnostic approach but also in taking the necessary measures to limit the spread of this lethal pathology.

190. ROLE OF CT IN CVA

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Abstrast

INTRODUCTION: CVA are a common pathology which in most cases may endanger tha patient's life. Their prognosis depends much on diagnosis. Nowdays radiology is in the challenge of fast detection as a condition for better treatment or resolution of such cases.

METHODS: The purpose of this study is to estimate the role of CT in CVA diagnosis, to documenting the presence or absence of ischemic or hemorrhagic infarction. This study was made reffering to the clinical and radiological data during the period between November 2017-Aprill 2018 in the Emergency of Department Mother Theresa Hospital Center. All patients with CVA clinic were bought to the radiology department for cranial CT

RESULTS: 100 patients were analyzed and the following conclusion were reached: 68% had ischemic, 21% had hemorrhage, 8% had CTV, 1% had HTA and 1% of them resulted a normal CT. The data presented similar results to the data of Jacob et al. In his study 60% of patients had ischemic, 30% had hemorrhage and 8% of patients had HSA. Based on our study, it turns out that men have a higher predisposition than women, risk factors for hypertension and diabetes mellitus. Althought we have not done a study on lifestyle of the patients, we think that men are more exposed to habits that cause risk factors such as smoking, alcohol or physical strains that related to hypertension or other cardiac diseases that lead to CVA.

CONCLUSION: The CT examination results gold standart in acute cases of AVC diagnosis, an examination that should be done in all cases for an adequate assessment of the condition of the patient.

KEYWORDS: cerebrovascular accident (AVC), cranial trauma, ischemic and hemorrhage infarction, computed tomography (CT), Manjetic resonace (RM).

191. DERMATOFIBROSARCOMA PROTUBERANCE

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Abstract

INTRODUCTION: Dermatofibrosarcoma Protuberance (DFSP) is a rare tumor with slow growth, a fibriohistiocictic neoplasm which is considered with low to moderate metastasis potential. DFSP touches people between the second and fifth decade of their lives. It is manifested with a asymptomatic indured skin colored stain or brown to red with exophytic nodules. The most endangered zones are the trunk, proximal extremities, head and neck. Local recurrences after non-complete resection are often, meanwhile metastasis in distance are rare. In the histopathologic side, the tumor is localized in dermis and consists of uniform fusiform cells, group, with an extended nucleus, with strong positive reaction to CD34. The atrophic variant can be similar to a BCC sclerotisant, morphea or cicatrix.

Case report: A 60 year old female patient is submitted in the clinic with a lesion in the epigastric region. She says that she has had this lesion for 25 years, but it has gotten bigger. The patient has done 2 interventions, respectively in 2003 and 2012, because of a transnasal pituitary adenoma. She was treated with Bromkriptin and Letrox before the intervention. After the operation in 2012, for a 2 year period the patient has been treated with: Leveriracetam because of an epileptic crisis that happened during AVC, Lioresal (Baclofen), Escitalopram and Nexium. She has had a gastric sonde for a period of 2 years.

In the clinical examination it is noticed a exophytic solitar lesion, sclerotic, with brown to red color and with the presence of telangiectasia. The dermatoscopy does not present correct diagnostic criteria.

The patient was recommended an echo of the lesion and chirurgical exition. Histopathological diagnosis and histochemistry: Dermatofibrosarcoma Protuberans (CD 34+, SMAdesmina, S-100). The lesion was present in the deep margo of the chirurgical resection.

DISCUSSION: DFSP is a mesenchymal dermal neoplasm with local aggressiveness. It is a sarcoma with a cutan origin which corresponds with less than 0.1% of all malignances and around 1% of all soft tissues with an annual incidence 0.8-4.5 cases in a million individuals. The increase of DSFP is painless with high risk of recurrences due to its high capacity to infiltrate the subcutan tissue, fascias and muscles. Clinically, it is presented as a multinodular asymptomatic lesion colored in blue or brown to red which is developed throughout the years with its typical protuberante appearance. It can also show as an atrophic plaque which is very similar to morphea and can often be confused as it. There are reports that show that lesions show in zones that have undergone a trauma or in patients that have had a lot of previous chirurgical interventions just like our clinical case. In most of them the tumor is located in the dermis, but sometimes it can be shown as an infiltrative increase in the adipose subcutan tissue. The differential diagnose can be done with pathologies such as: dermatofibroma, hypertrophic cicatrix, keloids, cutan manifestations of myofibroblastome, metaplastic carcinomes and fibromatosis. The standart treatment of the localized disease consists in chirugical resection with boundaries 2-3 cm from the lesion. Local recurrences tend to decrease with the increase and extension of the boundaries of the resection. It is recommended adjuvant radiotherapy in cases when the boundaries of the resection are inaccessible or that result in an aesthetical of functional defect. Post-operative radiotherapy have induced a recovery of the patients 85% of the cases. Local recurrences can happen 24%-90% of the cases where most of them exhibit in 3 years and half of them 1 year after resection.

CONCLUSION: This clinical case shows important aspects of this rare tumor, an interesting case also because the patient had made 2 previous interventions. We have to emphasize the fact that this tumor can cause recurrences even if it is exitioned in extended boundaries and this must be considered from the dermatologists and surgeons. Apropos the patients must be followed periodically after surgery for a long time.

192. PSYCHOLOGICAL DISORDERS IN HIV-AIDS PATIENTS

Mimoza Dosti

1Psychologist

Abstract

Based on the last year's statistical data collected by the Institute of Public Health (IDP) for HIV-infected persons in Albania, the results show us even though there is an increasing number of infected persons, Albania remains a country with low prevalence of HIV infection. The prevalence of HIV in our country is less than 0.04% of the population (according to Census 2011). Learning HIV positive status through laboratory examinations for the individual is an extremely traumatic experience that changes the whole course of life. Individuals at the time of diagnosis experience severe psycho-emotional reactions as a state of shock, fear, guilt, blink, thought suicide etc. Then Discrimination and Stigmatization return to other difficulties or barriers that complicate the process of coping with

the disease and the need to apply holistic care models to the treatment of psychological, spiritual and physical dimensions to persons who will live with the virus HIV and positive status. These stigma-related experiences contribute to a variety of psychological disorders such as stress, difficulty adjusting, anxiety, depression, and so on.

The stigma and discrimination associated with HIV-infected persons plays an important role and adversely affects the decision taken by individuals not to reveal their status and status, lack of appropriate care, social support, and the enjoyment of a low level of emotional well-being. Stigma and discrimination these people experience in crisis of identity, isolation, solitude, low self-esteem and lack of interest in treating the disease. According to studies in Albania, Mental Health problems are more common among the known population of HIV-infected patients. The prevalence of anxiety, depression and double diagnosis in these patients is higher. These conditions are suggested to be more careful about the treatment of HIV diagnosis and treatment of psychological disorders. Access to the treatment and treatment of such diagnoses such as HIV is one of the key elements for progressive achievement and complete fulfillment of everyone's right to enjoy the highest achievable mental health standard and physical without being prejudiced and discriminated by society.

193. THE PREVALENCE OF SUICIDE AND ITS CAUSES IN THE REGION OF GJIROKASTRA, JANUARY – AUGUST 2015

M.Sc. Mimoza Llavdaniti

Abstract

BACKGROUND: Deliberate termination of life of the person that ends with his death called suicide or suicide. Suicide is a health problem worldwide. The risk factors for suicide include mental disorders, alcohol dependence, aggravated economic conditions, loss of hope. Experiencing conflicts, abuse, violence are strongly associated with suicidal behavior. In fact 75% of global suicides have occurred with low incomes by 2012. In the world die by suicide 1 million people each year, on average 15 / 100, 000. In the Eastern European countries (so-called suicide zones) and Japan less than 10 / 100, 000 inhabitants. The average for Europe is 27 / 100.000 inhabitants. In USA total number of suicide ranges from 25, 000 to 55, 000.

OBJECTIVE: Assessment of suicide prevalence, distribution and main factors that lead to suicide.

METHODOLOGY: The study is the cohort, descriptive, conducted in Gjirokastra Regional Hospital, during January-August 2015 following each suicide case presented the Emergency Room.

DISCUSSIONS: For a period of 8-month occurred 19 suicide. Prevails in the female sex by 58% and men 42%. Much comes from the city with 74% and 26% from the village. According to age distribution seen in all age groups, average age 34.7 years, 20-29 dominates with 32% aged 50-59 years and 25% to that seen economic cause unemployment. 16-19 age group with 21% in high school students, the main problem is the incompatibility between generations mentality. By education with 58% middle school, elementary 32% and university 10%. By employment status 56% of suicide are without work (economic cause), 19% of Employee cause debts, student 13%, 6% and retiree disabled 6%. Served as suicide tool medication 53%, 11% tool cool, jumps from above 11%. While clor substances, CO2,

rat poison and pesticides by 5%. By referrals of cases the main cause is the low level of economic and loss of hope for the future. 5% of the cases have suicide for the second time. Prognosis of cases has been good.

CONCLUSION: The number of suicide is high and tends to increase. Seen a much wider margin in the female sex. The danger for the unemployed and the female sex. The main reason is the low level of economic and loss of hope for the future.

KEYWORDS: suicide, causes, prevalence, age group. Shows a link between unemployment and generational conflict

194. EARLY AND LONG-TERM COMPLICATIONS OF ELIMINATION TEETH

Mirjeta Murraku

Abstract

Entry: Geoffray L Howe says: The ideal extraction of a tooth is its painless removal and minimal tissue trauma surrounding it, as well as without any post operative complications. All the procedures that make up the field of oral and maxillofacial surgery, dentoalveolare surgery remains unique in consistency of the surgeon's requirements. As with any surgical intervention and the removal of the teeth can cause a series of accidents and complications. Accidents during tooth removal often hinder intervention, they may also be cause to the post-operative complications. Causes of accidents during tooth removal can rarely be by general factors, more often they are the result of dental morphological features, the tissue surrounding them, as well as pathological processes caused by odontogenic infection.

OBJECTIVES: Evaluation of the incidence of possible intraoperative and postoperative complications during and after surgical intervention.

The connection that exists between protocol implementation and appearance of complications.

Preventing complications or what a doctor needs to consider before taking a surgical intervention, as well as the risks that an intervention may take.

MATERIAL AND METHODS:

1. Type of study

The study is retrospective. Through the cards and clinic records I have got data on the volume and incidence of dental extractions performed in the"Albanian University". These data have been described, studied, and analyzed to draw conclusions about the possibilities of eliminating or how to treat complications.

2. Population in Study

In this study I have included 130 patients out of which 58 are female and 72 males. There were 78

extracts of 58 females and 108 extracts of 72 males. So, in total, 186 teeth were extracted at the "Albanian University" dentistry clinic. For the purpose of studying and obtaining the right information to draw accurate conclusions, I grouped the patients as follows:

1. 20-40 years old

2. 50-70 years old

I have grouped the data according to the reason of the extraction:

Prosthetic reasons, radical remnants, coronar-radical destruction, orthodontic reasons, periapical changes, endodontic failures, retouching inability. Another grouping was done according to the anatomical location of the extracted tooth. Mainly I studied the molar teeth, forced to this solution by the fact that the frontal and premolars intend to be conserved both by the doctor and the patient until the moment when, referring to the status of our patients, these are extracted for prothesis or loss of periodontal connective tissue. In this case, the frontal and premolars represent less complications in the extrusion procedure.

46 ,36 ,26 ,16

48 ,38 ,28 ,18

I am focused on this group of teeth because their extraction has greater probability to give intra and postoperative complications. The whole study was done to find out which is the most common complication that has occurred in these extractions. As a criterion of the study, the presence of a minimum one of a local complication, hemorrhage, trizmus, edema, alveolitis (dry, moist), root fracture, crown fracture was determined. As an exception to the study, the presence of at least one systemic complication was determined.

3. Collection of data

The data was collected by reviewing the cards and medical records of patients at the "Albanian University" dentistry clinic.

4. Statistical analysis

Types of data in the study are categorical data classified as:

Nominal categorical data - Rejection of extraction, complications, anatomic tooth localization.

Categorical binary-gender data.

