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# MEDICAL STUDENTS'
# RESEARCH DAY

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# POSTER PRESENTATIONS

**PP-1**

# Can Multiparametric Prostate MRI Diagnose Cases with a Gleason Score of 3+3 in Prostate Biopsy Upgrade Patients in Radical Resection Material?

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**Introduction:** Prostate cancer is the second most common cancer in men. The pathological grading of prostate cancer was performed using the Gleason scoring (GS) system. In our study, we aimed to identify cases with an elevated stage based on preoperative magnetic resonance (MR) findings in patients with a GS of 6 on transrectal ultrasound (TRUS) biopsy.

**Method:** The data of 22 prostate cancer patients with GS 3+3 were retrospectively examined. Patients were divided into two groups based on the final GS from radical prostatectomy material: GS 3+3 (group 1, n=6) and higher GS (group 2, n=16). Age, lesion size, prostate volume, prostate-specifc antigen (PSA) value, and PSA index were compared between the two groups. apparent diffusion coefficient (ADC) values were measured using a region of interest from diffusion-weighted images obtained with two different techniques (b values of 800 and 1500), and early arterial phase contrast enhancement features were recorded in dynamic contrast-enhanced examinations.

**Results:** At the end of this preliminary study, cancer progression was observed in 72% of patients. Group 1 (mean age 57±3.9) were younger and had smaller lesions compared with group 2, (p=0.009, p=0.045). There was no significant difference in MR-guided biopsy time and biopsy-surgery time between the two groups (p>0.05). No significant differences were found in prostate volume, PSA value, PSA index, and early arterial contrast enhancement pattern between the two groups (p>0.05). ADC values were significantly higher in group 1 (p=0.011, p=0.009).

**Conclusion:** In cases with GS 6 from TRUS biopsy, the detection of younger patients, smaller lesions, and higher ADC values may indicate that the final GS will not increase, suggesting a more conservative approach in these cases.

**Key words:** Gleason score, magnetic resonance imaging, prostate cancer

**PP-2**

# Identification of the Factors Affecting Anxiety and Confidence of Intensive Care Patient's Relatives and Analysis of these Factors

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**Introduction:** Advancements in medicine and technology have increased the average life expectancy, leading to a rise in patients requiring intensive care. Evaluating the satisfaction of patients' relatives has become crucial for assessing healthcare quality in intensive care units (ICU). This study aims to assess how the perception of patients' relatives changes during treatment in the unit and identify the factors influencing these changes.

**Method:** A working group will be formed consisting of relatives of patients who were referred to intensive care and hospitalized for at least 3 days. The same scales will be applied to each patient's relative. Our scale will be given at the beginning and end of the process, starting from the patient's admission to our ICU. Relatives of deceased patients will also be included in this group.

**Results:** Patient relatives in the sample that has not yet been completed. The average score was 41.25 on the doctor trust scale, 43 on the medical distrust scale, and finally, on our depression and anxiety scale, it was upper limit in 75% of the patients and borderline in the rest. Their perceptions of their patients' condition and the conditions in the ICU were consistently high. It revealed that there was no significant difference in the before and after satisfaction levels. These results indicate that the satisfaction levels of patient relatives in the ICU were high.

**Conclusion:** At ICU admission, factors indicating dissatisfaction risk in families are identifiable. Specific elements during the patient's ICU stay are strongly linked to overall dissatisfaction. These insights can inform evidence-based strategies to improve ICU satisfaction in the future.

**Key words:** Intensive care unit, family satisfaction, questionnaire

**PP-3**

# Evaluation of the Reflective Thinking Ability Levels of Bezmialem Vakıf University Medical Faculty Students

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**Introduction:** Reflective thinking, which is related to metacognitive skills such as critical thinking, is used in many areas. This study aimed to determine the level of reflective thinking skills, which have an important place in medical education and the profession of medicine, in our faculty students using a scale and to evaluate the results obtained.

**Method:** In this study, the Groningen Reflection Skill scale, which was adapted into Turkish, was collected via Google Forms and reached 200 participants. The scale consists of 19 items. A 5-point Likert scale was used for the items on the scale. The scale has a two-dimensional structure as "self-reflection" and "reflective communication". The scores that can be obtained from the scale range from 19 to 95.

**Results:** As a result of the statistical analysis, the reliability index of the self-reflection subscale was found to be 0.728, that of the reflective communication subscale was 0.712, and that of all items was 0.777. There was no significant difference between grade levels in terms of both parts of the scale ($p > 0.05$). According to the results obtained from this scale, which was applied to students in grades 1-6 of our faculty, the mean scale score was 53.00 in the self-reflection section and 53.00 in the reflective communication section. The highest score that can be obtained from the scale is 95. In the group to which the scale was applied, it was determined to be 74.00.

