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POSTER PRESENTATIONS

PP-1

Evaluating the Communication Skills of Medical Students in Bezmialem Vakıf University

Elif Dilara ATEŞ[1], Semra ÖZÇELİK[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Basic Medical Sciences, Division of Medical Education and Informatics, İstanbul, Turkey

Introduction: Effective communication is the key for diagnosis and treatment in health care. Clear communication between patient and provider paves the way for accurate diagnoses and treatment decisions.

Method: In the research, a study group will be determined with the voluntary participation of Bezmialem Vakıf University Faculty of Medical students. The "Communication Skills Inventory" (IBE) developed by Ersanlı and Balcı will be used in the evaluation of the survey data to be made online via Google forms. Communication Skills Inventory (IBE); it is a 5-point Likert type scale developed by Ersanlı and Balcı (1998) to evaluate the communication skill levels of university students. The scale consists of three sub-dimensions: cognitive, affective, and behavioral. There are 15 questions measuring each dimension. Each subscale will be evaluated separately, and the general communication skill level of the individual can be determined by looking at the total of the scale. The highest score that can be obtained from each subscale is 75, and the lowest score is 15.

Results: Two hundred and thirty -five students responded to the survey (29.19%). First -grade students were the most participant (53.8%), and sixth -grade students were the minimum (12.14). More women (60.9%) responded than men. Cognitive communication skills of the survey generally had higher rates (45 to 75) than the other two sub-dimensions (20 to 75). Affective and behavioral questions had lower rates and were close to each other.

Conclusion: Bezmialem Vakıf University medical students have higher scores in cognitive skills. Clinical education can be formed around receiving due to the lack of affective and behavioral communication skills.

Key words: Medical students, communication skills, medical faculties

PP-2

Retrospective Comparison of Vitamin D Levels Between Patients with Migraine and Healthy Control Group

Hüsna Hilal AYDIN[1], Ömer Faruk ÖZER[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Medical Biochemistry, İstanbul, Turkey

Introduction: It is thought that neurogenic inflammation and vasodilation play an important role in migraine pain. The thought that vitamin d concentration is inversely proportional to inflammation supports its relationship with migraine. The role of calcium in the contraction process of the smooth muscles of the vascular walls may also provide a rational link. The vitamin D receptor in the brain, is involved in many physiological brain processes. The aim of this study was to contribute to the literature by comparing vitamin D levels between migraine patients and the healthy control group.

Method: Fifty five patients older than 18 years old diagnosed with migraine according to ICHD-II diagnostic criteria applied to the Neurology Outpatient Clinic of Bezmialem Vakıf University Hospital between July 2020 and July 2022, and 55 healthy controls over the age of 18 applied to the Family Medicine Polyclinic of the Bezmialem Vakıf University Hospital in the same date range were included in the study. Vitamin D levels of the groups were obtained retrospectively from the hospital information system and compared.

Results: 69.1% of migraine group and 54.5% of the control group's vitamin D levels were found lower than in the normal range. 30.9% of migrane group and 45.5% of the control group's vitamin D levels were found within the normal range. No statistically difference was found between the migraine and healthy control groups in comparison to vitamin D levels (p=0.136)

Conclusion: There are studies support a significant relationship between vitamin D deficiency and migraine, also there are studies with no significant results in the literature. In our study, we did not find a statistically significant relationship between migraine and vitamin D deficiency. To make a conclusion, a larger series should be investigated.

Key words: Vitamin D, migraine, healthy control

PP-3

Health Attitudes and Affecting Factors of Medical Faculty Classs 1 and 4 Students

Şeyda ÖZKÖK[1], Bedia ÖZYILDIRIM[2], Ceyda ACAR[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Public Health, İstanbul, Turkey

Introduction: A healthy lifestyle is to control all behaviors that may impact one's health. By maintaining healthy lifestyle attitudes, mortality and morbidity rates in chronic diseases can be significantly reduced. It will be more motivating for physicians who have practiced healthy lifestyle behaviors in their own lives to guide them on the population they serve. This study investigates the health attitudes of the 1st and 4th class medicine students and the factors that may affect them.

Method: Data were collected online with a questionnaire prepared using the literature. Socio-demographic information and healthy lifestyle behaviors such as nutrition, physical activity, and hygiene behaviors were questioned. Bezmialem Vakıf University Faculty of Medicine 2021-2022 academic year classes 1 and 4, 52 students constituted the universe of the research.

Results: The health responsibility score of the class 1 students was higher than the class 4 students ($p=0.022$). Nutrition and coping with stress scores of the students who stayed with their family were higher than the students who stayed at students house or alone ($p<0.05$). When the students were asked about their reasons for choosing medicine, the total scores of those who chose it at the request of their families and those who chose to guarantee their job was found to be significantly lower and student who chose it for having interest in medicine took a higher total score ($p=0.000$).

Conclusion: Healthy life behaviors scores of the students who progressed in medical education did not increase. 55% of the students stated that healthy life behaviors were not sufficiently included in the education programs, and it was thought that there was a need for improvements in this subject in the medical education curriculum.

Key words: Medical students, healthy lifestyle behaviors, medical education

PP-4

Clinical and Pathological Correlation and Concomitant Upper Gastrointestinal System Pathologies in Children Diagnosed with Celiac

Yasemin KILIÇ[1], Nurhan ŞAHİN[2], Güzide DOĞAN[3]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pathology, İstanbul, Turkey
[3]Bezmialem Vakıf University, Faculty of Medicine, Department of Pediatrics, İstanbul, Turkey

Introduction: Celiac disease is a gluten-induced enteropathy. Tissue transglutaminase and endomysium antibodies, which are serological markers associated with celiac, increase in titer and histopathological changes often seen in the duodenum, are helpful in the diagnosis. The aim of this study was to determine the gastric and esophageal pathologies accompanying the duodenal lesion in celiac biopsy specimens. It will be attempted to reveal whether these changes are related to the severity of the duodenal lesion. Additionally, it will be attempted to determine whether there is a relationship between the measured antibody titers and the severity of histopathological changes.

Method: The study included, 53 pediatric patients diagnosed with celiac. The esophagus, stomach and duodenum biopsy results and antibody levels of the patients were examined.

Results: All duodal biopsies were consistent with celiac pathology. The gastric pathologies were found to be normal in 32.1%, active gastritis in 7.5%, and chronic gastritis in 60.4%. The esophageal pathologies were found to be normal 54.7% and mild esophagitis 45.3%.

Conclusion: Active gastritis, chronic gastritis, and mild esophagitis may accompany duodenal lesions. Gastric and esophageal biopsies from patients who have duodenal biopsy for celiac disease will be more beneficial for the clinical evalution of the patient. The limitation of this study was the inability to compare the relationship between antibody titers, gastric and esophageal pathologies, and the severity of duodenal lesion, as the number of similar patients with different marsh grades could not be found.

Key words: Celiac disease, tissue transglutaminase, endomysium antibodies, gastritis, esophagitis

PP-5

Frequency of Epilepsy in Different Types of Dementia

Elif ÖZOĞUL[1], Ferda USLU[2], Özlem GELİŞİN[3]

¹Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
²Bezmialem Vakıf University, Faculty of Medicine, Department of Neurology, İstanbul, Turkey
³University of Health Sciences Turkey, Bakırköy Dr. Sadi Konuk Training Research Hospital, Clinic of Neurology, İstanbul, Turkey

Introduction: Dementia is a clinical syndrome characterized by progressive cognitive decline. Alzheimer's Disease, Vasculer Dementia, Dementia with Lewy Bodies and Frontotemporal Dementia are types of dementia. Epilepsy, is a chronic disease caused by the sudden discharge of neurons. Epilepsy can affect the prognosis of dementia. Therefore, it is important to investigate how much the frequency of epilepsy increases in different types of dementia.

Method: At least 138 dementia patients need to be included in the study. Seizure frequency has been investigated by asking questions to patients who applied to the hospital after June 1, 2022. Also data of those who applied to the hospital before June has been looked at the Nucleus system. The data has been analyzed using the IBM SPSS Statistics 22.0 package program. The distribution of the data was been checked with the chi-square test.

Results: Totally, 159 dementia patients were included in this study. There were 92 females (57.9%), 67 males (42.1%), and the average age was 74.11. One hundred thirty seven patients have Alzheimer's disease (86.2%) and 22 patients have non-Alzheimer disease (13.8%). Twelve of whom have frontotemporal dementia (7.5%), 4 of whom have Dementia with Lewy Body (2.5%), 5 of whom have vasculer dementia (3.1%), 1 of whom has Parkinson dementia (0.6%). Only 3 of the dementia patients had epileptic seizures (1.9%) and all of them have Alzheimer's disease. The frequency of epileptic seizures among Alzheimer disease patients is 2.2%, and 0% in non-Alzheimer's patients. Not a significant relationship was found between epilepsy and types of dementia (p=0.638).