Ordinal category data - Ages Ages.

The data was thrown into the Excel program, tables and graphs were constructed, which show the link between these phenomena reviewed in this study.

RESULTS: In this study were taken 130 patients in total and 186 extracts in a time period of 2017-2018. From this study 58 were women and 72 men in the division that was made by gender for relief effect. 58 women had extracted 78 teeth or 41.9%. 72 males had extracted 108 teeth or 58.1%

The most common reasons for these extras were:

The prosthetic reason resulted with 79 extracts and a percentage of 42.5%. Radical waste - 30 extracts

or 16.1%. Coronary-Radical Destruction - 25 Extracts or 13.4%. Periapical changes - 7 extracts or 3.8%. Endodontic failures -22 extracts or 11.8%. Inability to retrace - 23 extractions or 12.4%.

In 186 total extensions, 145 or 78% didn't show intra and postoperative complications. Only 45 extracts or 22% showed complications.

The complications that patients referred were:

Alveolite - 7 cases or 17.1% (of which 4 cases were wet alveolus and 3 cases of dry alveolus) Edema - 5 cases or 12.2%. Hemorrhagia - 3 cases or 7.3%. Trizmus - 1 case or 2.4%. Root Fracture - 5 cases or 12.2%. Crown fracture - 20 cases or 48.8%.

CONCLUSIONS: The complications during and after the extrusion can be caused by:

General factors: Anatomy-morphological features of the tooth extracts and tissues around them. Stage of pathological process caused by odontogenic infection. Brutal or hasty maneuvers. Choosing the wrong technique by the doctor.

From the patient's own factors such as: Age with all its consequences. Immediate immune and regenerative abilities. Anxiety and unreliability.

Accidents can be avoided or prevented by:

Proper diagnosis and assessment of the possibility of complications.

A careful examination before surgery, accompanied with radiographs.

Realizing a good pre-anesthesia

The use of a perfect technical operator and professionalism.

195. THINK BEFORE YOU INK - TATOO COMPLICATIONS

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Abstract

BACKGROUND: Tattoos are becoming increasingly popular either in Albania during the last years. A Tattoo is the application of the ink through a needle or not in the skin. Doing a Tattoo for cosmetic purpose, mentality, fashion and religion has been an habit for thousand years in many countries. Some of these tattoos are permanent and some are done with hena ink that keeps some weeks. The presentation of the foreign substance in the skin and the contact with the needle can cause some side effects and complication. Either the way of the elimination of the tattoo can cause complications. The incidence of the complications is rising but people are often unaware of the risk of complications associated with this procedure.

The aim of this presantation: To know the risks and the complications after doing a tattoo and after procedures for tattoo removal. We have reported some clinical cases of different complications

after doing a temporally or permanent tattoos, and after laser application for tattoo removing. The complications might be at early days or delayed after the tattoo was made. These risks might be: infections (bacterial or viral), inflammatory reactions, allergic dermatitis, keloids or hypertrophic scars, Koebner fenomen and psoriasis exacerbation. Late complications; sarcoidosis induce, Hepatitis and HIV infections, scars after tatoo removal, disfigurement, mask effect for melanoma and other skin carcinomas at these areas.

CONCLUSIONS: Making a Tattoo might be followed by complications. People should be informed for risks of doing a tattoo. Medical personnel should know all these complications so they can be able to treat those correctly in a short time.

196. A NEW VISION IN THE TRADITIONAL REPORT; DIABETES, HEART AND KIDNEY

Prof. Dr. Myftar Barbullushi

Abstract

When we say diabetes mellitus we mean hyperglycemia and its antidote, insulin. Our entire focus and target has been to lower the level of glycemia. With this learned approach we have also grown professionally in the school. But, in fact, a new approach to type 2 diabetes treatment has been profiled for the past two years in the highest scientific circles, an approach that was finalized also in the recommendations of the World Diabetes Association at the end of 2018. According to this new vision, the treatment of a patient with serious diabetes mellitus should first start with an assessment of cardiovascular and renal disease status, as well as of other comorbidities and patient preferences, according to a draft of the Joint Declaration of Consensus 2018 by the American Association of Diabetes (ADA) and the Society for the Study of Diabetes (EASD). So what we consider new since 2015 is that we recommend that these comorbidities be considered in the first place because they affect the choice of the best medicament in controlling glycemia and preventing major diabetes complications. The presence of CVD and SRK is a convencing indication for a forced selection of certain medicaments that control glycemia and inhibit or prevent further damage to diabetes. This statement will aim to help doctors navigate the ever more complex options for hyperglycemia management in type 2 diabetes, especially on data published since 2014, including important cardiovascular benefits through treatment of patients with inhibitors of glucose / sodium transporter-2 (SGLT2) and glucagon-like peptide-1 (GLP-1) receptor agonists. The focus of this consensus report is not just about hypoglycemia, but also the protection of vital organs such as the heart and kidneys through available therapies for this purpose. The new approach continues to consider metformin as a first line therapy, but now favors GLP-1 injectable agonists or SGLT2 inhibitors as second-line therapy rather than insulin, depending on the patient's basic characteristics and other issues such as affordability or access to medicaments. Over the past 2 to 3 years, we have a growing set of data in which we can concretize the new strategy in our patients.

197. INNOVATIONS REGARDING THE PHARMACEUTICAL

REGULATORY BASED IN ALBANIA, THERE ARE STILL STEPS TO FOLLOW UP

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Abstract

INTRODUCTION: The pharmaceutical regulatory based in Albania has had amendments and improvements time by time. But still, there are internal regulations and manuals that need to be done for both, the public and private sector. These regulations are derivation of the Law "On Medicines and Pharmaceutical Service" and in order to create and later get them approved.

METHODS: There have been steps towards composing and approving several regulations to get official and implemented. Six working groups were raised, each one them had to work on the regulations, as listed below:

1.Good Distribution and Storage Practices

2.The Regulation on Medicines Publicity

3.The Regulation on Medicines Patient Information Leaflet

4.The amendments on the Regulation for Marketing Authorization

5.The Manual on Safety Measures that must be taken from the Pharmaceutical Private Sector

6.The amendments that have to be proposed on the Law of Medical Devices.

Each working group had a head of group and members that include pharmacists, legal representatives of the agency and dentists (only the last working group). The groups had a deadline for presenting the work and all the reference where they got based. The main intention was that all the regulations had to be similar to the laws and regulations of the European Union, in order to follow the main purpose of having Albania and all its regulatory base, same as the EU.

RESULTS: In 2018, the amendments on the Regulation for Marketing Authorization and the Good Distribution and Storage Practices got approved and published in the official gazette, also the Regulation on Medicines Publicity got approved in January 2019.The Regulation on Medicines Patient Information Leaflet is to be approved soon, it has been discussed with relevant stakeholders and after their recommendations a decision will be arranged for its final version, in order to send to the Minister of Health and Social Protection for approval.

CONCLUSIONS: The Manual on Safety Measures that must be taken from the Pharmaceutical Private Sector and the Amendments that have to be proposed on the Law of Medical Devices are going to finalize from the working group and later get approved. There is still to be done, but with the right healthcare professionals, hard work and collaboration, soon the frame of pharmaceutical regulatory base will have no gaps.

198. SHORT IMPLANT IN DAILY DENTAL PRACTICE: MYTH OR REALITY

Nejat Nizam

Abstract

Intraosseous dental implants are often the preferred treatment choice to rehabilitate patients with tooth loss. Significant loss of hard tissues following tooth extraction may prevent placement of standard dental implants. In these circumstances, advanced surgical procedures such as sinus floor elevation and vertical ridge augmentation may be required to increase the hard tissue volume. These techniques require a high-level of surgical skill and experience and pose risk for complications such as sinus perforation, oro-antral fistula, edema and hematoma formation, acute/chronic infection, nerve damage etc. Therefore, such procedures are generally avoided in daily private dental practice. Short implants may be good alternatives since these complications may be overcome by simplifying the surgical procedures and decreasing the total treatment time. In this presentation current knowledge of short implants will be discussed and utilization of short implants in complicated cases will be demonstrated.

199. TREATMENT OF LEG LENGTH DISCREPANCY WITH MONOLATERAL EXTERNAL FIXATOR

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Abstract

BACKGROUND: Leg Length Discrepancy LLD is not a frequent clinical finding. The etiology of it is of many reasons and the consequences brings inability to the patient expressing variable clinical features. Limping is the most important complain and other problems like scoliosis, joint pain, movement restrictions etc. are often shown later. When the LLD is minimal the treatment is conservative varying from physiotherapy procedures for the muscle education to the increasing the shoe heel. In big discrepancies the complains are frequent and the surgical treatment is necessary that consist in proper bone elongation.

AIM: To bring our experience in the treatment of LLD and to see efficacy of bone elongation using external fixator.

MATERIALS AND METHODS: During January 2010 – December 2017 we have treated 19 patients that had LLD. There were 11 females and 8 males in an average age of 25 years old. The discrepancy was in tibia in 13 patients and in femur in 6 patients. In all patients we performed an transversal osteotomy

at the proper bone and fixed it with modular external fixator available to increase its length.

1 week after osteotomy we elongated the bone 1 mm per day till to the required length. We educated familiars for the external fixator lengthening function and the lengthening every day was performed in collaboration with them or patients themselves.

RESULTS: In all patients we lengthened the bone without having any pseudoarthrosis. The desired length was achieved comparing the contralateral limb. The maximum lengthening was 5, 3 cm in a girl that has LLD of the lower leg (tibia and fibula). In all the lower leg cases elongation we performed a tenotomy of Achilles tendon after the osteotomy. In 3 cases we had equinus position of the foot that was resolved after by Achilles tendon lengthening till the full dorsiflexion and splinting it in this position for 3 weeks.

CONCLUSION: The bone lengthening utilizing the monolateral external fixator is a good method and cost effective. It is simple and the familiars of patients can interact and collaborate to get the final result. The patients feels satisfied and walks without difficulties.

200. COW'S MILK ALLERGY: EVIDENCE-BASED DIAGNOSIS AND MANAGEMENT FOR THE PRACTITIONER

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Abstract

This review summarizes current evidence and recommendations regarding cow's milk allergy (CMA). The most common food allergy in young children, for the primary and secondary care providers. The diagnostic approach includes performing a medical history, physical examination, diagnostic elimination diets, skin prick tests, specific IgE measurements, and oral food challenges. Strict avoidance of the offending allergen is the only therapeutic option.

Oral immunotherapy is being studied, but it is not yet recommended for routine clinical practice. For primary prevention of allergy, exclusive breastfeeding for at least 4 months and up to 6 months is desirable. Infants with a documented hereditary risk of allergy (i.e., an affected parent and/or sibling) who cannot be breastfed exclusively should receive a formula with confirmed reduced allergenicity, i.e., a partially or extensively hydrolyzed formula, as a means of preventing allergic reactions, primarily atopic dermatitis. Avoidance or delayed introduction of solid foods beyond 4–6 months for allergy prevention is not recommended.

CONCLUSION: For all of those involved in taking care of children's health, it is important to understand the multifaceted aspects of CMA, such as its epidemiology, presentation, diagnosis, and dietary management, as well as its primary prevention.

KEYWORDS: Allergy, children, infants, pediatrics

201. BIOLOGICAL TREATMENTS FOR SYSTEMIC AUTOIMMUNE DISEASES

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Abstract

AIM: Presenting the concept of biological therapy in systemic autoimmune diseases. To highlight the importance of genetic engineering in the production of these treatments.The importance of biological medications and their clinical indications in systemic autoimmune diseases.

MATERIALS AND METHODS: Retrospective methods based on contemporary literature.

RESULTS: The advances in the understanding of the pathogenesis of the autoimmune diseases have led to new treatment targets. Biologic therapiesare targeted at molecules involved in the mechanisms of the immune system, provide an alternative to the existing treatment methods of disease-modifying anti-rheumatic drugs and other immunosuppressive medications. We have developed a research based on 4 major categories:

1. Anti TNF,
2. Interleukin inhibitors (IL-1, IL-17, IL-23),
3. JACK-pathway inhibitors,
4. Modulators of lymphocytes.

TNF inhibitors are drugs that help stop inflammation. They're used to treat diseases like rheumatoid arthritis (RA), juvenile arthritis, psoriatic arthritis, plaque psoriasis, ankylosing spondylitis, ulcerative colitis (UC), and Crohn's disease. (Adalimumab, Certolizumabpegol, Etanercept, Golimumab, Infliximab.)