**Conclusion:** It was determined that the reflection skills of the group to which the scale was applied were at a good level with a score of 74.00. However, it is necessary to raise awareness of this issue during medical education.

**Key words:** Reflective thinking, reflection, medical student

**PP-4**

# Examination of the Relationship between Attendance in Theoretical Courses and Academic Success of Bezmialem Vakıf University Faculty of Medicine Students

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**Introduction:** Academic success is the level of student performance in courses. Many factors such as class attendance affect academic success. The aim of this study was to evaluate the relationship between academic success of Bezmialem Vakıf University students and their attendance in classes.

**Method:** The study was conducted retrospectively on 597 students studying in the 1st, 2nd, 3rd, 4th, and 5th grades. We accessed course attendance data via a QR code from the training management system. The student success status was accessed from the student information system. Each student's score and attendance percentage are matched. The relationship between the data was examined using the Pearson correlation coefficient. Additionally, a survey was conducted to determine the reasons for absenteeism. One hundred thirty eight people participated in the survey.

**Results:** The r value was found to be 0.305, and the p value was $<0.001$ when a: 0.05. The r value indicates a positive correlation between success and absenteeism; the p value indicates high significance. Of the 138 students who participated in the survey, 63.2% were female and 36.8% were male. 32.47% had long breaks; 33.05% had a busy schedule; 35.19% had inefficiency; 37.5% had lost motivation; 33.73% had a negative instructor's approach; 31.54% responded that sleep problems caused them to be absent "occasionally". It has been observed that transportation, diseases, and weather cause absenteeism, albeit "rarely". Also, it was found that thinking that the department is not suitable for oneself, family pressure, and having to work do not "never" cause of absenteeism in most of the students.

**Conclusion:** Absenteeism affects success, but there are other factors that affect academic success, and these factors can also be investigated.

**Key words:** Absenteeism, academic success, attendance, student

PP-5

# Measurement of Footwear Suitability in Patients with Calcaneal Epin

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**Introduction:** Plantar heel pain is one of the most common musculoskeletal disorders affecting the foot. Heel spurs, formed by calcium deposits between the heel and arch of the foot, can result in discomfort. Stress from activities can compress the nerves of the plantar fascia, leading to the development of plantar fasciitis. Our aim was to investigate the appropriateness of shoes worn by patients with heel spurs who are referred to physical therapy, rehabilitation, and orthopedic departments.

**Method:** A study group will be formed by selecting patients presenting with heel spur complaints. Scoring will be conducted using the Shoe Evaluation Scale (SES). The mean difference was considered to be 0.9 with a standard deviation of 2.2. The sample size was determined to be at least 64 (n=64). The results will be analyzed and reported at a significance level of $\alpha=0.05$.

**Results:** Among the participants in our study, 58% were female (n=37) and 42% were male (n=27). It was evidenced that women experienced more foot deformities because of wearing inappropriate shoes. It was observed that 2.9% scored full marks, 19.1% scored 24 points, and 12.7% scored 22 points. Upon examining the scores obtained from the SES, it was observed that the highest score obtained was 24, while the lowest scores were 12 and 18. A significant difference in favor of men was determined ($p>0.05$).

**Conclusion:** In our study, it was found that men scored higher in terms of shoe appropriateness than women. It was determined that men wear more appropriate shoes and have better functional performance. It was observed that gender is an important factor in the evaluation of shoe appropriateness.

**Key words:** Plantar heel pain, calcaneal epin, shoe

**PP-6**

# Evaluation of Caffeine Consumption by Bezmialem Vakıf University Students

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**Introduction:** Caffeine is a part of our diet and is usually consumed in different types of food and beverages, such as coffee beans, tea leaves, cocoa beans, and other plants. Caffeine is considered a mild stimulant that is affordable and easily available worldwide. In the literature, it has been stated that caffeine can affect human health in both positive and negative ways. It has been reported that moderate caffeine intake can reduce fatigue through its stimulating effect. On the other hand, it has been reported that mood swings, sleep problems, and anxiety disorders may be observed because of the negative effects of caffeine; excessive caffeine consumption may disrupt the fluid electrolyte balance with its diuretic effect and may result in adverse health conditions such as cardiovascular problems, decreased bone density, and calcium accumulation.

**Method:** The aim of this study was to evaluate caffeine consumption in Bezmialem Vakıf University students. The questionnaire is planned to be administered to all undergraduate and associate degree students studying at Bezmialem University during the 2022-2023 academic year.

