

fetal/neonatal end point was a composite of preterm birth, small for gestational age and neonatal intensive care admission within 28 days of delivery.

Conclusions. Hypertensive disorders of pregnancy are associated with long term cardiovascular disease in pregnant women. Diagnosis of prevalence of chronic and gestational hypertension, markedly improved the appropriate identification of women who go on to develop preeclampsia, and was associated with the identification of adverse fetal/neonatal risk.

LITERATURE

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HEART FAILURE WITH REDUCED AND MID-RANGE EJECTION FRACTION: CLINICAL AND INSTRUMENTAL DIFFERENCES

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Relevance. Until recently, two main types of HF were distinguished: HF with reduced left ventricular ejection fraction (HFrEF), also known as systolic HF; and HF with preserved ejection fraction, also known as diastolic HF. Since the publication of the European Society of Cardiology Guidelines for the Diagnosis and Treatment of Heart Failure in 2016 [1, c. 2143], a new class of HF has been defined – HF with mid-range ejection fraction (HFmrEF).

Target. To identify clinical and echocardiographic differences in patients with HFrEF and HFmrEF.

Research methods. The retrospective single-center study included 92 patients with HF who were admitted to the Grodno Regional Clinical Cardiological Center for treatment from January 2023 to June 2025. Group 1 included 48 patients with HFrEF (LVEF<40%), while Group 2 included 44 patients with HFmrEF (LVEF 41–49%). Transthoracic echocardiography was performed on Phillips iE33 device with a multi-frequency sensor. Statistical analysis was performed using the STATISTICA 12.0 software.

Results and their discussion. Patients in both groups were comparable in age ($p>0.05$) and gender, with male sex predominant in both groups ($p>0.05$). There were no significant intergroup differences in the prevalence of such comorbidities as hypertension, atrial fibrillation, and diabetes mellitus ($p>0.05$). Patients with HFmrEF

had a higher prevalence of obesity (44.4% vs. 22.9%, $p=0.023$) in comparison with patients with HFrEF.

According to the results of transthoracic echocardiography, patients of the studied groups had significant differences in the linear and volumetric parameters of left atrium and both ventricles ($p<0.05$), which demonstrated undeniable correlation between LVEF and other heart diameters and volumes. Only right atrium sizes were comparable between the groups ($p>0.05$).

Three quarters of the patients with HFrEF and more than a half of patients with HFmrEF had areas of hypokinesia ($p=0.024$). Incidence of pleural effusion was also almost three times higher in HFrEF group (45.8 vs. 18.2%, $p=0.006$), indicating formation of decompensated congestive HF.

Conclusions. Our study showed that patients with HFmrEF have significant differences from HFrEF (higher incidence of obesity, lower NYHA Class and lesser linear and volumetric parameters of both ventricles). This highlights that the further study of clinical and instrumental characteristics of HFmrEF should be conducted.

LITERATURE

1. 2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure: the Task Force for the diagnosis and treatment of acute and chronic heart failure of the European Society of Cardiology (ESC) / P. Ponikowski, A. A. Voors, S. D. Anker [et al.] // European Heart Journal. – 2016. – Vol. 37, № 27. – P. 2129–2200. – doi: 10.1093/eurheartj/ehw128.

KAP ANALYSIS OF AYURVEDA AMONG INDIAN MEDICAL STUDENTS: KNOWLEDGE, ATTITUDES, PRACTICE, AND CURRICULUM INTEGRATION PERSPECTIVES

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Relevance. The philosophical approaches of folk medicine rely on unity with the surrounding world, an individualized approach, and the use of natural remedies. However, disregarding the achievements of modern medicine creates significant health risks, especially in critical situations [1, 2].

In the context of health maintenance and disease prevention, traditional approaches find wide application, often supported by family traditions [3].

Of particular interest is how future doctors—students from India—assess their knowledge, experience, and need for additional training in traditional medicine.

Target. To analyze attitudes, knowledge, and experience of using Ayurvedic techniques among first-year medical students from India.

Research methods. The study included 24 first-year students aged 17-23 years, 58% female. The survey consisted of 20 questions grouped according to the research