Interleukin inhibitors are immunosuppressive agents which inhibit the action of interleukins. Interleukins are a group of cytokines which are synthesized by lymphocytes, monocytes, macrophages, and certain other cells. They function especially in regulation of the immune system. (Interleukin-1 inhibitors: Anakinra, Canakinumab. Interleukin-17 inhibitors: Secukinumab, Brodalumab, Ixekizumab. Interleukin-23 inhibitors: Ustekinumab.)

JACK pathway inhibitors - Altered production of cytokines can result in pathologies ranging from autoimmune diseases to malignancies. The Janus Kinases family is a small group of receptor-associated signaling molecules that is essential to the signal cascade originating from type I and type II cytokine receptors. Inhibition of tyrosine kinases enzymatic activity using small molecules has recently become a powerful tool for treatment of several malignancies. (Tofacitinib, Baricitinib.)

BLyS inhibitors: Belimumab, T cell costimulation modulators: Abatacept

CONCLUSIONS: The arsenal of biologic therapies available to treat autoimmune diseases is quickly

expanding as a result of better understanding of molecular mechanisms together with improved production capacity. They include (by class): novel anti-TNF alpha blockers (fully humanized or pegylated), anti-IL agents (to IL-1, IL-6), B-cell-directed therapies (to CD20, CD22), co-activation signaling (CTLA4-Ig), and IVIG. Although most of the FDA-approved biologic therapies are for RA, Belimumab is the first FDA-approved targeted therapy for SLE. In addition, the efficacy and safety for biologics in off-label indications are encouraging for patients with resistant autoimmune conditions.

KEYWORDS: Biologics, anti-TNF, interleukin inhibitors, JACK pathway, autoimmune diseases, monoclonal antibodies, engineering genetics.

202. SHOULD KIDNEY BIOPSY BE A ROUTINE PROCEDURE FOR DIAGNOSIS OF RENAL PATHOLOGY IN ALBANIA?

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Abstract

Ultrasound-guided-percutaneous renal biopsy is one of the most important examination for nephrologists worldwide. Even PRB is an invasive examination, many centers are performing it in routine day for diagnosis renal disease. The results of renal biopsy help every nephrologist not just to confirm the suspected clinical diagnosis but also they help to determine the specific treatment.[1] Ultrasound-guided PRB is performed for diagnosis in cases with acute renal disease presenting as rapidly progressive loss of renal function or as acute kidney injury, in cases with systemic disease involving the kidney like systemic lupus erythematosus, vasculitis or hematology disease and in every case with proteinuria and glomerular hematuria. Also, it could use to identify the underlying morphology of chronic kidney disease (CKD) as this is important to predict outcome and recurrence of the primary disease after kidney transplantation. It helps to confirm or not the acute rejection, recurrence of glomerulonephritis and CAN in transplant kidney. [1, 2, 3, 4, 5, 8] Various study suggest PRB to be performed as a routine procedure in diagnosis of renal diseases even when the nephrologist have strong clinical evidence or presence of serum biomarkers (e.g., antineutrophil cytoplasmic autoantibodies (ANCAs) or anti-double-stranded DNA antibody (dsDNA)). [2, 3.4.5] Now it is well excepting the important of ultrasound-guided PRB but sometimes the results could be not conclusive due to the size of the biopsy, the quality of the sample and the experience of the nephrologist. The nephrologist should be able not just to perform the biopsy but also to interpret the sample and, in the end, to give a conclusive diagnosis based on the clinical symptoms, serum biomarkers and the results of the biopsy. [1] Various nephrologists still, especially in Albania, do not recommend the kidney biopsy on patients with pre-existing diabetes, but recent study have showed a different approach. So, the kidney biopsy had result in potential treatment modification in 38% of patients with diabetes and the fundus oculi do not any more correlate with the diabetes nephropathy in patients with tip 2 diabetes mellitus. [1] Any time when you recommend an examination, you should balance the benefits with the adverse effects of it. The complications of ultrasound-guided PRBare

very few and well managed from an expert. There are many studies which have described this mini invasive examination as a save procedure with a well-defined risk profile and a low complication rate. Few patients could require an intervention for the bleeding complications, and fewer could have acute renal failure, septicemia or lethal outcome. All this major complication could be avoided in the hand of an expert who follows exact the protocols of kidney biopsy. [2, 3, 4, 6, 7] Based on all the recent study, I Suggest that it is the time to implement the ultrasound-guided PRB in diagnostic routine, in our country.

203. MANAGEMENT OF ULCERS IN ORAL CAVITY

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Abstract

AIM: Evaluation of oral cavity ulcers, local and systemic factors that affect their appearance, early detection of these lesions, initial management, final treatment, and ongoing follow-up of patients with the presence of these lesions.

METHOD: The data of 80 patients were analyzed, identifying the patient's general characteristics, the morbid and bias history, the objective intra and extra oral examination and the management method of each clinical case.

RESULTS: Out of 80 patients treated with oral cavity ulceration, males (60%) were more affected by women (40%). The most affected age group is 56-65 years old.

Regarding the causes that led to the appearance of oral ulcers in 50% of cases were local factors and 50% systemic factors. In cases manifested by the action of local factors, the majority are ulcerated as a result of traumatic prosthetic action.

In cases manifested by the action of systemic factors, most of the cases are ulcerated by bullous diseases, mainly Pemfigus Vulgar. In 61% of cases we distinguish multiple ulcers and 39% solitary ulcers.

Regarding the management of patients, 50% of patients were treated systematically, 45% of patients were treated with non-surgical local treatment and 5% of patients were treated with surgical procedures. Regarding the medicines used in most patients, combined systemic treatment, corticosteroids + antibiotics were used.

CONCLUSIONS: Oral extensions that last longer than two weeks should be diagnosed and treated as early as possible. In most cases biopsy played a key role in diagnosis. Identifying the causative factor is very important to determine the proper way of patient management and timely treatment.

KEYWORDS: ulcer, local causes, systemic causes, biopsy, surgical treatment.

204. SPEECH THERAPY AFTER REPAIR OF CLEFT LIP AND PALATE

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1Logopede

Abstract

This presentation describes the clinical case of an 8-year-old patient with cleft lip and palate. It provides an overview of the patient's clinical case, anamnesis, detailed evaluation of the condition, the scope of work, a treatment plan, speech therapy, progress, and the results of the aforementioned patient.

The patient's mother suffers from bilateral cleft lip and palate, which was passed on genetically to the child, albeit unilateral in the case of the patient. Other conditions include impaired vision and loss of hearing caused by OME. The patient has undergone all required surgical interventions in both lips and palate.

A detailed evaluation of the condition revealed that the patient's speech features an omission of the consonant K and distortion of many other consonants, including pre-palatal, post-alveolar, and dental consonants. No intellectual disability is observed, but speech development delays caused by loss of hearing and frequent hospitalizations are noticed.

The post-operative speech therapy treatment sought to establish accurate coordination of phono-respiration and respiratory, lingual, and buccal muscle control. The main goal of the therapy was to treat the patient's sound omissions and distortion. The therapy included: respiration exercises, massages, buccal-facial, labial, and lingual exercises as well as phonetic exercises for omitted and distorted sounds. The therapy was conducted during four consecutive months at a frequency of three times a week. The patient was highly motivated and performed these exercises at home by herself.

Speech therapy results were very encouraging. The patent has achieved accurately and effortlessly articulating labial, palatal, and pre-palatal sounds, except for consonant K. Distorted dental sounds (The, Dh, and Ll) can now be pronounced correctly, even in spontaneous conversation. Difficulties persist with alveolar sounds (C, X, S, and Z), but pronunciation of 'Rr' dhe 'R' is now controlled quite well. Pre-palatal sounds (H and G) can finally be pronounced correctly. Last but not least, the patient finds it impossible to pronounce K, because intervention cicatrix to seal the palate hinders the phonetic organs.

205. REGULATORY ASPECTS OF PRESCRIBING AND ADMINISTERING OF PRESCRIPTION IN THE PHARMACY

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Abstract

AIM: Understanding the responsibility of each member of the healthcare team leads to developing an effective relationship with patient. A well-written prescription can solve a lot of problems. The purpose of this study is to point out the most common things that prescriptions lack in Albania, and to compare them with European countries.

METHOD: Local pharmacists were asked to complete a questionnaire about prescriptions they receive in their pharmacy. Over 100 prescriptions were analyzed in order to highlight the missing elements. Also, we got full information over prescriptions in different European countries.

RESULTS: Prescriptions' different elements were mentioned as the most common missing ones in Albania. In Italy, it is only used electronic prescription. In France, prescription contains patient's identity, prescription's authentication, doctor's identity, and drugs' identification. However, a prescription may be refused if the pharmacist believes that it's better for the patient, or if they doubt prescription's authenticity or doctor's capacity. There are four types of prescriptions in Germany. Pink prescriptions contain drugs that cannot be obtained without doctor's prescription. Drugs' cost is mostly covered by the health insurance company, whereas the patient pays 2%-10% of the total cost only if they buy their drugs within 4 weeks. Blue prescription is valid for patients with private health insurance. They get their reimbursement from their company after they send the receipt within 3 weeks. Patients have to pay the total cost if they get a green prescription, which is valid indefinitely. The yellow prescription, which contains medications with very strict regulations, has three copies: one for the company, one for the pharmacy, and one for the prescriber.

CONCLUSIONS: Prescription remains the most important link between the doctor, pharmacist and patient. In Europe, different types of prescriptions and the way they are controlled, make the process very easy. In Italy, electronic prescription makes understanding of the content very easy for the pharmacist which leads to a lot less mistaken drugs. In France, each prescription has its necessary elements and can be turned down if any of them is missing. In Germany, different colors of prescriptions avoid misunderstandings over total cost, reimbursement or the nature of drug.

KEYWORDS: Prescription, missing elements, drug, patient, comparison.

206. STRATEGIES FOR THE TREATMENT OF RESISTANT OBSESSIVE – COMPULSIVE DISORDER. CURRENT KNOWLEDGE AND OPEN QUESTIONS

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Abstract

AIM: Obsessive-Compulsive Disorder (OCD) is a common psychiatric disease with a prevalence in the general population of about 2-3%. Serotonin reuptake inhibitors (SSRIs) and cognitive behavioral therapy (CBT) represent two first-line OCD treatments. However, the unsatisfactory response to these

treatments is very common and new treatment strategies are needed.

OBJECTIVE: The purpose is to review the available data for treatment-resistant OCD and treatment strategies for patients who do not respond to the first SSRI treatment.

METHOD: We rely on the study database, selecting meta-analysis, systematic reviews and randomized and controlled studies on resistant OCD treatment. We reviewed the current data on various strategies and a treatment algorithm was described.

RESULTS: The addition of antipsychotics to SSRIs and cognitive behavioral psychotherapy (CBT) are two main strategies for the treatment of resistant OCDs and rely on confirmed studies. There appears to be differences between different antipsychotics in the efficacy of the treatment. Transfer to clomipramine i.v. may be clinically useful in some cases although returning to the per os therapy is often followed in restoring the symptoms. Transfer to other line agents or other medications (such as venlafaxine) is supported by open studies.

CONCLUSIONS: Some effective strategies available to clinicians in case of therapeutic resistance during OCD treatment. The advantages and limitations of each of the effective strategies are still being studied and will be the focus of future studies. Therapeutic alternatives for OCD patients are still needed.

KEYWORDS: obsessive-compulsive disorder, treatment-resistant OCD, augmentation.

207. REHABILITATION OF KNEE ARTHROPLASTY

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Abstract

INTRODUCTION: Nowadays, aging of the population has led to a high increase of the knee joint pain due to various pathologies. One of them is knee arthrosis. (knee arthrosis). We have different treatment ways:

1) Conservative: Physical Therapy, Injection (hyaluronic acid, Kenacort, ACP).