**Results:** A total of 230 people participated in the study. According to the analysis, the rate of caffeine intake was higher in men than in women: 58% (p=0.04). In the entire research group, caffeine intake was mostly from coffee (67.8%). No significant relationship was found between caffeine intake and increased sleep problems (p=0.12).

**Conclusion:** In summary, it was concluded that Bezmialem Vakıf University students prefer caffeine to feel more fit, energetic, and less sleepy, and most students use caffeinated products 2-3 times a day.

**Key words:** Caffeine, caffeine consumption, caffeine intake

**PP-7**

# Evaluation of the Pathology Results of Excisional Biopsies in Patients with Pre-diagnosis of Intraductal Papilloma

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**Introduction:** Intraductal papilloma (IDP) is the most common cause of pathological nipple discharge. Papillary lesions with atypia increase the patient's risk of developing breast cancer by 7.5-fold. Risk factors for IDP include contraceptive use, hormone replacement therapy, lifelong estrogen exposure, and family history. A definitive diagnosis is often made by core biopsy. When necessary, excisional biopsy is recommended to rule out malignancies.

**Method:** In our retrospective study, patients who were admitted to Bezmialem Vakıf University Hospital General Surgery Outpatient Clinic between October 2010 and February 2023 and underwent excisional biopsy after diagnosis of IDP by core biopsy were investigated. The Nucleus Database of the hospital was used to retrospectively analyze the data of patients regarding demographic features, complaints, radiology reports, trucut biopsy, and surgical excision results.

**Results:** Sixty three patients, with a mean age of 43.7 (range:13-79), had complaints of bloody nipple discharge (n=26), mass (n=20), pain (n=10), and serous nipple discharge (n=7). Thirty-seven patients underwent excisional biopsy, while 26 were followed up. The pathology of the excised lesions resulted in IDP in 32 cases (86.5%), IDP + atypical ductal hyperplasia (ADH) in 4 cases (10.8%), and ADH in 1 case (2.7%). Almost 13.5% of the lesions that were reported as IDP in core biopsy showed additional ADH after excision (mean age: 47.6).

**Conclusion:** Since ADH increases the risk of breast cancer, IDPs, especially those showing ADH in core biopsy, palpable and detectable as a mass on a mammogram, >1 cm in size, and those in patients aged 45-50 years should be evaluated carefully and considered for excisional biopsy.

**Key words:** intraductal papilloma, core biopsy, excisional biopsy, atypical ductal hyperplasia

**PP-8**

# Medical Malpractice Knowledge Level of Bezmialem Medical Faculty Students

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**Introduction:** Due to their workload, physicians are mainly interested in medical issues while practicing their profession after graduation from medical school and after specialization, and they do not have detailed information about the legal dimensions of medical practices. The aim of this study is to measure the knowledge level of Bezmialem Faculty of Medicine students about their professional, administrative, and legal responsibilities and to provide them with the necessary awareness.

**Method:** In this study, data were collected through a survey prepared to measure students' knowledge about medical malpractice. The survey was conducted on 160 students studying in the 1st, 2nd, 3rd, 4th, 5th, and 6th grades at Bezmialem Vakıf University, Faculty of Medicine. With this survey, the demographic information of the participants, their current self-defined knowledge level, and their level of knowledge about the concepts on the subject were measured.

**Results:** The total scores of the survey conducted on 62 male (38.8%) and 98 female (61.2%) students were compared according to gender, and the results were described using the independent sample t-test. According to this, the total scores obtained from the applied questions do not significantly differ according to gender. This shows that gender is not an effective factor on the scores ($p=0.968$). One-way analysis of variance was conducted to determine whether there was a difference in the scores according to grade level. The findings show that the results do not differ according to grade level ($p=0.093$).

**Conclusion:** Knowledge levels have no relationship with class or gender. The accuracy percentage was low in every group. A study should be conducted so that Bezmialem Vakıf University, Faculty of Medicine students can better learn about malpractise and legal responsibilities.

**Key words:** Malpractice, medical error, medical students

PP-9

# Evaluation of the Quality of Life of Asthma Patients with the SF-36 Questionnaire

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**Introduction:** Asthma is a very common disease worldwide. Chronic hyperresponsiveness with inflammation of the airway involving mast cells, eosinophils, and T-lymphocytes. General health questionnaires such as the Short Form Health Survey (SF-36) are used to provide an idea about the scale of restriction on the patient's life. The SF-36 questionnaire is rarely used to assess asthma patients' lives. In this study, we aimed to analyze the quality of life of asthma patients using the SF-36 questionnaire and the correlation between asthma severity and the SF-36 scale.