Conclusion: In our study, no significant relationship was found between the types of dementia and epilepsy. If the study is performed with more participants, different results can be obtained.

Key words: Dementia, Alzheimer's disease, epilepsy

PP-6

Evaluation of Blood Gas Results of Patients Presenting to the Emergency Department with Diabetic Ketoacidosis

Yusuf Sadık PİŞKİN[1], Bahadır TAŞLIDERE[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Emergency Medicine, İstanbul, Turkey

Introduction: Diabetic ketoacidosis (DK) is an acute, life-threatening complication of Diabetes Mellitus. Increased ketone levels in serum causes increased anion gap metabolic acidosis and ketonuria. Studies have reported that blood gas is 97.8% sensitive and 100% specific for the diagnosis of diabetic ketoacidosis. The aim of this study is to evaluate blood gas analysis in patients presenting to the emergency department with diabetic ketoacidosis.

Method: This study was planned retrospectively on 62 patients over the age of 18 who were diagnosed with DK by applied to the emergency department. According to the criteria of the American Diabetes Association, DK is defined as serum glucose ≥250 mg/dL, serum anion gap >10 mEq/L, bicarbonate ≤18 mEq/L, pH ≤7.30, and ketones in urinalysis. The blood gas results of the patients were compared with the clinical severity of the patients (mild, moderate, severe) based on these criteria.

Results: The mean age of the patients was 34.9. Of these patients, 40.32% were female and 59.68% were male. Of the patients, 45.2% mild, 38.7% moderate, 16.1% severe DK patients. There were differences in pH and bicarbonate values among all clinical severity groups (p=0.000). Although there were differences in the adjusted significance levels, significant differences were revealed between our clinical severity groups in values such as pCO_2, anion, chlorine, creatinine, leukocytes, and urine ketone (p<0.001).

Conclusion: In our study, when we compared the clinical severity groups of DK with the comorbidity, age, and some blood gas results such as glucose, lactate, base excess, C-reactive protein, sodium, potassium, and urea, we could not find a statistically significant difference between the clinical severity groups.

Key words: Diabetic ketoacidosis, blood gas, anion gap, serum

PP-7

Chronic Obstructive Pulmonary Disease and Life Quality

Alper KINAY[1], Hamza OGUN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pulmonary Medicine, İstanbul, Turkey

Introduction: Chronic obstructive pulmonary disease (COPD) is a preventable and treatable lung disease. Patients with COPD need to exert more effort to breathe, therefore become more fatigued. COPD will be the third most common cause of death in the world in 2030. COPD puts a great burden on both the person himself and the people around him and it is a disease that lowers their quality of life (QoL). QoL can be divided into non-health-related and health-related. Health-related QoL means a state of complete physical, mental, and social well-being. The so-called Short Form 36 questionnaire is a very popular test for questioning health-related quality of life.

Method: Functional measures such as progressive loss of FEV1 cannot determine the quality of life. Measuring QoL in COPD is importan; therefore, both general and disease-specific QoL questionnaires are used in patients with COPD.The Short Form 36 questionnaire was administered simultaneously to patients with COPD and healthy volunteers, and their results were compared. The minimum number of samples was calculated as n1=n2=83 total/66. Patients with an irreversible FEV1/FVC value below 70 in the pulmonary function test for COPD were included in accordance with the GOLD2022 guideline. The volunteer group will be determined by a pulmonary function test without COPD.

Results: Eighty three patients with COPD and 102 control groups participated in our survey. We examined the standard of living of patients compared with healthy people. We observed that the patients were in a worse condition than healthy people in terms of physical functions, physical role difficulties, mental health, social functioning and general health perception ($p<0.001$). On the other hand, no significant difference was found between healthy people in terms of emotional role difficulty ($p=0.181$), pain perception ($p=0.988$) and energy ($p=0.769$).

Conclusion: COPD also affects the patient life quality. The relationship between COPD and life quality is quietly high.

Key words: COPD, pulmonary function, health quality

PP-8

The Relationship Between Sleep Quality and Academic Achievement Score in BezmialemVakıf University Medical Faculty Students

Meryem KAYA[1], Emine Rümeysa HEKİMOĞLU[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Histology and Embryology İstanbul, Turkey

Introduction: Sleep is a state of unconsciousness that can be reversed by sensory or other stimuli. It is a state of inactivity that allows the organism to rest and a regeneration period that prepares the whole body for life. Sleeping disorders can cause many negativities such as difficulty in concentrating, excessive activity, excessive daytime sleepiness, impulsivity, moodiness, irritability, poor school performance, learning disorders, and problems in social relations. The aim of this study supports the literature by investigating whether there is a relationship between sleep quality and exam success in medical school students.

Method: In the study, the Pittsburg Sleep Quality Index and Academic Self-Efficacy Scale will be applied to 120 students of the Bezmialem Vakıf University Faculty of Medicine. The data will be analyzed using the IBM SPSS Statistics 22.0 package program. The mean differences between the groups will be examined with the t-test, and the relationship between the continuous variables will be checked with the Pearson correlation coefficient.

Results: Forty-three male and 77 female students participated in our study. The average Pittsburgh Sleep Quality Index score of the students participating in the study is 6.19 ± 2.27. The mean score of the students on the Academic Self-Efficacy Scale is 106.16 ± 21.04. The PUKI value was compared according to the classes and a significant difference was found between the 3rd and 5th, 3rd and 4th, 3rd and 1st grades, and between the 2nd and 1st grades. A statistically significant ($p=0.004$) negative (inverse relationship) low-level correlation was found between PUKI and Academic Self-Efficacy Scale scores in all the students participating in the study ($r=-0.263$)

Conclusion: Sleep quality also affects our academic success. A relationship, albeit low, was found between sleep quality and academic achievement.

Key words: Sleep quality, academic self-efficiacy, medicine students

PP-9

Awareness of Healthcare Professionals on Patient Rights

Recep Kaan ATALAY[1], Aclan ÖZDER[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Family Medicine, İstanbul, Turkey

Introduction: Patient right, it forms a sub-title of human rights and is among the basic rights that human beings have gained from birth. We evaluate how much basic patient rights such as the right to request information, the right to refuse, the right to stop, the right to be respected and respected, and in particular to privacy, are known by our healthcare professionals, and how much they are implemented and their attitudes.

Method: In our study, cross-sectional research will be carried out in the field of health. The health workers working in Bezmialem Vakıf University Hospital will be selected and a study group will be formed. In the data collection process, a 25-question questionnaire with "yes" "no" answers will be used, which was created by the researchers by scanning the literature. The knowledge score will be calculated from 25 questions prepared to measure the knowledge level of healthcare professionals about patient rights. The highest and lowest scores will be determined. A high score will indicate a high level of knowledge.

Results: Of the 50 participants participating in the study, 25 were men, 25 were women, and the mean score of patients' rights was 86.88±9.697 for men and 81.76±8,253 for women. According to gender, it was determined that the knowledge level of men was higher than women (p=0.021). No significant results were found by occupation.

Conclusion: Although the level of knowledge is better for men than for women, it would be good for both genders to continue their education.

Key words: Healthcare workers, patients' rights, awareness

PP-10

Is Cesarean Delivery a Risk Factor for Atopic Allergic Disease in Children

Ömer Taha TÜRKMEN[1], Aysel VEHAPOĞLU[2]

[1]Bezmialem Vakıf University Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University Faculty of Medicine, Departent of Pediatrics, İstanbul, Turkey

Introduction: The rate of both childhood allergic diseases and delivered by cesarean section has been increasing worldwide for the last 30-40 years. Our objective was to investigate the relationship between delivered by cesarean section and atopic-allergic disease in prepubertal children, and to compare children with atopic-allergic diseases with non atopic healthy children.

Method: A prospective cross-sectional study of 216 prepubertal children aged 2-10 years was performed; the participants were 112 atopic children with physician-diagnosed-allergic disease (allergic rhinitis and asthma) (serum total immunglobulinE level >100 kU/L and eosinophilia >4%, or positivity to at least one allergen in skin test) and 104 non-atopic healthy age- and sex-matched controls. Data were collected between October 2022 and November 2022 at the Pediatric General and Pediatric Allergy Outpatient Clinics of Bezmialem Vakıf University Hospital.