2) Surgical: (knee arthroplasty)

The knee arthroplasty has a life span of 10 to 15 years, and throughout this time the quality of the patient's life results in a remarkable improvement as well as a complete functional recovery.

AIM: We have studied patients at the German Polyclinic where after consultation with a specialist physician, they have been diagnosed with Gonarthrosis. (Stage I, II, III, IV).

We have studied patients who underwent surgery followed by post-operative rehabilitation as well as patients who have followed a conservative treatment

METHOD: Patients who have performed knee surgery for other pathologies or fractures have been

excluded from the study. The duration of post-operative and conservative therapy was measured and data of patient improvement were collected on the progress based on physical examination as well as data collected by the physiotherapist during the entire rehabilitation period.

Outcome: 27 patients were taken, of whom 18 (66.7%) were treated conservatively and 9 (33.3%) underwent surgical intervention, 9 (33%) were gonarthrosis stade I, 7 (25.3%) were gonarthrosis stades II, 5 (18.2%) were gonarthrosis stade III and 6 (22%) were gonarthrosis stade IV. gonarthrosis patients that are stage I, II, and two patients with stade III were followed in a conservative manner while 3 patients in stade III and IV underwent surgery.

The group of patients who received conservative treatment had a pain relief but did not eliminate it. While the group of patients who received a surgical treatment had the elimination of pain as well as the return to daily activities.

CONCLUSION: Patients with conservative treatment did not have the desired outcome but a pain relief but not stable, in contrast with patients who underwent surgery, pain relief and complete functional recovery were achieved.

KEYWORDS: Gonarthrosis, Arthroplasty, Physiotherapy.

208. PROLONGED TREATMENT OF VENOUS THROMBOEMBOLISM WITH RIVAROXABAN

Petrika Gjergo

Abstract

AIM: Rivaroxaban treatment has been shown to be an extremely effective and safe alternative for the prevention and treatment of venous thromboembolic disorders, but it has been noticed that after the end of the 6-12 month standard treatment period, recurrence risk persists.This is why a study on the safety and efficacy of Rivaroxaban 10 mg compared to Aspirin for recurrence prevention after the end of the 6 month standard therapy has been undertaken.

METHOD: In this "double-blind" study, Rivaroxaban 10 mg, Rivaroxaban 15 mg and Aspirin were compared for a period of 1 year. The study included 3300 patients equally divided.

RESULT: Compared to Aspirin, Rivaroxaban reduces on average 70% recurrence risk. Xarelto 20 mg 76% and Xarelto 10 mg 66%.

CONCLUSIONS: Rivaroxaban is a safe and effective alternative compared to Aspirin in prolonged treatment for patients diagnosed with venous thromboembolism. Not only Xarleto is supported and encouraged by scientific data to be used by patients diagnosed with venous thromboembolism, but it is an easy alternative that does not require routine anticoagulation monitoring with INR.

209. LEGISLATION AND THE LACK OF LEGISLATION IN PREVENTING

VIOLENCE AGAINST THE MEDICAL STAFF AND HEALTH CARE WORKERS

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Abstract

In recent decades, violence against medics and health care workers1 has become a worrying worldwide phenomenon.2 In Albania, due to the repetition of incidents in a short period of time, has prompted the reaction not only for the health care workers as the most exposed subjects to the phenomenon of violence in the workplace, but also the organization and management structures of the health system, the syndicate, Ministry of Health and the entire Albanian government.

We cannot talk about statistics on the phenomenon of violence against the medical staff in our country, turning it into an "unmeasurable" situation, as long as there is an absence of registration of complaints, lack of effective measures and a good reaction practice of institutions regarding such cases, which would help to identify and manage more flexibly particular situations. But despite the lack of formal denouncements, it does not mean that this phenomenon does not exist and the attention is given to it only when the act of violence has taken place and has brought the consequences. On the other hand, the consequences of violence not only have a negative impact on the psychological and physical well-being of health care staff, but also affects their job motivation and their relations with patients and colleagues. Moreover, the lack of conflict resolution and the punishment of violation, aggravates the situation even further. For these reasons, all "actors" are put in front of the same requirement and challenge: guaranteeing physical and moral integrity of the healthcare workers in workplace; and the punishment of the perpetrator of violence.

How and where in the legal and regulatory framework in the Albanian system is expressed the protection on health care workers from abuse and violence?

In order to reach into conclusions, it is important to define the meaning of violence, the forms in which it appears, and the factors of causing violence. This approach, although apparently quite theoretical, in fact serves into identifying and analysing the factors by enabling a more effective approach to preventive measures and the management of consequences. The definition of violence in the workplace of health care sector, concludes from the internationally studies and research which come as approaches between the International Labour Office (ILO), the International the World Health Organization (WHO), Council of Nurses (ICN), and Public Services International (PSI)3, as framework guidelines for the prevention and elimination of violence in the health sector.

KEYWORDS: Doctor, Health care workers; Legislation; Violence; Preventive measures.

210. TREATMENT OF PAIN WITH DRY NEEDLING

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Abstract

Introduction and **AIM:** Dry Needling solves problems which are caused by the dysfunction of myofascies, but also different muscular related pains. The needles inserted in the Trigger Points request a response from the tissue around and this response is called "Twitch" vibration, a numbness feeling and after comes the pain relief.

METHODS: Patients with pain are treated successfully by stimulating trigger points and by puncturing them from a few seconds up to 10 minutes. If we haven't reached twitch through the needle, then it is used the electrostimulator in order to cause the twitch vibration.

RESULTS: Patients are treated two times a week with a 6 session cycle. Twenty-six (26) patients have had only one treatment. Two (2) treatments have been sufficient for eighteen (18) patients.

Six (6) of them required more than three (3) treatments. In percentage there are done a total of 15, 6 sessions. After the treatment thirty (30) patients are relieved from pain, 14 patients is noticed one improvement, whereas at six (6) patients we have noticed a few improvements. After six (6) months 60 % of the patient's pain is not recidivated.

CONCLUSIONS: During the treatment there are no used medicines and other substances. The needle itself gives analgesic effect. After the treatment the tissues are enabled, the pain is reduced and the amplitude of movement is increased. This study shows that dry needling has a fast action and reduces pain by 50% only after one treatment.

Dry needling is successfully applied in the USA and has started to be applied even in Europe. This year this also happened in Albania

211. LASER APLICATION IN PERIODONTOLOGY

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Abstract

AIM: In the following work we will be illustrating the applications, methods and types of laser that are currently in use in dentistry, more specifically in periodontology. The reason these methods are substituting classic surgical methods of periodontal therapy. Laser advantages and its effects.

We begin our thesis with a basic illustration of Biofilm and its effect in the plaque formation. How this plaque affects the beginning of periodontal pathologies. Types of pathologies and their classification:

Stage 0- Healthy gingiva

Stage 1- Gingivitis

Stage 2- Periodontitis

Stage 3- Moderate periodontitis

Stage 4- Advanced periodontitis

We present the methods of managing periodontal pathologies:

Root Scaling

Antibiotico therapy

Surgery

Laser

For each stage are given the anatomopathological characteristics and for every method objectives, protocols, technics and results are presented. We present types of laser with different active mediums. (Gas mediated, crystal mediated and semiconductor mediated).

Advantages of laser compared to other methodologies used in periodontal therapy, effects on tissue, microorganisms and pathogens are shown.

As a conclusion clinical cases of periodontal laser treatments are shown. How these pathologies are treated, which are the techniques, rules of laser usage and patient monitoring in time after the treatement.

212. SURGICAL EXTRACTION OF WISDOM TEETH (THIRD MOLAR)

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Abstract

Purpose of the study: To identify the adequate procedure of unerupted wisdom teeth (third molars) extraction.

Study **METHOD:** Retrospective study of the patients' condition follow-up the surgical procedure of wisdom teeth extraction (third molars) to one month study period.

RESULTS: Successful wisdom teeth extraction (third molars) minimizing the risks that may occur, following the juridical protocols and regulations.

Outcome: Taking in consideration the shape and position of the wisdom teeth (third molars), specific surgical techniques are required to successfully perform wisdom teeth (third molars) extraction.

213. ASSESSMENT OF THE EFFICACY OF PHYSIOTHERAPEUTIC

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TECHNIQUES IN PATIENTS WITH ANKYLOSING SPONDYLITIS (AS)

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Abstract

INTRODUCTION: Ankylosing spondylitis is a chronic, rheumatic multisistemic inflammatory disease, which mainly affects the joints of sacroiliac, vertebral column and less the peripheral joints. In this pathology the practice of physical therapy in addition pharmacological treatment is recommended to prevent the further exacerbation of AS.

OBJECTIVE: The aim of the study is to evaluate the physiotherapeutic techniques as an integral part of the protocol treatment in patients with AS compared to a control group who received only pharmaceutical preparations.

METHODOLOGY: In this controlled open label study during a period of 12-months, from January 2017 until January 2018, were included a total of 50 patients who were diagnosed with ankylosing spondylitis according to the modified criteria of New York, at Rheumatology Department of "Mother Theresa" University Hospital (34 pts) and in private clinics located in Elbasan and Tirana (16 pts). 10 subjects with AS who were unwilling to get physiotherapy in addition to medications, were used as control group. The other part of the patients with AS got 15 sessions of physical treatment beside the pharmacological treatment according to clinical protocol.

RESULTS: Patients who, in addition to medications, performed regular physiotherapeutic techniques, based on an individual program, reported pain relief, improvement of range of motion and active participation in daily life activities. Very good results were achieved in 20% or 8 patients; good results in 70% or 28 patients and low scores in 10% or 4 patients.

CONCLUSION: This study demonstrates more symptomatic and daily performance improvement in patients with AS who got physiotherapy in addition to pharmaceutical preparations.

KEYWORDS: Ankylosing spondylitis, Physiotherapeutic techniques, Pharmaceutical preparations, rehabilitation program

214. EXTRACORPOREAL MEMBRANE OXYGENATION (ECMO) AS EXTRACORPOREAL LIFE SUPPORT DEVICE IN INTENSIVE CARE UNIT.

R. Kortoci, B. Arapi, R. Kaza, A. Bako, M. Bilaj

Abstract

INTRODUCTION: ECMO is mode of extracorporeal life support that helps to increase oxygenation, ventilation and/or cardiac output through cannula connected to a circuit that pumps blood across an oxygenator and back to the patient.

OBJECTIVES: We are talking about the cardiopulmonary diseases that are refractory to the

conventional therapy. This presentation try to discusses an existing literature. Of course the possible implementation in our Institution as leader in medicine of Albania.

METHODS: Using ECMO in acute hypoxemic .

RESULTS: There are promising data for using ECMO in acute hypoxemic respiratory failure, cardiac arrest and cardiogenic shock and also potential indications continue to increase.

CONCLUSIONS: Cardiopulmonary diseases outcome has been charged (positive) since when ECMO is used in "good hands".

KEYWORDS: ECMO , cardiac arrest, ARDS, cardiogenic shock.

215. PYSIOTHERAPY IN HEMOPHILIC PATIENTS IN CASES OF LIMITED REPLACEMENT COAGULATION FACTOR SUPPLY.

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Abstract

INTRODUCTION: What is Hemophilia? Hemophilia is a genetic disorder which prevents the blood from the clotting due to lack of essential clotting factors.

OBJECTIVES: What happens when patients don't have the neccessary treatment of coagulation factor supply? Can we apply physiotherapy or reccomend physical activities in these cases?

Conlcusions: From a long time now is verified that physiotherapy and physical activities are very important not only for the treatment of hemophilics patients but also the improvement of their quality of life. The main treatment of hemophilia is the replacement coagulation factor supply.

KEYWORDS: Hemophilia, treatment, physiotherapy.