**Method:** Our study included a control group and a patient group. The subjects were above 18 years of age and they applied to Bezmialem Vakıf University Hospital Respiratory Diseases Polyclinic. Diagnosis was made according to the Global Initiative for Asthma criteria. Power analysis was performed by the Bezmialem Vakıf University, Faculty of Medicine, Statistics Department. At a 95% confidence level, 80% power, and importance attributed to the mean difference of 14 units between the groups, the study requires a minimum of 34 patients in each group. The patients presented with daily asthmatic symptoms and had no other respiratory diseases. The SF-36 is a self-assessment scale consisting of 8 sub-headings that assess the patients' general physical and mental health.

**Results:** Thirty five patients and 34 healthy people participated in the survey. There was a significant difference in terms of physical difficulties, physical condition, mental and general health perception, and social functioning (p<0.001) where asthma patients were in a worse state compared with healthy people. In contrast, there was no significant difference between patients and healthy people in terms of pain perception (p=0.899), emotional difficulty (p=0.172) and energy (p=0.723).

**Conclusion:** Asthma negatively affects the patient's quality of life. An apparent relationship between asthma and the SF-36 questionnaire was observed.

**Key words:** Asthma, health quality, respiratory diseases

**PP-10**

# Evaluation of *Bifidobacterium* and Anti-PD-1 Combination Therapy in a Mouse Intracerebral Melanoma Metastasis Model

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**Introduction:** The discovery of the relationship between immune checkpoint inhibitors (ICI) and gut microbiota has highlighted gut microbiota as a potential biomarker and therapeutic target for ICI treatment. In this study, the effectiveness of anti-PD-1 (programed cell death protein) treatment in brain tumor-bearing mice treated with antibiotics and *Bifidobacterium* will be examined.

**Method:** Mice in the antibiotic group were treated with broad-spectrum antibiotics before tumor implantation. Mice in the treatment group received 5 doses of anti-PD1 intraperitoneally. *Bifidobacterium* is administered to mice by oral gavage for 7 doses. Mice were monitored daily after tumor implantation and sacrificed when they met the euthanasia criteria.

**Results:** Antibiotic-treated mice (group 2) did not show a significant increase in survival rates when they received anti-PD1 (group 4) (mean survival days: Abx $15\pm0.6$; Abx + anti-PD1 $17\pm0.9$). However, antibiotic-treated mice showed a significant increase in survival rates when they received both anti-PD1 and *Bifidobacterium* (group 5) when compared to only antibiotic-treated mice (group 2) (mean survival days: Abx $15\pm0.6$; Abx + anti- PD1 + *bifido* $18\pm0.5$, $p<0.005$ by t-test).

**Conclusion:** The effect of intestinal microbiota on anti-PD1 treatment response was examined for the first time in a melanoma brain metastasis model. The results of our study show that gut microbiota can influence immunotherapy response in melanoma brain metastasis.

**Key words:** Immunotheraphy, gut microbiome, melanoma, brain metastasis

| Table 1. Median survival for each group | |
|---|---|
| **Mice groups** | **Mean survival (days)** |
| Group 1 (tumor control) | 14.4 |
| Group 2 (tumor + Abx) | 15 |
| Group 3 (tumor + Abx + *bifido*) | 16.3 |
| Group 4 (tumor + Abx + anti-PD1) | 17.2 |
| Group 5 (tumor + Abx + *bifido* + anti-PD1) | 18.1 |

**PP-11**

# Crush Syndrome Competence among 4th, 5th, and 6th Grade Students of Bezmialem Vakıf University School of Medicine

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**Introduction:** Earthquakes can be described as disasters due to changes in fault lines, which commonly happen in densely populated regions such as Turkey. Therefore, gaining qualifications for earthquake-related conditions should be important for future doctors who will work at places that are at risk of earthquakes. According to research, Crush syndrome is found to be the second most common reason of mortality after trauma injuries in earthquakes. Crush syndrome may be described as a condition that could have components such as electrolyte imbalances and acute kidney injury related to the release of myocyte components to circulation after prolonged injury. Because of fatal components, having the qualifications to diagnose Crush syndrome immediately and to apply therapeutic approaches such as early fluid resuscitation must be a priority for medical students. This research investigates Crush syndrome knowledge levels and to make suggestions according to the results from 4th, 5th, and 6th grade students.

**Method:** Seventy one medical students from 4th, 5th and 6th grade in 2023-2024 academic year were included in the study. The research consisted of a survey including demographic information and 20 questions based on the literature.