Results: Demonstrated that 85 (39.5%) children were delivered by cesarean sectionand 131 (60.5%) were delivered by normal vaginal delivery. In all age groups, 38.4% of the children in the atopic allergic disease group and 40.4% of the healthy group were born by cesarean section (p=0.442). No significant association between cesarean section delivery and atopic-allergic disease in childhood was found in our study (odds ratio =0.98, 95% confidence interval =0.64-2.87, p=0.454).

Conclusion: This study demonstrated that no relationship between cesarean section delivery and childhood atopic-allergic disease was found in this study.

Key words: Allergic diseases, prepubertal children, cesarean section

PP-11

The Knowledge, Attitude and Awareness of Society Toward Psychology, Psychiatry and Mental Disorders

Kemal Berk BENLİOĞLU[1], Semra ÖZÇELİK[2], Özge ÜNAL[1]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Medical Education, İstanbul, Turkey

Introduction: Most people in Turkey refrain from getting help their mental disorders because of stigmatization. This study investigates society's information and attitudes toward psychiatry.

Method: This study was conducted on individuals who live in İstanbul. A questionnaire prepared by a specialist on the basis of previous studies and containing 20 questions was applied using the "non-probability sampling" method over 335 individuals.

Results: 99.4% of the participants defined a psychiatrist and 76.4% defined a psychologist correctly, whereas only 66.4% distinguished the difference between them. Healthcare workers (p=0.000) and younger subjects (between the ages of 18-35) (p=0.013) answered this question more correctly in comparison with the others. 85.6% of the participants stated that they would use psychiatric medications if necessary, but 68.3% of them mentioned that they would prefer to be treated by verbal psychotherapeutic techniques. The respondents gave the highest marks (98.5%) to the statement "I would take her/him to a psychiatrist/psychologist" to a question where Schizophrenia defined, It is followed by major depression (97.6%) and panic attack (88.9%). Participants with a bachelor's/master's degree (p=0.025), young age (p=0.028), and a healthcare job (p<0.001) got higher marks than the other participants.

Conclusion: People know that psychiatrists are doctors with a medical degree, but they do not account for them as psychotherapists. They regard psychologists as treating by talking and psychiatrists as treating with drugs. According to the answers of the questions telling the symptoms of these disorders, people consider schizophrenia and depression as more associated with psychiatry than panic attack. All participants answered more than 50% of the questions correctly, and most of them mentioned that people with psychiatric disorders should not be stigmatized.

Key words: Psychiatry, psychology, mental disorders

PP-12

Effectiveness of Heart Score in Obstructive and Non-Obstructive Myocardial Infarction

Elif ASİLTÜRK[1], Bahadır TAŞLIDERE[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Emergency Medicine, İstanbul, Turkey

Introduction: Myocardial infarction (MI) is the ischemia of the heart muscles. Non-obstructive MI is characterized by less than 50% stenosis on angiography. Its prevalence is 5-25%. It is essential to identify high-risk patients in emergency departments. In our study, we compared the HEART score of patients with and without obstruction of more than 50% in cardiac angiography (CAG).

Method: Our study included patients diagnosed with acute coronary syndrome and underwent CAG in the emergency department between 01/01/2018-31/12/2019. As it is a retrospective study, the requirement for informed consent was waived. All patients with obstructive and non-obstructive MI and over 18 were included in the study. Trauma diseases, those with missing data, whose scores were not calculated, or who were referred from another hospital were excluded from the study. Patients were divided into two groups: obstructive and non-obstructive MI. Collected data were compared between the groups.

Results: Of these patients, 129 (39.5%) had obstructive MI, and 197 (60.4%) had non-obstructive MI. There was no statistically significant difference between the groups regarding median HEART scores (6, 6, p=0.254). While HEART score showed 1 (0.77%) patient as low risk, 80 (62%) as medium risk, and 48 (37.2%) as high risk in the obstructive group; 3 (1.52%) patients were classified as low risk, 119 (60.40%) as medium risk, and 75 (38.07%) as high-risk in the non-obstructive group. The difference between the groups was not statistically significant.

Conclusion: In our study, no statistically significant difference in the HEART score comparison of the patients in the obstructive and non-obstructive groups were established. Thus, the HEART score can be used safely in patients admitted to the emergency department with chest pain and evaluated as obstructive and non-obstructive MI.

Key words: HEART score, obstructive myocardial infarction, non-obstructive myocardial infarction

PP-13

Diagnostic Importance of HDL, LDL, Gamma Glutamyl Transpeptidase to Platelet Ratio, Gamma Glutamyl Transpeptidase to Albumin Ratio in Hepatocellular Carcinoma, Hepatocellular Adenoma and Liver Metastasis

Banu ŞENSES[1], Ganime ÇOBAN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pathology, İstanbul, Turkey

Introduction: Alpha fetoprotein (AFP) is the most important tumor marker in the diagnosis of hepatocellular carcinoma (HCC). However, a significant proportion of patients with HCC patients were AFP negative (AFP <20 ng/mL). This study aimed to evaluate the diagnostic value of low density lipoprotein (LDL), high density lipoprotein (HDL), gamma glutamyl transpeptidase (GGT) albumin ratio and GGT platelet ratio in HCC, liver metastases and hepatocellular adenoma.

Method: We retrospectively analyzed 201 patients Among these patients, 6 patients had hepatocellular adenoma, 56 patients had AFP (+) HCC, 26 patients had AFP (-) HCC and 63 patients had liver metastases. 50 patients were selected as the control group. Kruskal-Wallis test was used to analyze the changes in HDL, LDL, GGT to albumin ratio and GGT to platelet ratio between these groups.

Results: When AFP -positive and AFP -negative HCC patients were compared, there was no significant difference in HDL (p=0.168) and LDL (p=0.656) values, but there was a significant difference in the GGT to platelet ratio (p=0.024). When we compared the control group with metastasis patients and AFP -positive and AFP -negative groups, there were significant differences in HDL values, GGT to albümin ratio and GGT to platelet ratio (p<0.05). When these values were compared between metastasis patients and AFP -positive patients, The differences were found (HDL p=0.039, GGT/albumin p=0.018, GGT/platelet p<0.05). Significant differences were observed between hepatocellular adenoma and AFP (+) HCC in these values. No difference was found between the groups in the LDL value (p=0.428).

Conclusion: HDL, GGT to platelet ratio, and GGT to albumin ratio have an important role in the diagnosis of liver neoplasms and in the differential diagnosis of primary liver cancer and liver metastases. These values are significant for hepatocellular adenoma, but the number of patients is not sufficient.

Key words: Gamma-glutamyl transpeptidase to platelet ratio, HCC, liver metastases, gamma-glutamyl transpeptidase to albumin ratio

PP-14

Perianal Fistula Frequency, Characteristics, and Response to Treatment in Patients with Crohn's Disease

Sümeyye UYSAL[1], Metin BAŞARANOĞLU[2], Enver KUNDUZ[3], Ayşegül YABACI TAK[4]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Gastroenterology, İstanbul, Turkey

[3]Bezmialem Vakıf University, Faculty of Medicine, Department of General Surgery, İstanbul, Turkey

[4]Bezialem Vakıf University, Faculty of Medicine, Department of Biostatistics and Medical Informatics, İstanbul, Turkey

Introduction: Crohn's disease (CD) is a chronic inflammatory bowel disease with a progressive and destructive course. The development of a perianal fistula ± abscess is one of the main complications that requires a multidisciplinary approach. The aim of this study was to examine the frequency, characteristics, and treatments of perianal fistula ± abscess in patients with CD.

Method: Patients aged 18-65 years who referred between June 2019 and June 2022 to the Gastroenterology and General Surgery Outpatient Clinic of Bezmialem Vakıf University Hospital for perianal fistula and perianal CD (perianal fistula ± abscess) will be included in this study. All information regarding the presence of perianal fistula ± abscess, symptoms and treatments that are seen and applied to these patients will be analyzed retrospectively.

Results: Among 218 patients with CD, (51.8%) were females with a mean age of 44 years, and (48.2%) were males with mean age of 40 years (p=0.011), and the average age for two genders was 42.53 (p<0.001). Among CD patients, 58 perianal fistulas were detected (p<0.001) with 31 males and 27 females. In 30 patients, perianal fistula was accompanied by a perianal abscess (51.7%). The difference between isolated perianal fistula ± abscess and perianal fistula ± abscess due to CD is also significant (p<0.001). Based on the AGA classification, 34 patients have a simple fistula (58.6%), whereas 24 patients have complex fistula (41.4%). Finally, 11 patients have high fistula (18.9%) and 47 patients have low fistula (81%). Only 28 patients had seton surgery (48.3%).

Conclusion: CD itself is more frequent in females, and fistulizing CD is more frequent in males. In some patients, perianal fistula ± abscess may be the initial presentation of CD. The difference between isolated perianal fistula and perianal CD is also representative. Simple, low, and inter-sphincter fistulas are the most frequent type of perianal fistula.