216. METHODS FOR ADMINISTRATION OF ANTIBIOTICS IN INTENSIVE THERAPY

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Abstract

The use of antibiotics in intensive therapy should be accomplished based on several stages: to select the right antibiotic in the proper time, in the right way of administration, and of course with the duration it takes. The proper antibiotic is one that has the microbial spectrum that must fight and certainly penetrate into the respective tissue. Start time has its own importance, and starting as early as possible on clinical and laboratory data can increase antibiotic efficacy. A number of factors interfere with antibiotic efficacy such as killing concentrations, tissue concentration, synergism between preparations, immunomodulatory skills, and inhibitory ability of bacterial proteins. Regarding the time factor it is recommended to start as soon as necessary and to lower the dose as soon as possible, especially in broad spectrum antibiotics. Measuring proinflammatory proteins such as Reactive Protein C and Prokalcitonin is of particular importance. Taking continuous crops is also recommended especially to identify other resistant or resistant stems. Any resuscitation anesthetist should also recognize the modulating dose of antibiotic depending on the patient's condition, its accompanying disease, or additional intensive therapy procedures such as hemodialysis or ultrafiltration. Knowing in detail the pharmacokinetic and pharmacodynamic models of antibiotics as well as their side effects helps to increase the efficiency of use and reduce the resistant strains.

217. ROLE OF RADIOLOGY AT VERTEBRAL COLOMN TRAUMA

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Abstract

INTRODUCTION: Imaging has a very important role in the management of spinal trauma. An accurate and rapid patient management with trauma from diagnosis to therapy means reducing neurological and vital damage at patient life. The radiologists have a responsibility of importance especially to confirm the presence or not of a lesion, its description of its characteristics and the predictions of the consequences that this lesion may bring, as well as the potential prognosis the patient will have.

OBJECTIVES: The purpose of this study is to evaluate the specificity and sensitivity of the CT-Scans imaging technique in the diagnosis of vertebral column trauma. Considering the increased availability of CT scan as a diagnostic method the purpose of this study is based on the fact that the scanner recommendation as a basic method for diagnosing colon trauma, can contribute to improving trauma care.

METHODS: We have to do with a series and descriptive study. During the period 05.01.2018 - 15.05.2018 at the "University Hospital of Trauma" were presented in the emergency department 8400 cases of patients with different clinical signs.

RESULTS: During the study, it was shown that the number of male patients who had undergone a colon trauma was higher than that of women, due to the causes of trauma. Radiological assessment is of particular importance in the diagnosis and management of patients with spinal trauma.

CONCLUSIONS: Planar radiography has a limited role in detecting spinal fractures. However, it remains the first traumatic examination and in cases of minimal trauma it has exceptional value because it is a quick examination, the cost of this examination is minimal compared with the methods other

examinations and third but most importantly in compliance with the ALARA principle, the amount of radiation received by the patient is minimal, compared to the exposure the patient receives from the examination with this scanner.

KEYWORDS: Radiology, trauma, vertebral column, diagnostic method.

218. DIARRHEAL DISEASES IN CHILDREN

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Abstract

INTRODUCTION: Diarrheal diseases are a major problem in public health. They are fecal - oral diseases and with very high spread possibility. The cause of the illness was in sick people, air, water and contaminated food. Summer season results as favorable periods for the spreading of these infections. The most common way of their spread is through food and contaminated water. The key to the prevention and the reduction of their number are the taking sanitary and hygienic measures.

OBJECTIVES: To describe the epidemiological situation of diarrhea diseases in children. To study the dynamics of the disease in children.

METHODS: This study describe the epidemiological situation of diarrhea diseases in children. The data are collected and analyzed according to time - place - person for the period 2001-2013 in Kukes. During this period, the trend of the disease has been followed over years in dealing with cases both in hospital and ambulatory conditions.

RESULTS: To study the dynamics of the disease in children were analysed in total 8365 cases. Based on the distribution of cases by month we find that their highest number is in the period July-September. During the study of the disease in the children, we find that 54.8% of cases of illness are in the rural area and 45.1% of the cases in the urban. Almost all cases are hospitalized indicating unhealthy gravity of diarrhea in children. Isolated cases is a necessity, but the pediatric treatment in common rooms with other children constitutes a favorable exposure factor for the spread of the disease. The highest number of cases consists of children of the age group of 1-4 years and constitutes 61.1% of the cases. The age group 0-1 years is 31.7% of the cases and the 5-9 year olds only 7.1% of them. The trend among years of the number of cases does not present any significant difference from year to year, indicating that the cause of the disease transmission continues to be present and have important influence on the frequency of the disease such as direct transmission from infected faeces and indirect exposure from water and food contaminated.

CONCLUSION: To prevent diarrheal diseases in children is important to provide adequate hygienic-sanitary conditions in the families and collective spaces of the children as kinder gardens. Provision of clean water supply within hygienic-sanitary norms and continuous monitoring and control of food safety. Provision of case isolation and elimination of stay in common rooms with other children and health education.

Keyword: Diarrheal diseases, health education, children, hygienic-sanitary

219. THE DEGREE OF INFORMATION DELIVERY AND COOPERATION BETWEEN MEDICAL PROFESSIONALS AND SPEECH LANGUAGE THERAPIST.

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2Albanian Speech Language Association

Abstract

INTRODUCTION: This study is focused to describe quantitatively and qualitatively the collaboration between medical specialist as pediatrician, ORL and neurologist with speech language therapist graduated at the Faculty of Medical Technical Sciences, University of Medicine in Tirana, Albania.

OBJECTIVES: This study will help the medical personnel to identify speech therapist as a medical personnel, to improve their knowledge in this field and to promote them to be part of the hospital structure.

METHODS: Create and apply a questionnaires for the medical specialist as pediatrician, ORL and neurologist. This information will be processed with SPSS program. Also we will elaborate the information given by medics about the number of patients, knowledge and number of speech therapist that they actually collaborate. The questionnaires intend to improve personal, medical and specific information. All the information will lead to create new strategies to promote speech language therapist with the collaboration of the medical personnel.

RESULTS: After creating a model we will create a site with the Albanian Language Association where all language therapists can access and connect with all pediatricians, ORLs and neurologists. Creating new strategies to promote language therapists to medical staff. Engaging speech therapists within the structure of the public hospital.

CONCLUSION: It's very important to engage speech therapist inside the public structure seen as an important intervention for the un-treated patient, but also to improve medical professionist knowledge.

KEYWORDS: questionnaires, speech-therapist, strategy, structure

220. THE ROLE OF PICTOGRAMS IN THE CORRECT USE OF DRUGS

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Abstract

AIM: Evaluating the ability of patients and pharmacists to interpret exactly the pictograms present in the labeling of medicines marketed in our country.

METHOD: A cross-sectional study was conducted in the districts of Tirana and Elbasan, in which participated 100 participants; 50 patients and 50 pharmacists. A questionnaire with 18 pictograms found in medical products was drafted. All participants were advised to study the pictograms and write their interpretation for each pictogram. For the accurate interpretation of the 85% correct USP criterion.

RESULTS: The level of understanding and interpretation of pharmaceutical pictograms showed a difference between the patient group (47% correct response) and pharmacists (49% correct response). Of the 18 pictograms selected in this study, only one picogram reached the 85% criterion for the pharmacist group. No pictograms were available for the group of patients.

CONCLUSIONS: The findings of this study emphasize the need for pictograms created according to our country's socio-cultural demands or the use of standardized pictograms for a large group of people tested for different cultures.

KEYWORDS: Pictogram, Pharmaceutical, Interpretation, Patients, Pharmacists

221. THE IMPORTANCE OF PREPROSTHETIC SURGICAL INTERVENTIONS, IN THE CONVENTIONAL COMPLETE DENTURES (CASES REPORTINGS)

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Abstract

OBJECTIVE: The objective of this study is to define the indication of the preprosthetic interventions, their importance and to show clinical cases treated in the Aldent university clinic.

METHOD: Scientific research method.

RESULTS: The project was focused in the surgical interventions for preprosthetic reasons. Total and subtotal dentures present numerous problems related with a lot of factors. One of these and the most important is stability and the creation of decubituses. A correct estimation of the prosthetic field gives us the chances to have an indicated preprosthetic intervention. These interventions offer advantages related with stability, lifespan, comfort of keeping the total denture. This study highlights the importance of clinical examination and treatment planning which includes preprosthetic surgery prior to fabrication of a new conventional complete denture.In the presented clinical cases will be evident that these interventions have been necessary for a successful prosthetic treatment.

CONCLUSIONS: It was noticed the surgical intervention led to the elimination of the obstacles encountered

in the prosthetic area, leading to its expansion and increasing the chances of stability. The duration of the wound recovery was done in the right time and in an easy way for the patients highly connected with the accompanying medications and the given advice. The purpose of these treatments was the adaption, the complete dentures stability that was successfully arrived and the patients were satisfied with the results of this intervention.

KEYWORDS: Preprosthetic intervention, preprosthetic field, hiperplazia, frenuloplasty.

222. TRIGGERS OF CHILDHOOD ASTHMA: WHAT WE SHOULD KNOW

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Abstract

Asthma attack is one of the most common causes of presentations at the emergency room, of unplanned visits and admissions at the hospital. Main asthma triggers are: the effort, the allergens, viral infections, atmospheric changes, etc. Asthma symptoms are reversible spontaneously or after prophylactic treatment, they may lack for several months but the child may suffer asthma attacks time after time. The patients who suffer episodes of asthma attack must be evaluated about the gravity of symptoms, and the need to review the prophylactic treatment and environmental exposure. The patient should be closely followed up in order to prevent the recurrences of attacks which may be serious and life-threatening.

223. ARE WE MISSING PSYCHIATRIC DISORDERS IN PRIMARY AND SECONDARY CARE?!

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Abstract

INTRODUCTION: Patients with non-specific, functional, or somatoform disorders seek contact with intern physicians to an extent that is above average. And many times the psychiatric disorders is missed or neglected even by physicians. On the other hand, there are no practical laboratory tests to facilitate the psychiatric diagnostic proces.

OBJECTIVE: The aim of this study was to evaluate the causes of late detection of psychiatric disorders

and prevalence of missed diagnosis in primary care.

METHOD: This is a prospective study conducted in American Hospital of Tirana, Albania during July 2016-January 2018. We analyzed data from the files of the 125 patients diagnosed with a psichiatric disorder after been presented in Primary care departament. The patients were asked about the duration of physical symptoms, if that was the first medical evaluation for these complains.

Results : In 43 % of cases this was the first visit for their complains. About 57% of the patients refered that they had done previous medical visits for their complains, and weren´t refered to a psychiatrist evaluation. In 24 % of the cases in the latter group, the patients were refered to a neurologist for suspected anxiety disorders.

CONCLUSIONS: The psychiatric diagnosis often is missed or missleaded in primary care or in other internal medicine specialities. It seems that the clinicians do not try to access sufficient information about the history of illness. A more detailled medical history, more devotion and less stigma, can lead to early diagnosis and a better approach to psychiatric disorders.

KEYWORDS: Psychiatric disorders, primary care, missed diagnosis

224. HEMATOPOIETIC STEM AND PROGENITOR CELLS: CONCEPTS, DEFINITIONS. HEMATOPOIETIC STEM CELL TRANSPLANTATION AS THERAPY, THE NEW REALITY IN ALBANIA

Sotiraq Lako

Abstract

Hematopoietic stem cells (HSCs) have unique functional properties, including self-renewal and multi-lineage differentiation potential, and are thought to be fully responsible for lifelong hematopoiesis. However, recent studies have shown that HSCs divide much more slowly than thought, and, therefore, that daily hematopoiesis is maintained not by HSCs but by hematopoietic progenitors with limited self-renewal. Among hematopoietic stem/progenitor cell (HSPC) markers, CD34 is well known for its unique expression on HSPCs. For this reason, it is used to enrich donor bone marrow (BM) with HSPCs prior to BM transplantation. Recent studies suggest the existence of a population of dormant human HSCs that are CD34 negative (CD34neg) but become positive (CD34pos) just prior to cell division. Studying this negative population is challenging because a defined marker for its enrichment is still lacking and also because it demonstrates extremely poor homing and engraftment capabilities compared with its CD34pos counterpart. Hematopoietic stem cell transplantation (HSCT) is the transplantation of multipotent hematopoietic stem cells, derived from bone marrow, peripheral blood, or umbilical cord blood. It is most often performed for patients with certain cancers of the blood, but its use has expanded beyond cancer, to autoimmune diseases, hemoglobinopathies ect. It may be autologous (the patient's own stem cells are used) and allogeneic (the stem cells come from a donor). For the first time in Albania, the American Hospital aims to realize the autologous HSCT for malignant haematological diseases.

225. THE PITUITARY STALK

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Abstract

The pituitary stalk (also known as the infundibular stalk, Fenderson's funnel, or simply the infundibulum) is the connection between the hypothalamus and the posterior pituitary. A microadenoma is a tumor less than 10 mm in diameter on pituitary. Pituitary adenomas may secrete hormones, but most are clinically inactive.

MRI showing a nonenhancing area in the pituitary consistent with a microadenoma in a patient with hyperprolactinemia.

The microadenoma may be discovered during an investigation for the cause of a clinically diagnosed hypersecretory syndrome of hyperprolactinemia, acromegaly, or Cushing syndrome.

In our case report we had a Girl from Kosovo. During the therapy we see after one year the diffrent of microadenoma in pituitary. This lady was 21 -year-old female with secondary amenorrhea. And hade ache. Pregnancy testing had previously been negative with no further evaluation. Bilateral expressible galactorrhea was discovered on physical examination and a serum prolactin was 197.3 ng/ml. All the allers hormone was in normal range. A CT scan showed a pituitary microadenoma 5mm After one year therapy We recommend obtaining a constant enhanced CT scan or magnetic resonance imaging (MRI) of the sella turcica to evaluate and microadenoma and resulted was 4mm from 5.

226. WORK SITUATIONS IN ADULT PATIENTS WITH HEMOPHILIA

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Abstract

INTRODUCTION: Adult patients suffer disabling effects due to severe bleeding episodes. They don't have access to the prophylactic treatment throughout their childhood. Work opportunities depend on the obtained educational level. In some countries, the elementary education is compulsory and free, and the secondary education is also free, but only compulsory for those who want to get a formal job. A low educational level, plus an inability for good social help, put the patients in a risk situation, as their income is stable but not enough to meet basic needs. In some cases, they may be below the poverty line.

METHODS: A survey with 15-65 years old patients with hemophilia for complete educational level, work condition (formal job, informal job, no job), and whether they had access to an inability pension/ social help.

RESULTS: The data collected from 30 patients (100%) were: mean age 32.5 years; educational level: primary level by doctors all patients; work situation: informal job 2 patients, no job 28 with inability pension beneficiaries.

CONCLUSIONS: The patients have a low level of education, most of them jobless and granted an inability pension, chance they could not have access to a well-paid job, affecting their quality of life. It is possible for new strategies in order to raise the educational level in patients. Regarding the work situation the society of hemophilia patients can contact state employment offices, so they can provide trainings that would help them get formal jobs.

KEYWORDS: Educational level, social help, hemophilia, work condition.

227. ASSESSMENT OF GYNAECOLOGICAL ENDOSCOPY IN THE DIAGNOSIS, IMPROVEMENT AND TREATMENT OF PROBLEMS ASSOCIATED WITH FEMALE INFERTILITY.

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Abstract

The aim of the study: Assessment of Gynaecological Endoscopy in the diagnosis, improvement and treatment of problems associated with female infertility.

OBJECTIVES: To study the diagnosis of endocervical pathology and adnexis, and their treatment by hysteroscopy.

To study the diagnosis of intra-abdominal gynecological pathologies that influence in female infertility (as in the uterus, tubes, ovarian, etc.) and their treatment via laparoscopy.

STUDY: Cohort prospective study

PLACE OF STUDY: Obstetrics-gynecological Clinic "Ana Diagnostic" and Private Hospital "Hygeia".

Patients and **RESULTS:** 410 women with infertility problems. **RESULTS:** 24.4% of the examined cases resulted with a normal uterus, 44.1% of the cases were diagnosed with polyps, 27.4% fibromioma, and 3.9% were diagnosed with septal uterus. The success rate of the treatment was 53% (the success was assessed having pregnancy as outcome).

CONCLUSIONS: Hysteroscopy is a safe and effective method for restoring to normal menstruation and fertility remodel. In 53% of cases where it is applied hysterscopia, it has completed a successful pregnancy.

KEYWORDS: Hysteroscopy, laparoscopy infertility, IVF, miscarriage.

228. FINE-NEEDLE ASPIRATION CYTOLOGY VS. CORE NEEDLE BIOPSY IN BREAST LESIONS

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Abstract

INTRODUCTION: Diagnosis of breast lesions is routinely performed by the assessment of a surgeon, radiologist and pathologist. In this setting, fine-needle aspiration cytology (FNAC) and core needle biopsy (CNB) are the current methods of choice for pathological diagnosis, both with their specific advantages and limitations. Evidence-based literature discussing which of both modalities is more accurate in breast lesion diagnosis is sparse and there is no consensus among different specialised breast cancer centers.

This study reviews FNAC and CNB for diagnosing breast lesions, comparing methodological issues, diagnostic performance indices, possibilities for additional prognostic and predictive tests and cost effectiveness.

CONCLUSION: Overall, CNB achieved better sensitivity and specificity especially in those lesions that were not definitively benign or malignant, non-palpable and/or calcified lesions. Although FNAC is easier to perform, interpretation requires vast experience and even then, it is more often inconclusive requiring additional CNB. The authors conclude that overall CNB is to be preferred as a diagnostic method.

KEYWORDS: Breast lesions, FNAC, CNB, prognostic and predictive tests, benign, malignant, calcified lesions.

229. REFRACTIVE SURGERY FOR TREATING AMBLIOPIA FROM ANISOMETROPIA

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Abstract

INTRODUCTION: Anisometropia is a difference in refraction between two eyes, generally more than 2 Diopters. When undiscovered and untreated with the right correction, it can lead to several grades of amblyopia. Normally the cerebral cortex, trying to avoid confusion between two unequally images arriving from two eyes, will suppress the distorted image which comes from the most ametropic eye leading to amblyopia. If diagnosed before 3-4 years the standard and effective treatment is the occlusion of the healthy eye. But still today, it is not rare, in our country, to discover the amblyopia in

later age (18 or more) after the amblyopia is installed. The treatment option is based on maximizing the remaining visual acuity using glasses or contact lens. Another option is refractive surgery: corneal (LASIK, LASEK, PRK) or intraocular lens in case of thin corneas or lens opacities.

METHOD: Full ophthalmologic examination is required to decide the best surgical treatment, including: UCVA and BCVA (before and after cyclopegia), careful slit lamp examination of anterior and posterior segment to exclude any accompanying pathologies (if presented), three dimensional corneal topography to measure corneal thickness and anterior chamber depth, A and B ultrasound to measure axial length and OCT to measure macular thickness.

RESULTS: Patients between 18 to 45 years old, with low to moderate myopia or hypermetropia and/or astigmatisms up to 4.5 Diopters, with corneas more than 500 μm are treated with corneal refractive surgery. For older patients, with high myopia more than 10 D, high hypermetropia more than 5 D intraocular lens are considered.

CONCLUSION: Discovering the amblyopia in adult age is always a trauma for the patient. First treatment is always oriented to full optic correction with glasses or contact lens. The difference in refraction more than 3 D between the two eyes, is not well tolerated with glasses correction, leading to visual discomfort and headache. Also contact lens are not always tolerated from the non-collaborative patients. In this case refractive surgery, corneal and intraocular, can be the best choice. Also, making the correction on the surface of the eye, or inside it, offers a better BCVA, generally 2 or 3 lines (as our experience shows) more than BCVA after correction with glasses (vertex effect). Careful ophthalmologic examination is required to choose the best surgical choice for every patient, according to the subject and his eye parameters.

KEYWORDS: Anisometropia, amblyopia, refractive surgery, ophthalmologic examination, myopia, hypermetropia.

230. THE PREVALENCE OF SOME SEXUALLY TRANSMITTED INFECTIONS IN INDIVIDUALS WHO HAVE COME FOR RANDOM TESTING IN THE VCT LABORATORY

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Abstract

INTRODUCTION: Sexually Transmitted Infections (STI) are one of the biggest health problems in the world. Even in Tirana because of the demographic, economic and social changes, these infections have been widely spread, turning into a major problem of public health.

AIM: To determine the specific percentage of STI in people who came for random testing at the VCT laboratory in Tirana.

Material and **METHOD:** The VCT lab tests different individuals such as: people who have complaints and

are examined for diagnosis, people who come randomly to the lab because these examinations are required for various reasons (for the embassy, health booklet, protocol for pregnant women, adoption protocol, preoperative examinations, etc.). This paper includes people who have come randomly to the laboratory of VCT (Voluntary Counseling and Testing) to undergo testing from January to December 2018. The membrane immunochromatography method was used for qualitative detection of: antibodies to HIV 1 and 2 virus, superficial antigen of Hepatitis B virus, antibodies of Hepatitis C virus and antibodies of Treponema Pallidum (Tp) in the serum taken from tested people. To detect positive cases was used ELISA method.

RESULTS: Individuals in this category were found to be: 0.04% HIV positive; 4.2% HbsAg positive; 0.2% Anti HCV positive; 0.17% syphilis positive.

CONCLUSIONS: The prevalence of hepatitis B in Tirana is at high levels among the population. Although a relatively small number of individuals examined for HIV, anti HCV and syphilis was found to be positive, the presence of people who may be seropositive and have not undergone any examinations remains a concern. There should be ongoing information of the population about HIV/AIDS and other STIs, as well as encouragement for testing, especially in sexually active ages. Family doctors and doctors in women's consultant clinics have an important role in this process.

KEYWORDS: STI, VCT (Voluntary Counseling and Testing), people who come randomly to the lab.

231. THE PREVALENCE OF STUTTERING IN PRIMARY SCHOOLS IN PRISTINA

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1Logopede

Abstract

Language represents the main role in human communication. People usually express their thoughts and feelings verbally (speaking skills) or in writing.

During preschool early education, children spend most of their time learning how to speak, it is most likely that they make mistakes while learning to speak. These mistakes are usually known as “fluency disorders "which varies from one to another. However, as some children stuttering is the most common disorder which is characterized by disruption of speech by involuntary repetitions and prolongations of sounds.

Usually, children stutter when they try to use more complex words thus they usually tend to split the words, syllables, sounds or sometimes they barely talk.

Being aware of this social problem, this research is meant to highlight the phenomenon of stuttering in schools of Prishtina and analyse the methods and techniques that are being used by teachers.

In this research, we have contacted and interviewed six primary schools. Main issues that were elaborated are based on prevalence of stuttering children in Prishtina and community behaviour towards these children. In order to get a more precise outcome, we have conducted a survey by using

questionnaire with subject: Speech Language Teacher Parent and Child modification approaches to stuttering treatment in schools. Through these questions we got a clear picture on children's involvement in class, community behaviour, by means of teasing them and approaches of teachers to those children. From 81 students in total, 13 of them claimed that they have classmates who stutter.

As a conclusion, in Pristina's schools there are abundant students with fluency disorders. They are usually neglected from community where they tend to be less involved in conservations by arguments that they don't know the answer and in this way they feel insecure to even sit and interact with other children.

With these results and conclusion, it is very important that children parents or teachers can manage to discover those disorders in an earlier stage and to help them by creating a positive environment where they spend most of their time, because they will feel more comfortable to talk and socialize.

Last but not less important is to recommend those children to specialist where they are treated in sensitive and careful professional ways.

232. GENETIC TESTS FOR MEDICAL GENETICS

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Abstract

Genetic testing and spending on that testing have grown rapidly since the mapping of the human genome in 2003. At the same time, genetic testing methods have entered a high throughput era, allowing both diagnostics and medical research to address more comprehensive and complex questions. However, it is not widely known how many tests there are, how they are used. Little evidence from large data sets about their use has emerged. There are approximately 80.000 genetic tests on the market, with about ten new tests entering the market daily. Clinical genetic testing refers to the laboratory analysis of chromosome, DNA or RNA to aid in the diagnosis of disease. Testing of genetic material is performed on a variety of specimens including blood, urine, saliva, body tissues, bone, or hair. Cells in these samples are isolated and the DNA within them is extracted and examined for possible mutations or alterations.