Key words: Crohn's disease, Perianal fistula ± abscess, AGA classification, Park's classification

PP-15

The Prevelance of COVID-19 Infection and Vaccination Rate of Patients with Inflammatory Bowel Disease

Elif ERCAN[1], Demet SERTEL[2], Ayşe Betül USLU[3], Metin BAŞARANOĞLU[4]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Gastroenterology, İstanbul, Turkey

Introduction: Coronavirus disease-19 (COVID-19) virus may cause gastrointestinal system symptoms similar to inflammatory bowel disease (IBD), which is a chronic, immune system-related disease. The usage of immunosuppressive medication may reduce the risk of mortality by preventing the cytokine storm. On the other hand, they increase the number of Angiotensin converting enzyme-2 Receptor and simplify the replication of the severe acute respiratory syndrome-coronavirus-2 in the body. Therefore, the overall impact of IBD in COVID-19 infection is unclear.

Method: In this study, 255 patients with IBD were chosen randomly from the Bezmialem University' database. The pcr results, their IBD medications, and COVID vaccination doses and types were evaluated retrospectively.

Results: Our data showed that of the 255 patient, 53.7% (137 pts) have never been infected with coronavirus. 94.1% (111 pts) who had COVID-19 infection, experienced mild symptoms. Only 1 (0.8%) patient had been admitted to the intensive care unit who had been treated with mesalazine, azathioprine and biologic agent. Of the 255 patients 76.9% (196 pts) were vaccinated with Biotech; 45.9% (90 pts) had an infection at least one time, and 95.6% (86 pts) experienced mild symptoms. Of the 255 patients, 46.8% (80 pts) were vaccinated with Sinovac; 31.6% (37 pts) had been diagnosed with an infection, and 95.0% (35) described mild symptoms. Nobody with a vaccine has been admitted to the intensive care unit. The patients with mild symptoms were using the following medications in different percentages: 58.6% (65 pts) biologic agents, 44.1% (49 pts) azathioprine and 74.8% (83 pts) mesalazine.

Conclusion: According to these results, the majority of patients with IBD overcame the COVID infection with mild symptoms. Neither the type of vaccine nor the different IBD medications have a significant role during infection.

Key words: Inflammatory bowel disease, COVID-19, biologic agent, vaccine

PP-16

The Effect of Social Media on the Rhinoplasty Process

Zeynep ŞAŞMAZ[1], Alper YENİGÜN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Otolaryngology, İstanbul, Turkey

Introduction: Rhinoplasty is one of the most popular and complex surgeries in the fields of ENT and plastic surgery. Rhinoplasty surgery can be performed for correcting nasal functional problems-narrowing of the airway due to the obstructive structure-for aesthetic purposes only or for both purposes. The proportions and symmetry of the nose are directly related to the beauty of the face. At this time, social media has a great role in changing the perceptions of beauty, as it affects our lives in every aspect. We thought that there might be a relationship between the increase in aesthetic rhinoplasty and the increase in the use of social media. The aim of this study was to examine the effect of social media on the rhinoplasty process.

Method: In this proposed study, our questionnaire was applied to patients who had rhinoplasty surgery in the last 1 year at Bezmialem Vakıf University, Faculty of Medicine, Department of Otorhinolaryngology. The survey was administered face-to-face and online. Obtained data were evaluated with Student-T data analysis method and values below $p<0.05$ were considered significant.

Results: The effect of social media was not found to be significant in patients' decision to have surgery and choosing their doctor ($p=0.68$). The rate of self-liking in selfies and photographs was significant in the post-operative satisfaction rate ($p=0.02$). The mean of the scores given to the increase in photo sharing on social media after the surgery was 3.73 out of 10.

Conclusion: Patients who are affected by social media during the surgery process and patients who are not affected by social media can be divided into two groups, and the satisfaction rates of these patients after the surgery can be evaluated and compared with the Sam Most Criteria.

Key words: Rhinoplasty, social media, beauty standards

PP-17

The Effects of Hours of Antihypertensive Drugs on Ambulatory Blood Pressure

Çağrı Ceyhun GÜLER[1], Asım ENHOŞ[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Cardiology, İstanbul, Turkey

Introduction: Hypertension is a serious disease that needed to be treated properly. There are modifiable and non-modifiable factors that can affect the blood pressure. It is known that factors such as excessive salt consumption, obesity, endocrine diseases and genetics plays role, in the development of hypertension. In the literature, there are studies on the time-dependent effects of antihypertensive drugs. *Non-dipper* is the failure of blood pressure drop 10% which is considered normal at night, and higher pressure than normal in the morning is called *morning surge*. The presence of *non-dipper* and *morning surge* has been associated with poor prognosis in studies. The purpose of our study was to reveal the relationship between the intake time of drugs and blood pressure values.

Method: In this retrospective study, we used blood pressure values of the patients that were recorded in the system with a Holter monitor. We used the patients' blood pressure values who used ARBs and ACEIs and noted the time they took the drug. We compared that time and the presence of the *non-dipper* and *morning surge*.

Results: There were 95 patients who took drugs in the morning and 31 patients who took it in the evening. While the morning group had 71.3% *non-dipper*, the evening group had 80.6% of it (p=0.305). The morning group had 60.6% *morning surge, whilst* the evening group had 67.7% of it (p=0.479).

Conclusion: Considering the inequality number of patients in the groups, no significant differences were found.

Key words: Anti-hypertensive drugs, ambulatory blood pressure, hypertension, holter monitor

PP-18

Examination of the Relationship Between Exam Anxiety and Perceived Stress Level and Cognitive Flexibility in Bezmialem Vakıf University Medical Faculty Students

Said BİNGÖL[1], Furkan COŞKUN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Psychiatry, İstanbul, Turkey

Introduction: The current study measures exam anxiety, perceived stress, and cognitive flexibility levels in Bezmialem Vakıf University, Faculty of Medicine students; to examine and evaluate the relationships between these parameters. Because of this study, it is aimed to have an idea about exam anxiety and its possible causes, the factors it is related to, and to suggest solutions depending on the results if necessary. It is thought that this study will contribute to the literature.

Method: This research was carried out as a survey-based study on Bezmialem Vakıf University, Faculty of Medicine students. The questions were sent to all participants online via social media. In the study, exam anxiety levels, perceived stress levels, and cognitive flexibility levels of the participants were measured. We asked participants about their age, gender, class and applied the AYDA Exam Anxiety Scale, Perceived Stress Scale, and Cognitive Flexibility Inventory.

Results: According to the data obtained, 72 women and 54 men participated in our study. A significant relationship was found between the exam anxiety of the participants and their perceived stress (r=0.379, p<0.0001) and cognitive flexibility (r=-0.187, p=0.036) levels. Simultaneously, a significant relationship was found between perceived stress and cognitive flexibility levels (r=-0.199, p=0.025).

Conclusion: It can be concluded that perceived stress and cognitive flexibility levels are effective in students' experiencing exam anxiety. Therefore, solution suggestions can be considered to reduce the perceived stress levels of students and increase their cognitive flexibility.

Key words: Exam anxiety, perceived stress, cognitive flexibility

PP-19

Comparison of Pre- and Post-shift Anxiety States of Resident Doctors at Bezmialem Vakıf University

Hümaşah Şule KILIÇ[1], Aclan ÖZDEN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Family Medicine, İstanbul, Turkey

Introduction: The aim of this study was to compare the anxiety and depression levels of resident doctors working at the Bezmialem Vakıf University Hospital before and after the shift with the help of STAI I-II and Beck Depression Inventory.

Method: A total of 31 residents working in 9 different departments at Bezmialem Vakıf University Hospital were included in this study. Beck Depression Inventory and STAI I-II scales were used in this study to evaluate the anxiety and depression levels of the participants. Residents filled out the questionnaire via Google forms just before and right after their shift.

Results: The mean age of the 31 residents included in the study was 28.54 ± 1.87 years. When the gender distribution was analyzed, 16 (51.6%) were female and 15 (48.4%) were male. A statistically significant difference was observed when the mean scores of STAI I (p=0.006) and STAI II (p=0.018) were compared according to the data obtained before and 24 h after the shift. Accordingly, it was observed that the anxiety levels of resident physicians decreased significantly after the shift compared with the anxiety levels before. On the other hand, no significant difference was observed when the mean Beck depression scores obtained before and after the shift were compared (p=0.071).

Conclusion: According to the results, anxiety levels of residents dropped significantly after the shift, which can be interpreted as anticipatory anxiety. However, it is shown that there wasnot a significant difference in depression levels before and after the shift, which was expected.