There are four basic reasons that genetic material is tested for clinical reasons:

1.Presymptomatic testing and predictive testing identifies the presence of a mutated gene that may cause disease, even if the symptoms and signs associated with the disease are not yet present in an individual.

2.Diagnostic genetic testing is performed on a symptomatic individual with symptoms sufficiently suggestive of a genetic disorder. This assists the individual's physician in making a specific diagnosis.

3.Carrier screening is where testing of genetic material is performed as a screening tool to assess whether two individuals who wish to become parents have an autosomal or X-linked recessive gene mutation that, when combined in a child, will produce a serious disorder in that child.

4.Prenatal testing refers to genetic testing of the fetus to determine if there is a particular genetic condition present. It is done especially in the context of an abnormality seen on prenatal ultrasound scans.

Prenatal tests accounted for the highest percentage of spending on genetic tests, and spending on hereditary cancer tests accounted for the second highest. Prenatal genetic diagnostic or preimplantation genetic diagnosis (PGD) prevents births with genetic diseases. On the other hand, cancers, some chronic disorders and predispositions can be detected at a very early stage through genetic testing today. There are many diseases that are now thought to be caused by alterations in DNA. These alterations can either be inherited or can occur spontaneously.

Genetic testing is voluntary. Because testing has benefits as well as limitations and risks, the decision about whether to be tested is a personal and complex one. A geneticist or genetic counselor can help by providing information about the pros and cons of the test and discussing the social and emotional aspects of testing.

233. PERCEPTION OF THE PUBLIC REGARDING THE TRANSFUSION SERVICE AND BLOOD DONATION PRACTICES

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Abstract

INTRODUCTION: Our challenge is to provide 100% voluntary donation for safe blood, thus taking into account the current history of family donation, promotion of blood donation, level of awareness and voluntary donations from various institutions, the opinion of 1000 interviewees will give us a clearer idea of what we want to achieve and what needs to be improved in the future.

METHODOLOGY: This study was conducted as a combination of qualitative and quantitative methods. The study was a combination and identification of existing data, direct interviews with persons of different age groups, preparation and dissemination of questionnaires and analytical processing of the collected information.

The study questionnaire with 60 questions in total was divided into 6 sections out of which 14 questions on blood practices were answered by all 1000 interviewees. 416 people answered 9 questions on the blood transfusion service. 5 questions on blood knowledge were answered by 270 people. 5 questions on the knowledge of the blood transfusion were answered by 220 people, 17 questions on blood donation were answered by 420 people and 10 questions on the communication channels were answered by 500 people. Concerning the definition of the target group, four groups were included starting with family donors 200 persons, random people on the street 100, 220 students and 480 persons from public administration employees.

RESULTS: Out of 1000 interviewees, 19% have never donated and did not intend to donate, due to the

fact that most of them were afraid of needles and infections, while the smallest part didn't donate blood because it was not allowed by the religion, 40% did not donate, but expressed the readiness to donate in the future, 10% have donated voluntarily only once, 24% were family donors, 3% regular volunteer donors, and 4% have donated voluntarily several times and did not want to donate anymore. From those who have donated, 59% have donated for one of their relatives, 28% have donated for thalassemic children, 10% have donated to benefit free check-up and 3% have donated because it was valuable for their health. The question as to whether they would voluntarily donate again, 57% have answered yes, 22% no and 21% were still not sure. This means that donation of those who have donated once did not leave a positive impression, did not increase the desire to repeat the donation once again, rather it has restrained or made it unsafe for them to repeat donation. Among the causes mentioned by the interviewees were bad conditions in the donation facilities, staff behavior, inadequate treatment, they did not feel good after donation and had hematoma at the venipuncture.

The question which institution could do best the blood donation campaign was answered 35% for the promotion staff of the National Blood Transfusion Center; 21% for the Association of Persons with Thalassemia; 19% were for the Association of Volunteer Blood Donors; 16% for the Albanian Red Cross and 9% for different media.

CONCLUSIONS: Based on the results obtained from the study, the National Blood Transfusion Center needs the establishment of a genuine promotion department where there is a need for a transfusion doctor who should be an active part of it. The National Blood Transfusion Center should build up and implement a rigorous retention policy for voluntary blood donors, as the study found out that around 60% of donors who have donated once would like to donate again. Their attraction through a donor retention policy will surely lead to self-sufficiency with safe blood. Building a database and continuing update it for volunteer blood donors is one of the most important activities that National Blood Transfusion Center should implement to maintain the volunteer blood donors. The safe blood is a public good and for this reason it is the duty of all state instances, the media and non-governmental organizations to give their support in the promotion of voluntary blood donation.

234. BRONCHIAL ASTHMA

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Abstract

INTRODUCTION AND OBJECTIVES: Bronchial Asthma is a medical condition which causes the airway path of the lungs to swell and narrow. Due to this swelling, the air path produces excess mucus making it hard to breathe, which results in coughing, short breath, and wheezing. The disease is chronic and interferes with daily working. The symptoms may worsen during the physical activity, early in the morning and particularly in the night. The purpose of this scientific research is to explain this illness and to highlight the causes that bring about its appearance. To accomplish this research we will

describe and compare two of the most common types of asthma such as asthma acute and chronic asthma.

METHODS AND ANALYSIS: We will electronically obtain literature screening references of included studies, searching for trial protocols in different books like '310 recipes for 60 illnesses' by author Flamir Topi, 'Bronchial Asthma – principles of diagnosis and treatment' by author Eric Gershwin and Timothy E.Albertson. We will also highlight the epidemiology of this medical condition.

RESULTS: The results will be presented in a desctriptive way, the most affected people classified by gender and age., accompanied with severeal photos and graphics.

CONCLUSIONS: Now we know all the symptoms and ways to prevent or cure this disease, we know how to discern both types of asthma and what to do in case of an attac from this disease.

KEYWORDS: Bronchial Asthma, asthma acute, chronic asthma, narrow, swell.

235. HEMOPHAGOCYTIC LYMPHOHYSTIOCYTOSIS. CASE REPORT

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Abstract

Hemophagocytic lymphohystiocytosis (HLH) is a rare disorder of the immune system primary affecting young infants and children, although it can develop for the first time at any age. The incidence of HLH worldwide is 1.2:1000000 people. HLH is a devastating disorder of uncontrolled immune activation characterized by clinical and laboratory evidence of extreme inflammation. HLH involves over-production and activation of normal infection –fighting cells called hystiocytes and T-cells. Often NK cells function is decreased. The decreased NK cells function is related to the consequence of genetic mutations which cause HLH. HLH is often referred to as either the "primary" form which is hereditary, or the "secondary" form associated with infection, viruses, autoimmune diseases, and malignancies.

In the primary form also called familial hemophagocytic lymphocytosis, defective genes are inherited from either both parents (autosomal recessive) or from the mother alone. There are found five genes responsible for the disorder: PRF1, MUNC13-4, STX11, STXBP2, and RAB27A. This form is usually diagnosed in infants and young children.

The so called "secondary" HLH is often diagnosed in older patients. It is often associated with vaccinations, viral infections such as EBV, CMV, herpes virus and other underlying diseases, principally autoimmune disorders and malignances.

The diagnosis of HLH is molecular by finding the mutated genes and by having 5 out of 8 criterias which are: (1)fever(2) splenomegaly(3) cytopenia (Hgb<9g/dl, neutrofils <1.0x109/L, platelets<100x109/L), (4) hypertriglyceridemia and/or hypofibrinogenemia, (5) hemophagocytosis documented either in bone marrow, spleen or lymphonodes, (6) decreased or absence of activation of NK , (7) ferritin levels >500microgram/L, (8) soluble CD25>2400U/mL.

Our case:

Patient Z.D male, 68 years presented with 3 weeks of fatigue, fever , abdominal pain. Personal history: heavy drinker. He was hospitalized in gastrohepatology department with diagnosis of: Susp. Chirrosis hepatica. On objective examinations there were no pathologic changes except from a splenomegaly (2-3 cm below the costal margin). On CBC there were pancytopenia Rbc:3.700.000 /mm3 Hgb:8.8 g/dl Hct:28, 5% PLt: 57, 000/mm3 Wbc:6.300/mm3 lym=34% mon=44% gran=22. Pt level : 53% LDH 2324. HIV Ab –neg ; HBsAg neg, HBcAb-neg;HBcAb-neg ;HCVAb neg; Wright test – neg; LDH=1912; Ferritin=5677; haptoglobin= 1; PCR-966mg/l

Serology for: Brucellosa, Leishmania, CMV, HSV, EBV negative.Mantoux neg .

He was treated with vitamins, FFP, hemotransfusions, diuretics and antibiotics. The patient had no good resposnse and on the second day of admission he underwent other examinations. Bone marrow aspiration: which described sings of hemophagocytosis . immunophenotype::2% blast cells, 22% monocyte(CD 64+ =22 %, CD14=+10% , CD14—=12%), sCD25 =3800 .

On basis of the analysis the patient was diagnosed with HLH (he met 5 out of 8 criteria). He was treated with high dose of dexamethose. (HHD). The patient deteriorated, and on the fourth day of hospitalization he died of multiorganic failure.

236. IRON-DEFICIENCY ANEMIA AND ITS TREATMENT IN PREGNANT WOMEN

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Abstract

INTRODUCTION: Anemia affects about 50% of women during pregnancy according to WHO's latest data. Iron deficiency anemia is the most common form and has a significant impact on mother and fetus health. The objectives of our study were the review of recent literature on iron-deficiency anemia and its diagnosis, market research related to iron supplements available in the Republic of Albania based on the National Agency of Medicines and Medical Devices data, evaluation of women's perception on the diagnosis and treatment of iron deficiency anemia.

METHOD: A questionnaire with 20 questions on different aspects of perception, diagnosis and treatment of pregnant women for iron-deficiency anemia was developed. Participating women were between 15 and 50 years of age living in the cities of Tirana and Pogradec.

RESULTS: The tests performed for the diagnosis of iron deficiency anemia include serum iron level, total iron binding capacity, serum ferritin level, red blood cell indicators, reticulocyte indicators, soluble transferrin receptor level, and concentration of reticulocyte hemoglobin. Iron is substituted by eating iron-rich foods, through the oral administration of iron or parenteral supplements. We identified at least 39 iron-containing preparations registered in Albania (mainly in the form of sulphate, gluconate and fumarate), often combined with folic acid and vitamin B complex, where the variety

of pharmaceutical forms and producers is noted. Based on preliminary results, more than half of the participants had little knowledge of iron-rich foods and available treatments. The side effects of iron supplements most commonly reported by pregnant women were constipation, diarrhea, metallic taste and stomach pain.

CONCLUSION: The lack of comprehensive information on iron deficiency anemia and its treatment among pregnant women suggests the need for effective awareness-raising policies and programs as well as early diagnosis of appropriate treatment in this vulnerable population.

KEYWORDS: iron deficiency anemia, pregnant women, iron supplements

237. EFFECTIVENESS OF THE BACK SCHOOL TECHNIQUES IN PATIENTS WITH CHRONIC NON-SPECIFIC LOW BACK PAIN, A SYSTEMATIC REVIEW

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Abstract

Background Low-back pain (LBP) related disability and work absence accounts for high economical costs in western societies1. Direct and indirect costs in the United States (US) were estimated to be more than $50 billion per year2, in the United Kingdom (1998) were $11 billion3 and in Netherlands (1991) were almost $5 billion4. Although LBP rarely indicates a serious underlying disorder, patients with LBP that lasts for longer than one or two months have an elevated risk of developing longer-term disability and repeated care-seeking5. Moreover, the recovery process of patients with chronic LBP is slow, and their demands on the health care system are both large and costly. To date, many therapeutic interventions have been performed and studied for the treatment of LBP, however, no single treatment has proven to be obviously superior compared to another6. Consequently, there are discrepancies between countries in the various clinical guidelines and therapeutic recommendations for patients with LBP7. Continuously and systematically summarising the literature provides the best evidence for the treatment of (sub-groups of) patients with LBP. In this study, we will present the results on the effectiveness of back schools for non-specific LBP.

The first back school was born in 1969 in Sweeden. Back schools are techniques that are being used for treating patients with low-back pain (LBP). Nowdays, the content of back schools has changed and appears to vary widely in many countries.