Key words: Shift, anxiety, residents, STAI

PP-20

The Effect of COVID-19 on Diet, Exercise Habits, and Metabolic Control in Obese Children

Buse PULAT[1], İlker Tolga ÖZGEN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pediatric Endocrinology, İstanbul, Turkey

Introduction: Childhood obesity has become a public health problem all around the world. Childhood obesity has serious comorbidities, which can affect almost every system in the body and can also persist into adulthood. There are multiple factors affective in etiology, but lifestyle habits (eating behaviors and physical activity) are especially more important. During the coronavirus disease-19 (COVID-19) pandemic, the lifestyle of obese children has changed by necessity. The aim of this study was to investigate the effects of the COVID-19 pandemic on diet, exercise habits, and metabolic control in obese children.

Method: Forty-nine obese children between the ages of 6 and 18 years, who applied to the pediatric endocrinology department between November 2020 and April 2021, were included in this study. Metabolic parameters (glucose, lipid, insulin, thyroid hormones, body mass index and cortisol level) were analyzed retrospectively and children's nutritional habits and physical activity durations during the pandemic period were evaluated.

Results: Our data showed that body mass index was increased during pandemic ($p<0.01$). A statistically significant increase was found in glucose, insulin, low density lipoprotein, and triglyceride levels ($p<0.05$). High density lipoprotein and T4 levels were decreased ($p<0.01$). No statistically significant increase was found in the levels of thyroid stimulating hormone ($p=0.13$) and cortisol ($p=0.16$). This study has been shown that the time spent on physical activity decreased in 40 children (83.6%), while the time spent in front of the screen (computer, telephone etc.) increased in 39 children (79.5%). When we examined the eating habits, it was shown that 36 patients (73.5%) have poor diet (feeding score <0).

Conclusion: According to these results, body mass index of obese children were increased and metabolic parameters were changed during the COVID-19 pandemic. Children have become more sedentary, and their eating habits have changed dramatically in this process.

Key words: Childhood obesity, COVID-19, eating habits

PP-21

COVID-19 Vaccine Attitude and Vaccine Awareness of Patients Applying to Family Medicine at Bezmialem Vakıf University Hospital

Serdar BARMAKSIZ[1], Zeyneb İrem YÜKSEL SALDUZ[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Family Medicine, İstanbul, Turkey

Introduction: This study is a survey study on the evaluation of the positive or negative effects of some factors we have determined on the vaccination attitude about coronavirus disease-19 (COVID-19) of the patients. The expectation is to obtain data on how the factors we have determined about the patients are effective in the vaccination attitudes of the patients in our patient group.

Method: The factors of positive and negative perceptions toward the vaccine and the differences in the attitudes of the patients according to the characteristics we determined were examined. In our study, with 260 patients were included.

Results: When compared according to gende, no difference was found (p>0.05). No difference was found between educational status p<0.01. As the education level increased, the positive attitude toward the vaccine increased more. Compared to cigarette us, non-smokers (14±4), 17 (11-19), smokers (10±1), 10 (9-11) had more positive attitudes toward the vaccine compared to p<0.01. When compared according to the presence of chronic diseas, the attitudes of those with chronic disease (16±3), 18 (19-14), those without chronic disease (10±2), 10 (11-9) were more positive toward vaccination p<0.01. When compared according to the severity of Covi, the attitudes of patients with severe disease (17±2), 17 (19-18) towards vaccination were more positive than those with mild disease (10±1), 10 (11-9) p<0.01.

Conclusion: Gender did not make a significant difference in positive or negative attitudes toward the vaccine among the patients, but education status, smoking, presence of chronic diseases, and the severity of COVID affected the attitudes toward the vaccine.

Key words: Coronavirus disease, vaccine attitude, pandemia

PP-22

Clinicopathological Features in Patients with Solid Pseudopapillary Tumors

Şeyma YILMAZER[1], Ertan BÜLBÜLOĞLU[2], Zuhal GUCİN[3]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of General Surgery, İstanbul, Turkey
[3]Bezmialem Vakıf University, Faculty of Medicine, Department of Pathology, İstanbul, Turkey

Introduction: Solid pseudopapillary neoplasia (SPN) is a rare tumor with low malignant potential, and it is mostly located in the tail of the pancreas. It usually affects young women. Although most of the cases are asymptomatic, they mostly apply to the clinic with non-specific symptoms such as abdominal pain. The gold standard in diagnosis is a histopathological examination. Surgical resection is usually performed, and the survival rate after resection is high. Our aim in this study was to examine the postoperative conditions in patients diagnosed with SPN.

Method: In this study, patients who had a pathologically confirmed diagnosis of SPN between September 2011 and September 2022 were retrospectively analyzed. Demographic data of the patients, reasons for admission to the hospital, imaging methods used in the diagnosis, surgical procedures performed on the patient, long-term survival after treatment, complications, local recurrence, and metastases were investigated.

Results: In this study, seven patients diagnosed with SPN were identified. The mean age of the patients was 32.86 years, and 6 of them were female. Five cases presented with abdominal pain, and 2 cases were diagnosed incidentally. Computed tomography was performed on 5 patients, and magnetic resonance imaging was performed on 3 patients. Distal pancreatectomy was performed in all patients, and splenectomy was performed in 6 patients. The mean follow-up time was 45.6 months. Postoperative complications, recurrences, and metastases were not observed in any patient; one patient could not be reached.

Conclusion: SPN is a rare tumor seen mostly in young women, and the main clinical presentation is abdominal pain. All SPNs were located in the tail of the pancreas, and the prognosis after resection was successful.

Key words: Solid pseudopapillary neoplasm, distal pancreatectomy, pancreas, pancreatic tumor

PP-23

Evaluation of the Relationship Between Postpartum Cardiac Output of Smoking Women and Birth Weight

Zeynep TEKNECİ[1], Mehmet Serdar KÜTÜK[2], Nuray KAHRAMAN AY[3]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Obstetrics and Gynecology, İstanbul, Turkey

[3]Bezmialem Vakıf University, Faculty of Medicine, Department of Cardiology, İstanbul, Turkey

Introduction: The risk of morbidity and mortality among low birth weight (LBW) newborns is significantly higher. Maternal cigarette consumption is involved in the etiology of LBW. Smoking increases cardiac output (CO) in humans to compensate for decreased oxygen transport to tissues. However, it is unclear whether this compensation mechanism is at a level to prevent complications such as LBW during pregnancy. The study aimed to determine the relationship between the postpartum CO of women who smoked during pregnancy and the weight of newborns in their last pregnancy.

Method: Twenty-five women who had smoked during pregnancy and whose smoking was proven by a breath carbon monoxide test were included in the study. Participants were divided into two groups: Group A consisted of women that gave birth to appropriate for gestational age newborns (n=17) and group B consisted of women that gave birth to LBW newborns (n=8). In the evaluation of the echocardiograms, the recommendations of the American Echocardiography Guidelines were taken into consideration, and cardiac outputs of the cases were determined by the formula "stroke volume (SV) x heart rate".

Results: Echocardiography was performed in twenty-five female cases. The mean birth weights of group A and group B were 3,285 grams vs. 2,300 grams (p<0.001), respectively. No statistically significant relationship was found between the birth weight of the newborns and the postpartum CO, CO index, SV, and SV index of the cases (p>0.05).

Conclusion: This study indicates that postpartum CO measurements are not related to the birth weights of newborns. The harmful effects of smoking on fetal growth seem to occur by using the fetal-placental mechanism rather than maternal cardiac function.

Key words: Smoking, cardiac output, low birth weight

PP-24

Determination of the Amount of Bone to be Resected in the Arthroscopic Surgery of Femoroacetabular Impingement Syndrome and the Effect of This Amount on the Postoperative Clinical Results

Teoman Ozan GÜVELİ[1], İbrahim TUNCAY[2], Vahdet UÇAN[3], Zeynep ORAN[4]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Orthopedics, İstanbul, Turkey

Introduction: Femoroacetabular impingement syndrome is a common condition. It occurs with a decrease in the ratio of the head-neck junction of the femur. The problem that we will examine is a CAM lesion. Sphericity loss and globalization deterioration in the femur and a decrease in the head-neck junction. Clinical symptoms are primarily hip and/or groin pain, limping, stiffness; especially during the examination. Decreased range of motion is an indicator of this. Conservative treatment and surgical treatment are possible. With the resection, complaints decrease.

Method: Patients who underwent resection for at least 2 years of follow-up will be retrospectively scanned. There will be 2 groups of 20 people according to the amount of resection over and under 100%. The resection amount/percentage will be calculated from the pre- and postoperative tomography, and the relationship between this amount and clinical results will be examined by iHot score.