OBJECTIVE: To conduct a systematic review of back schools techniques for patients with chronic non-specific low back pain.

METHODS: The search was conducted in the PubMed database. There are being selected articles in English-language that addressed the effectiveness of the back school techniques in patients with chronic non-specific low back pain.

Results Initially, there were identified 49 articles; during the selection there were excluded 30 Abstracts for not being pertinent with the object of our study; meanwhile 9 of the items haven't been possible to obtain the full text. Therefore, in the study have been included 10 items. The studies that were included, presented a number of 119 subjects (max) devided in two groups: experimental and control one. Oswestry Index Disability and VAS scale (pain reduced from 3 to 0) are the variables in which are based the measurements, as well as BSG (P<0.001); TI= 0.29-1.26. According to these measurements it is shown a reduction of a pain and an improvement of functionality at subjects with LBP presented in the experimental groups.

CONCLUSIONS: Back school is a methodological approach that seems to have produced good results, it is manifested an improvement of painful symptoms in the majority of subject, back school has an efficiency comparable to that of traditional therapy, but higher than placebo, back school helps to reduce the back pain and improves postural behavior.

Subjects have shown a more active attitude pain and have requipained less assistance and social support.

It is verified a close relation between the improvement of their condition and the cultural level of the patient (the role of the educational message).

Back school can be defined as an active intervention, in order to replace a frightening inactivity with useful functionality.

KEYWORDS: low back pain, back school, rehabilitation, physiotherapy

238. THE USE OF KINESIO TAPE IN REHABILITATION

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Abstract

OBJECTIVES: The aim of this study was to verify the effectiveness of Kinesio Tape technique in reduction of pain and also increase of muscle tone and strength.

METHOD: Information has been gathered from medical websites such as PUBMED, SCOPUS, MEDLINE and also from online libraries. We have revised scientific articles respectively focused in the role of Kinesio Tape in reduction of chronic and acute pain. Also we verified the role of this technique in the increase of muscle tone and strength. The Kinesio Taping Method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. By targeting different receptors within the somatosensory system, Kinesio Tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. It has the ability to re-educate the neuromuscular system, reduce pain and inflammation, optimize performance, prevent injury and promote good circulation and healing.

RESULTS: From all of the researches that we have done, we observed that Kinesio Tape technique resulted in immediate pain control for patients with chronic pain and also in increase of muscles tone.

CONCLUSIONS: The application of Kinesio Tape technique seems to have additional effects in controlling, reducing the pain and increasing muscles strength. This technique can be used as an alternative to other techniques or as a supplementary technique.

KEYWORDS: Kinesio Tape, pain, muscle strength, rehabilitation

239. MANAGEMENT AND TREATMENT OF CASES WITH INSIPID DIABETES IN KUKES

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Abstract

This topic has been studied not only by the fact that Diabetes Insipid (DI) is a disease, but it is also a social and economic problem for both the patient, their family and the society. DI is a clinical syndrome that involves a water imbalance in the body.

AIM: Management and medical care of the sick in the Health Centers.

The survey includes the period 01.01.2003 -31.12.2018. The source of the data was served by DRFSDKSH Kukes as well as the data in Q.SH. The information about the age of the patients, their place of residence, visits, examinations, type of DI, treatment, complications and duration of treatment were taken. For the period of 15 years analyzed that we have 11 patients diagnosed with DIC and 720 recipes with full refund for the medicament Desmopressin, at DRFSDKSH Kukës.

Prevalence rate of the period: 11 patients with DI per 100, 000 inhabitants, with the highest spread of children 10 years to 30 years.

The annual rate of new cases: less than 1 per 100, 000, in the years that we had more cases was 2014, male gender was dominant (54%) and age group 21-40 years with (36%), residence in the village 82%. Children, adults and the elderly are treated with Desmopressin. Nurses have an irreplaceable role in assessing excess water drinking from home patients, they should advise on a low salt diet, removing processed diet foods that can be effective steps to control water retention, etc. Managing the situation people with DIC can have a full and healthy life. Persons with DIN can have a relatively normal life with proper medical care, especially if medical care begins early.

KEYWORDS: vasopressin, polydipsia, polyuria, desmopressin

240. CARIES OF TEETH, DIAGNOSIS AND TREATMENT

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Abstract

INTRODUCTION AND OBJECTIVES: Caries of teeth is one of the most prevalent diseases in the world, which accompanies us throughout our lives. The main purpose of this project is to understand what the caries is, what are the factors that lead to its formation and above all the ways of protecting and preventing it. Caries is an all-encompassing theme because it affects all age groups. To acomlish this purpose we will list the types of caries of teeth, its symptoms, causes and treatments. This information will help us have a smoother smile and a better health.

METHODS AND ANALYSIS: We will electronically obtain literature screening references of included studies, searching for trial protocols in different books like "Dental Caries" by Ole Fejerskov, Bente Nyvad and Edwina A. M. Kidd, "Essentials of Dental Caries" by Edwina A. M. Kidd "The biologic Basis of Dental Caries" by Lewis Menaker. We will also highlight the epidemiology of this medical condition.

RESULTS: The results will be presented in a descriptive way, the diagnoses of dental caries and all the ways of several photos of the procedure.

COCLUSION: Now we know all the symptoms and ways of treatment's tooth. We also know the phases of dental caries and importance of it in our health

KEYWORDS: Dental Caries, lessons, canal therapy, pupl, dentine, cement.

241. TIME-SCREEN OF CHILDREN ON THE AUTISTIC SPECTRUM: THE RESULTS OF A STUDY MADE IN THE CLINIC OF PSYCHIATRY OF CHILDREN AND ADOLESCENTS. TIRANA, ALBANIA.

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Abstract

OBJECTIVE: To test the hypothesis that the children of the Autistic Spectrum (ASD) spend more time-screen in comparison to normal children.

METHOD: In the study were involved 193 children with ASD, at the age 4-16 from different cities of Albania diagnosed with ASD in the Psychiatric Clinic of children and adolescent in University Hospital Center "Mother Teresa", Tirana and 277 children with normal development, age 4-16.

Parents were subjected to an interview in regards to their children and the time-screen they spent and

what did they watch the most. The ASD population (no=193), were compared with no-ASD (no=277), and the results were analysed

RESULTS: All the children involved in the study spent more time-screen than the recommended time-screen by American Academy of Pediatrics (AAP). ASD children had less time spent in time-sceen than the no-ASD children but, on different preferences than those on normal development. The data did not support the hypotheses.

CONCLUSIONS: The data studied did not reveal that ASD children use more time-screen in comparison with their no-ASD friends. Both of the studied groups have a long time on time-screen. However, further studies are needed to prove or disprove the hypotheses that, children with ASD are in greater danger to overspend the limit on time-screen recommended by AAP.

KEYWORDS: autism; computer; media use: screen-time; television; video.

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ABSTRACTS BOOK

2019

ABSTRAKTET POSTER

POSTER PRESENTATIONS

242. THE PSYCHO-SOCIAL IMPACT OF DENTAL AESTHETICS

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Abstract

Procedures used in dentistry, except that are used to treat oral health problems in the oral cavity, are also used in the case of aesthetic interventions. As dental aesthetics has gained a growing importance over this years, the number and types of aesthetic treatments in dentistry have also increased.

AIM: The purpose of the paper is to describe and identify some of the most popular treatments used in dental aesthetics, as well as the effects caused by the lack of dental aesthetics in the psycho-social aspect of people.

Materials and methods: For the realization of this lecture, have been used online research and various scientific articles in the field of dentistry.

CONCLUSIONS: It is noticed that the lack of dental aesthetics significantly affects the well-being, psychology and social life of the patient. Lack of self-esteem, discrimination, stress, bullying are some of the main consequences that this phenomenon can bring.

KEY WORDS: Aesthetics, Deformation, Psycho-Social, Treatment, Discrimination.

243. EFFICACY OF RESVERATROL IN WOUNDS HEALING PROCESS BY REDUCING OXIDATIVE STRESS AND PROMOTING CELL PROLIFERATION AND MIGRATION

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Abstract

INTRODUCTION AND OBJECTIVES: Oxidative stress-(OS) mechanisms have been implicated in the pathogenesis of diabetic, chronic and inflamed wound. In those cases, wound healing management remains a big clinical challenge. As fibroblast plays a key role in wound healing by producing extracellular matrix and releasing wound contraction we aimed to investigate the effects of Resveratrol-(RES) on fibroblast as a potential therapeutic alternative in in-vitro OS and wound healing model.

METHODS: After 48-hours of incubation, cell proliferation was assessed by population doubling time-(PDT), Bromodeoxyuridine- (BrdU) and OS levels was evaluated by immunofluorescence staining

and all values were calculated by Image-J program. In addition, the expression of collagen-I was evaluated by RT-PCR and 24 hour-cell migration was evaluated in all experimental groups.

RESULTS: Cell PDT index increase in H2O2 incubation and decrease with RES combination. The highest levels of cell prolıferation were observed in RES group. Furthermore decreased cell proliferation index by H2O2 was stabilized with RES application. RES application decreases OS levels, but no significant differences were found in collagen-I expression. RES groups showed good migration quality.

CONCLUSIONS: RES administration decreases OS levels and improves the healing process by increasing proliferation index, migration. RES may represent a powerful strategy in the treatment of skin lesions. The present work was supported by the Research Fund of Istanbul University. Project No. 21032

KEYWORDS: Oxidative stress, Resveratrol, Fibroblast, Proliferation index.

244. THE IMPORTANCE OF ORAL HEALTH EDUCATION PROGRAMS IN IMPROVING ORAL KNOWLEDGE AND HYGIENE IN ADOLESCENTS

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Abstract

AIM: In recent years, oral health is becoming increasingly important, as it is a fundamental and integral part of an individual's overall health and well-being. The level of oral diseases is increasing recently, mainly due to rapid transition and diet, nutrition and lifestyle changes. The school environment offers a great opportunity to learn oral preventative practices, thus promoting oral health. Reinforcement is of great importance in creating and maintaining positive oral health behavior for students. The purpose of this study is to evaluate the effects of health promotion on oral hygiene at Qemal Stafa Gymnasium in Tirana.

METHOD: The study involved 340 graduates who were randomly divided into a control group and a study of 140 pupils each. All pupils underwent an initial control of oral hygiene and gingival status. The control group was given only basic information during the initial check performed while the study group was faced with additional information after one month and two months later. The information consists of conversations, leaflets, videos or power point presentations. After a three month period from the first check, the students underwent a second check and a questionnaire filling their knowledge about oral hygiene.

OUTCOMES: During initial control, almost all students experience problems with oral hygiene (presence of bacterial, pads, and gums) or gingivitis problems with at least one aching. During the check performed 3 months after the initial one, there was a significant improvement in knowledge and oral hygiene practices. In the study group there was an increase of awareness in relation to daily oral hygiene care, which was manifested by lowering the level of plaques, hips and gaps. The control group showed no apparent improvement. A significant difference was also the gender where women showed a more significant improvement in relation to men.

CONCLUSIONS: Oral health education programs for adolescents provide a significant improvement in

knowledge and practice of oral hygiene and gingivar health.

KEY WORDS: Health Education, Oral Health, Pupils, Oral Hygiene.

245. HOW TO EXPLAIN DIFFICULT ISSUES TO PATIENTS

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Abstract

The nature of hemophilia and its effectshave an influence on the social environment, and tend to give shape to patients with a low self-esteem personality, which does not allow them to interact accurately and maintain stable interpersonal relationshis. This results in school and work absenteeism.

Haemophilia patients are confronted with many complex issues relating to their bleeding disorder such us bleeds, haemophilic arthropathy, and inhibitors. How can we explain and impart our knowledge to our patients in ways to prevent and minimize any further complications.

A comprehensive multidisciplinary approach allows us to develop, plan and individualise the needs of our patient's physical and emocional needs. Determining the patients style learning and using different tools reinforces our teaching and education to the patient.

Technology such us on-line video's, phone apps. and approved websites are all more accessible to us now at the touch of a button. Setting goals and teaching self- management to our patients promotes better patient outcomes and decreases healthcare resources and costs.