Results: The mean iHot score change in patients was 52.3 (p<0.01). There wasnot correlation between the resection amount performed in patients with the preoperative (p=0.169) and the postoperative (p=0.365) iHot score. First group's preoperative iHot score was 97.35±12.26 standard deviation (SD), after 41.9±25.62 SD; the mean score of 2nd group preoperatively was 93.3±14.51 SD, and 44.15±26.53 SD after surgery. While the change in the iHot of the 1st group was 55.45±29.52 average, it was 49.15±32.82 in the 2nd group and wasn't found significant (p=0.715).

Conclusion: There is a clear clinical improvement in both groups. The amount resected during the surgery didnot have a significant relationship with the not's pre - postoperative iHot score, and the effect of the removed lesion rate on the iHot score was not found significant.

Key words: Femoroacetabular impingement, CAM, resection, CT, iHot-12

PP-25

Measuring the Level of Knowledge About the Herbal Supplements Used for Losing Weight Among the Patients with Metabolic Syndrome

Hüdanur AYDIN[1], Aclan ÖZDER[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Family Medicine, İstanbul, Turkey

Introduction: This study aims to measure the prevalence of using herbal supplements for weight loss in patients with metabolic syndrome and their level of knowledge about the supplements according to education, gender, and age.

Method: The study was conducted with patients who agreeing to participate. Patients were diagnosed with metabolic syndrome according to the Diabetes Foundation-2005 Metabolic Syndrome Diagnostic Critery; they were 18-65 year old males (n=50) and females (n=50). Their level of knowledge about the supplements were measured according to their gender, age, educational status, and income level. A face-to-face questionnaire with 15 questions was applied.

Results: The majority of the patients were between the ages of 30-49 with 54 people. When the educational status of the patients was questioned, 77% were primary and secondary school graduates. The income level of the patients was mainly at the level of 6,000 ₺/month (64%). There was no significant difference between men and women in the definition of herbal supplements. Seventeen of male patients (34%) and 33 in females (66%) (p=0.001) were using herbal supplements. Seventeen of male patients (34%) knew that herbal supplements could have side effects and 32 in females (64%) (p=0.01). When the level of knowledge about side effects was compared between the age groups, there was no significant difference (p=0.45). The level of knowledge about the herbal supplements increases with education level (p=0.002).

Conclusion: In conclusion, the number of women using herbal supplements for losing weight and the knowledge level of women about these supplements are higher than men. The level of knowledge about the herbal supplements also increases with education level.

Key words: Metabolic syndrome, herbal supplements, losing weight

PP-26

Women's Preference of Contraceptive Methods According to Their Socio-demographic Characteristics

Sefa Furkan CEYHAN[1], Rabia Zehra BAKAR[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Gynecology and Obstetrics, İstanbul, Turkey

Introduction: The aim of this study was to evaluate the affecting factors for contraceptive method usage among reproductive -aged women.

Method: This study consisted of 103 women who are aged between 18-48 years old. In a standardized questionnaire, their socio-demographic characteristics, obstetric characteristics and their currently used contraceptive method and experiences with it as well as their experiences with other contraceptive methods that were preferred previously in their life were recorded. The questionnaire was completed by a face-to-face interview.

Results: The participants had a mean age of 34.85 [standard deviation (SD) ±7.24], 8.09 years of marriage duration (SD ±10.31) and 1.7 children (SD ±1.2). Of the respondents, 51.5% were housewives, 22.8% had a college-level jobs. Of the participants, 76.5% were using a contraception method. The most common method across all age groups was condom (n=34) followed by coitus interruptus (n=20). Age, education level, income, children, and occupation had no effect on the preffered method of contraception. The most common reason for choosing a contraceptive was comfortability by 29.4% while 18.8% of the participants were using their contraceptive method of choice because their husband wanted so. 9.8% of the respondents had an unwanted pregnancy under contraception (condom n=3, coitus interruptus n=2, intrauterine device n=3, oral contraceptives n=1, injections n=1). 23.9% of the women thought condom was the safest contraceptive method against pregnancy, the second most common answer was tubal ligation (22.5%).

Conclusion: The rate of using a contraceptive method was high among participants. Participants' demographic characteristics had no direct effect on the method of choice. Women had different opinions about the safest method of contraception against pregnancy. Having an unwanted pregnancy while under contraception was rather high. Patients should be educated on regarding different options for contraception.

Key words: Contraception, women, socio-demographic features

PP-27

Investigating the Effectiveness of Kampala Trauma Score (KTS) in Comparison to Trauma and Injury Severity Score (TRISS) in Fall from Height Patients

Tamay DEMİRKOL[1], Bahadır TAŞLIDERE[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Emergency Medicine, İstanbul, Turkey

Introduction: Fall from a height (FFH) is one of the most common reasons for admission to the emergency department and an important public health problem for Turkey. The aims of this study are; to investigate the characteristics of fatalities and predictors of mortality in FFH patients and to test the effectiveness and applicability of 2 trauma scores for specifically FFH patients.

Method: This research was carried out retrospectively from the data of 81 patients. Demographic characteristics, comorbidities, laboratory test data, vital parameters, and physical examination data were recorded in the prepared forms. Kampala trauma score (KTS) and Trauma and Injury Severity Score (TRISS) were calculated for each patient. A Spearman's correlation was run to determine the relationship between KTS and TRISS of the patients.

Results: Twenty-six (32.1%) females and 55 (67.9%) males with a mean age of 28 (range, 1 to 88) were included in this study. Thirty eight (46.9%) patients fell from 1 meter (m) and less, 40 (49.4%) patients fell from 1.1 m-4 m, 2 (2.5%) patients fell from 4.1 m-9 m, and 1 (1.25%) patient fell a from height greater than 9 m. Almost 75% of falls occurred in the afternoon hours. 91.4% of the falls were accidental, 7.4% of the falls were work-related, and 1.2% of the falls were related to suicide. Seventy three (90.4%) patients sustained only one system injury, and 8 (9.6%) patients had multisystem injury. There was a strong positive correlation between KTS and TRISS (r=0.795, p<0.001).

Conclusion: KTS was found as effective as TRISS in predicting the mortality of FFH patients. FFH patients are in critical condition therefore a practical score such as KTS can be used instead of TRISS in the emergency departments.

Key words: Fall from height, KTS, TRISS

PP-28

Effect of Renal Damage on Prognosis in Patient with Acute Pancreatitis

Çiğdem HARMAN[1], Ali TOPRAK[2], Bahadır TAŞLIDERE[3]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Biostatics, İstanbul, Turkey
[3]Bezmialem Vakıf University, Faculty of Medicine, Department of Emergency Medicine, İstanbul, Turkey

Introduction: Acute pancreatitis (AP) is an inflammatory process associated with a high complication rate and an increased risk of death. In this study, we compare the relationship between the severity of the disease and kidney damage to predict the prognosis in patients with AP.

Method: Patients over 18 who applied to the emergency department between 01.01.2019-31.12 2019 and were diagnosed with AP were included in the study. In our retrospective study, patients with chronic renal failure, pregnant women, those missing data, and cancer patients were excluded. The diagnosis of AP severity was classified according to the BISAP score. Acute kidney injury (AKI) was defined according to the AKIN criteria. The relationship between AP and kidney failure was investigated by comparing the BISAP and AKIN scores with the data we obtained.

Results: In our study, 127 patients were included, and the mean age was 51.28±14.84 years. 45.7% of the patients were male and 54.3% were female. Even Although there was no statistical difference when the AKIN score was compared with the hospitalization status in the intensive care unit, compared with the BISAP scoring was meaningful between the two groups. (p=0.138, p<0.001) AKI was present in 15.2% of the patients with high-risk BİSAP scores. BİSAP was found to be a high risk in 19.2% of patients with AKI (p=0.379).

Conclusion: AKI is a frequent complication of severe acute pancreatitis and develops late during the disease, usually after the failure of other organs. AKI was present in 15.2% of the patients with high-risk BISAP scores. The development of AKI should not be ignored in patients with severe acute pancreatitis.

Key words: Acute pancreatitis, BISAP, AKIN, renal damage

PP-29

Examining the Relationship Between Smoking and the Course of COVID-19

Serra KADIOĞLU[1], Hamza OGUN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Chest Diseases, İstanbul, Turkey

Introduction: Our study aims to examine the course of the disease from the perspective of smokers/non-smokers and volunteers who have had coronavirus disease-19 (COVID-19) with our survey questions, to reveal data and to contribute to the literature.

Method: This study included 100 volunteers who had COVID-19. The volunteers included the 1, 2, 3 ,4, 5, and 6th grades of the Bezmialem Vakıf University, Faculty of Medicine and the staff of Bezmialem Hospital. There are 19 questions in our survey conducted on the online platform. Our questionnaire included questions such as the symptoms of passing COVID-19, severity, and hospitalization history of smokers and non-smokers.

Results: Volunteers from different age groups over the age of 18 participated in this study. 66% women, 34% men participated. While 73% did not smoke, 27% did. Based on the data obtained from the questionnaire, there was no significant difference between smokers and non-smokers in terms of hospitalization, duration of COVID-19 symptoms, use of cortisone, oxygen blood thinners during treatment, and intensive care admission ($p > 0.05$). It was observed that people who smoked during COVID-19 had a milder experience of COVID-19 compared with the scores ($p = 0.007$).

Conclusion: More studies are needed to preserve the association between smoking and COVID-19. Parameters such as vaccination, age, and year of passing the disease also change the course of the disease. The link with this institution to smoking cannot be determined directly. According to this study, there was no relationship between smoking and the course of COVID-19. Volunteers who smoked during their illness reported that they had mild COVID-19 according to their own scores.

Key words: Smoking, COVID-19, symptom

PP-30

Evaluation of the Effect of Breastfeeding on Sleep in 6-12-Month-old Infants

Ata Toprak ACAR[1], Ayşegül DOĞAN DEMİR[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pediatrics, İstanbul, Turkey

Introduction: Infant sleep is affected by many variables. Breastfeeding could also be one of these and the lack of consensus about this relationship motivated us to investigate the association between infant sleep and breastfeeding.

Method: Data collecting questionnaire and Brief Infant Sleep Questionnaire were filled by the parents of infants between 6 to 12 months of age in the outpatient clinics of Bezmialem Vakıf University Hospital Pediatrics Department.

Results: Ninety two patients participated and were divided into 3 groups. Group 1 represented the infants, who were breastfed only until six months of age and fed with the combination of mother milk and complementary food after that (n=59); group 2 consisted of infants, who always took the combination (n=26). Infants, who took the combination in the first six months and then only complementary food (n=7) made group 3. The total duration of sleep at night didnot differ between the groups significantly (p=0.614), median values being 570, 540, 540 minutes respectively. What the parents made, when their kids awoke at night, was significantly different between group 1 and 3 (p<0.001). 81.4% of the parents in group 1 breastfed their babies and 71.4% of the parents in group 3 fed their babies with feeder. The start of bedtime routines in groups 1 and 2 also differed significantly (p=0.041); 55.9% of infants in group 1 before 10 p.m., and 73.% of infants in group 2 after 10 p.m.

Conclusion: Taking only mother milk without complementary food or formula until six months of age is associated with an earlier start to bedtime routine. Also, the parents, who exclusively breastfed in the first six months tended to breastfeed their babies at night-awakenings more than the parents, who always fed their babies with combination.

Key words: Infant sleep, breastfeeding, formula, complementary food

PP-31

Does Having a Sibling with a Cow's Milk Allergy Decrease the Consumption of Milk and Dairy Products?

Yağmur AKSOY[1], Mebrure YAZICI[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pediatric Immunology and Allergy, İstanbul, Turkey

Introduction: The prevalence of cow's milk allergy (CMA) has been increasing in children. The current study evaluates if having a sibling with CMA affects milk and dairy product consumption and eating habits for the children who do not have CMA and if having a child with milk allergy causes anxiety in the family for their healthy kids.

Method: A telephone survey was conducted on the parents of the children who had been diagnosed with CMA were still on an elimination diet. Those whose diet has terminated, or those without a sibling or with a sibling that also had CMA were eliminated. The questionnaire was prepared for the healthy siblings.

Results: A totally 108 children were included. Fifty four of them were female (50%). The mean age was 8±5 years. After the diagnosis of their siblings, 104 of the healthy kids (96.3%) continued to consume milk and dairy products, although their weekly consumption had significantly decreased (p=0.008); and 4 (3.7%) were completely deprived. Ninety-three of the healthy siblings (86%) continued to consume milk-containing junk food. Furthermore, 38 of the families (35.2%) stated their concern about their healthy kids' transition period to supplementary food.

Conclusion: Although the siblings without CMA continued to consume milk and dairy products, they had a statistically significant decrease in the frequency of consumption. The high consumption of milk-containing junk food reduces the quality of their nutrition. Therefore, when a child is diagnosed with CM, monitorization of his healthy siblings for their nutrition, regular growth and development may be advised to prevent potential complications.

Key words: Cow's milk allergy, elimination diet, healthy siblings

PP-32

The Effect of COVID-19 Pandemic on Glycemic Control and Follow-up Visits in Children with Diabetes Mellitus

Helin EKTİREN[1], İlker Tolga ÖZGEN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pediatric Endocrinology, İstanbul, Turkey

Introduction: Diabetes mellitus is a disease characterized by the deterioration of carbohydrate and lipid metabolism, which develops because of the absence or reduction of insulin's effect. The restrictions in the coronavirus disease-19 (COVID-19) pandemic are at a level to affect glycemic control in individuals with type 1 diabetes. In our study, it we contributed to the literature by analyzing the different characteristics of the patient population who applied to our center by detailed inquiry on the features we have compiled considering the literature.

Method: In this study, the files of children with type 1 diabetes who visited pediatric endocrinology outpatient clinics between March 2018 and March 2022 were reviewed retrospectively. Hospital visits, age, body mass index (BMI) standard deviations, and HbA1c levels of the children were recorded. Ketoacidosis and hypoglycemia attacks, the number of daily blood glucose measurements, and physical activity changes were investigated.

Results: When the data were analyzed, it was determined that 55 patients, 58.2% of whom were women, had a 34.5% COVID-19 transmission rate and a 61.8% COVID vaccination rate. HbA1c levels increased during the pandemic. The insulin dose per kilogram increased. It was determined that physical activity decreased in 63.6% of the patients and increased in 9.1%. There was a decrease in admissions to the endocrinology outpatient clinic. A slight decrease was observed in the BMI. It was observed that the number of hypoglycemic and the ketoacidosis attacks increased in the pandemic, but these changes were not statistically significant.

Conclusion: Although the eating habits of children showed minimal changes with the pandemic, their metabolic control went worse throughout the pandemic. This disturbance may be due to decreased physical activity and the lack of regular endocrinology and dietitian visits.

Key words: Type 1 diabetes, COVID-19, endocrinology visits, metabolic control

PP-33

The Effect of Sleep Positions and Occupation on Shoulder Diseases

Çağman ŞEKER[1], İsmail Kerem BİLSEL[2], Mustafa ŞENYURT[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Orthopedics and Traumatology, İstanbul, Turkey

Introduction: The shoulder joint causes a very critical action in people's lives, such as positioning the hand in spatial planes and is functionally at an extremely vital point. Humans spend one -third of their daily time sleeping and the other third doing their job. During sleep, the human body tends to rest and repair damage. Unlike other systems, the shoulder joint is the most exposed joint to pressure during sleeping and in daily life. Apart from trauma, occupational-related shoulder pain is a common reason people seek medical attention.

Method: Twenty four questions in the questionnaire we prepared were asked to 47 patients who applied to the hospital with the complaint of shoulder pain. After our survey, we conducted data analysis methods to investigate whether there was a link between sleeping positions, occupations, and shoulder pain.

Results: There is a significant relationship between the painful shoulders and dominant hands of the patients (p=0.018). There was no relationship between the shoulders they lie on and the painful shoulder (p=0.251) but in patients with impingement syndrome described pain on their shoulders on which they lie. In patients who shared a bed with a partner, there wasnot relationship between the side of the bed they slept on and the side on which they described pain (p=0.725). A relationship was observed between patients who woke up at night due to their pain and those with morning stiffness (p=0.035). There wasnot relationship between the working hours and the hours they described pain (p=0.067), but the majority of our patients stated that they felt constant pain during the day.

Conclusion: Both sleep and occupational activities trigger shoulder pain, but larger studies should be done to understand the relationship in more detail.

Key words: Shoulder, pain, sleep, position, occupation

PP-34

Investigation of Gail and Tyrer-Cuzick Risk Models in Our Society in Determining Breast Cancer 5-Year Risk Levels in Women

Sümeyye KARAKEBELİOĞLU[1], Şeyma YILDIZ[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Radiology, İstanbul, Turkey

Introduction: Until date, many experimental and statistical models have been developed to calculate the lifetime risk of developing breast cancer. The most commonly used risk models are Gail and Tyrer-Cuzick. There is no correlation study in our society regarding these models and their effectiveness in cancer screening. This study aims to analyze the correlation between the Gail and Tyrer-Cuzick models and to identify the best model for screening in our society.

Methods: A total of 38 breast cancer patients who were diagnosed with breast cancer at our hospital were recruited, along with 38 healthy women as the control group. To systematically collect historical data, a detailed form containing all the information of the patients questioned in the Gail and Tyrer-Cuzick models was prepared. A retrospective study was performed to collect information. The 5-year and lifetime risk of breast cancer was evaluated using the Gail and Tyrer-Cuzick models.

Results: A diagnostic test were plotted for the Gail and Tyrer-Cuzick model to evaluate their predicted risk values for breast cancer diagnosis. The results of our study show that the Gail model had 68.4% sensitivity and 78.9% specificity with 76.47% positive prediction value, 71.43% negative prediction value and 73.6% accuracy. Tyrer-Cuzick model had 100% sensitivity, 57.8% specificity, 70.3% positive prediction value, 100% negative prediction value, and 86.8% accuracy.

Conclusion: Breast cancer risk calculators can provide valuable information that can be used to guide prevention, screening, and chemoprophylaxis strategies in women. Both the Gail model and Tyrer-Cuzick models can be used to evaluate breast cancer risk. The Gail model has relatively lower accuracy in evaluating breast cancer risk, and the Tyrer-Cuzick model has higher accuracy in evaluating breast cancer risk among Turkish women.

Key words: Breast cancer, Gail model, Tyrer-Cuzick model

Correlation of Biochemical Variables with Adenoma Size in Patients with Primary Hyperparathyroidism

Gizem TEZGİDER[1], Yeliz Emine ERSOY[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of General Surgery, İstanbul, Turkey

Introduction: Primary hyperparathyroidism is an endocrine disease characterized by inappropriate excess secretion of parathyroid hormone. In 80% of patients with primary hyperparathyroidism, the cause is solitary parathyroid adenoma. Primary hyperparathyroidism biochemically; characterized by high parathyroid hormone, high calcium levels, and is the most common cause of hypercalcemia in outpatient clinics. Surgery is the only definitive treatment method. Preoperative estimation of parathyroid adenoma size may facilitate decision-making on the extent of surgical exploration and may help minimize postoperative complications by allowing minimal exploration. The aim of our study was to reveal the relationship between the perioperative biochemical profile and adenoma size in patients operated for primary hyperparathyroidism.

Method: In the study, the medical records of 100 patients who underwent surgery for primary hyperparathyroidism due to parathyroid adenoma in the Bezmialem Vakıf University Hospital Clinic of General Surgery were reviewed retrospectively. The following variables were analyzed: preoperative serum calcium, parathormone and alkaline phosphatase, intraoperative parathormone, postoperative serum calcium and parathormone, calcium and parathormone decrease and maximum adenoma diameter. Bivariate correlations were calculated by the Spearman's correlation test at the 95% significance level.

Results: One hundred patients were included in the study. The median age of the patients was 55 years (range 14-82) and 81% were females. 34% of patients had musculoskeletal pain and 21% of patients had suffered from nephrolithiasis. The maximum adenoma diameter correlated moderate with preoperative parathormone (r=0.37), preoperative calcium (r=0.3), and preoperative alkaline phosphatase levels (r=0.31). There was also a moderate correlation with pre-and postoperative calcium levels (r=0.41) and with preoperative parathormone levels and preoperative alkaline phosphate levels (r=0.35).

Conclusion: We concluded that preoperative estimation of adenoma size according to biochemical variables is difficult as the maximum adenoma diameter is moderately correlated with calcium, alkaline phosphatase, and parathormone values.

Key words: Primary hyperparathyroidism, adenoma, parathormone, calcium, alkaline phosphatase

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Investigation of the Effects of Nutritional Habits at Bezmialem Vakıf University Faculty of Medicine Students on Academic Achievement

Esra ÇAMAĞAÇ[1], Sezanur Nazlı TÜRKOĞLU[2], Bedia ÖZYILDIRIM[3]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Department of Public Health, İstanbul, Turkey

Introduction: The World Health Organization formulated its definition of health as: "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." One of the important factors to achieve this state of well-being is healthy nutrition. Therefore, in this study, we investigate the effect of nutritional habits on academic achievement in students at Bezmialem Vakıf University Faculty of Medicine.

Method: The survey will be performed online via the Google Forms platform. To determine the relationship between the variables in the statistical analysis based on previous studies, a sample size of n=70 was determined. The questionnaire consists of questions prepared by us and questions derived from existing surveys. (Project EAT-II Survey for Young Adults, Health and Behaviour Survey). Percentage calculations and Fish-Freeman Halton t-tests and chi-square tests will be used in data analysis, and all statistical analyzes will be performed using IBM SPSS statistics.

Results: Seventy nine people participated in the study. It was found statistically significant that most of the students with a GPA of 3-4 (91.7%) and 4 (8.3%) focused on better when they went to the university by having breakfast (p<0.01). The GPA of the students who consume high-calorie food or snacks at lunch (33.3%) shows a lower distribution than the GPA of the students who consume low-calorie and healthy food (60.2%) (p<0.01). The GPA of the students who had a balanced and healthy diet during the exam period (91.7%) was found to be higher than those who had an unbalanced diet (8.3%) (p=0.033).

Conclusion: Because of our study, showed that students' nutritional habits have a significant effect on their academic achievement, and it has been determined that the students who have balanced and healthy nutritional habits are more successful than those who do not. Studies with larger populations are needed to better elucidate the study.

Key words: Nutritional habitsand, academic achievement, grade point

PP-37

Comparison of the B12 Levels of Breast Milk and Formula-based Infants Until the Period of Milk Childhood

Ceren Esma BURNAZ[1], Emel TORUN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey
[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Pediatrics, İstanbul, Turkey

Introduction: Vitamin B12 deficiency often occurs in the diet of low animal food consumption, especially in the vegetarian diet that has become popular recently. The period of pregnancy and lactation have been explained, and with some mechanisms still being investigated, B12 vitamins are missing in babies. Vitamin B12 plays a critical role in underage milk children whose brain development has not yet been completed and myelinization continues, leaving permanent neurodevelopmental damage to their deficiency. Therefore, it is essential to investigate and work on this issue.

Method: In our study, blood samples taken between these years will be used from patients between the ages of 0-2 (during the period of milk childhood) who applied to the General Pediatric Policies at Bezmialem Vakıf University Faculty of Medicine between 2019-2021. The blood samples were be checked at B12 levels.

Results: Those who received breast milk for less than 6 months also called group 1 have a total of 82 babies. Those who have received breast milk for more than 6 months are also composed of 82 people. Both the groups had 41 girls and 41 boys. Statistical results show that group 2 B12 values are significantly higher than the group 2 B12 values (p<0.001). There was no statistically significant relationship between the B12 values in relation to gender (p=0.52).

Conclusion: The results of this study show that the B12 levels of babies who have taken breast milk longer, regardless of male or female babies, have recorded higher. Our results should be confirmed with further experimental and clinical studies.

Key words: Milk childhood, formula, vitamin of B12

PP-38

The Effect of Social Media on the Desire to Have Aesthetic Surgery

Sevin KHALILZADEH[1], Ethem GÜNEREN[2]

[1]Bezmialem Vakıf University, Faculty of Medicine, İstanbul, Turkey

[2]Bezmialem Vakıf University, Faculty of Medicine, Department of Plastic, Reconstructive and Aesthetic Surgery, İstanbul, Turkey

Introduction: Aesthetic surgery takes an important place in the field of plastic and reconstructive surgery. Aesthetic surgery procedures are performed to make the body image look more desired. Social media is the platform used by more than half of the world's population, and the appearance of people on social media is important. This study evaluates whether there is a significant relationship between patients' social media usage and their desire to have plastic surgery and which gender and age range is affected more by social media.

Method: In this study, a survey consisting of 10 multiple-choice questions was administered to patients between the ages of 18 and 50 who applied to the Bezmialem Vakıf Hospital, a plastic surgery clinic. The questionnaire consisted of questions about demographics, preferred social media platforms, average daily screen time, do they think that people use Photoshop on social media, whether are they using Photoshop on their photos, and whether is it possible that social media impacted their decision to think about doing plastic surgery.

Results: A total of 59 patients participated and the most used social media platforms were Instagram and WhatsApp (91.5%). There was no significant relationship found between the use of social media and the desire to have aesthetic surgery (p>0.05). There was a statistically significant relationship between the people who answered that social media impacted their decision to have aesthetic surgery and the people who Photoshop their photos on social media (p=0.005).

Conclusion: According to this study, there is no significant relationship between the usage of social media and the desire to have aesthetic surgery.

Key words: Social media, plastic surgery, reconstructive surgery