**Results:** The mean age of the medical student doctors was $22.84\pm3.72$, and the interns was $23.25\pm0.79$, 67.6% were female and 32.4% were male. Although the correct answer mean of interns $15.65\pm5.23$ and it was $16\pm3.71$ in medical student doctors, and these were statistically non-significant ($p=0.340$), there were significant differences in the question about causes of Crush syndrome (intern =27.69, medical doctors =37.06, $p=0.045$).

**Conclusion:** According to our preliminary results, we have not seen any significant difference except for the question about causes of Crush syndrome among medical student doctors and interns, contrary to our hypothesis. These findings warrant further investigation.

**Key words:** Crush syndrome, earthquake, surveys, medical student

**PP-12**

# Salivary and Urinary Metabolomics Study in Patients with IgA Nephropathy

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**Introduction:** Immunoglobulin A nephropathy (IgAN) is the most common form of glomerulonephritis worldwide with a strong autoimmune component. 40% of diagnosed cases end up with end-stage kidney disease within 20 years of diagnosis. IgAN also affects tissues that can produce mucosal secretions, such as the nasopharynx, and causes mucosal infections in patients with IgAN. Metabolomics analysis allows us to analyze the differentiation in metabolite levels in biofluids such as urine and serum. Our aim was to evaluate the disease from a different perspective, including saliva, and assess the metabolomic differences between healthy people and IgAN patients and evaluate the correlation between urinary and salivary metabolomics in IgAN patients.

**Method:** This study was based on two groups: healthy control and IgAN patients groups. Stimulated salivary and spot urine samples were collected from both groups. Collected samples were subjected to full metabolome analysis in a liquid chromatography-mass spectrometry (LC-MS/MS) device. In addition, general demographic information of subjects, serum urea, serum creatinine, urine creatinine, urine proteinuria, and estimated glomerular filtration rate (eGFR) levels of subjects were gathered for statistical analysis.

**Results:** Sixteen IgAN patients participated in the study. Four of 16 patients were male, and the mean age of the IgAN group was 45.31±6.65 years. Ten healthy controls participated in the study. Four of 10 controls were male, and the mean age of the healthy control group was 41.36±6.57 years. The IgAN patients had meaningfully increased serum creatinine and urine proteinuria levels compared with the healthy controls (p=0.009 and p=0.006). GFR levels were found to be significantly decreased in IgAN patients (p=0.006). However, there were no significant differences in serum urea and urine creatinine levels (p=0.610 and p=0.111).

**Conclusion:** These are the results of our preparatory work. Further analysis will be conducted.

**Key words:** Immunoglobulin A nephropathy, urinary metabolomics, salivary metabolomics, metabolomics

**PP-13**

# Examining the Knowledge and Awareness of Physicians in Different Specialties Regarding Vasectomy

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**Introduction:** Surgical sterilization is one of the most popular contraceptive methods. Surgical sterilization methods called tubal sterilization in women and vasectomy in men. Comparing the two procedures, vasectomy is safer, has a shorter recovery time, and is more cost-effective. Despite all these benefits, female sterilization is much more common, mainly because of social taboos and misconceptions about vasectomy.

**Method:** To collect data, we created an original questionnaire form for physicians working in different branches in Turkey. In addition to sociodemographic characteristics, the questionnaire includes questions that aim to measure the level of knowledge of physicians about the comparison of tubal ligation and vasectomy, which are permanent sterilization methods, and their perspectives toward vasectomy. All statistical analyses will be analyzed and reported in the IBM SPSS statistics 26.0 program at $\alpha 0.05$ significance level.

**Results:** Of the 203 physicians who participated in our study, 115 (56.7%) stated that they did not recommend vasectomy. The most frequently cited reasons for not recommending vasectomy were that the patients presenting for permanent contraception were usually female (22.7%), it was not considered a common procedure (11.8%), prejudices against vasectomy (9.9%), and cultural/religious reasons (6.9%). The correct answers to all questions measuring the level of knowledge exceeded the incorrect answers. Regarding the questions analyzing the perspective, it was observed that vasectomy is not a procedure that affects men socially, but it affects their psychology personally (50.7%).

**Conclusion:** Although the level of knowledge of physicians about vasectomy is adequate, the rate of recommendation to patients is low because it is not a very common method.

**Key words:** Vasectomy, sterilization, knowledge, physicians

**PP-14**

# Development and Application of the Commitment to the Profession of Medicine Scale Using Classical Test Theory and Item Response Theory

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**Intoduction:** Medical dedication involves a deep commitment to excellence and compassionate care in healthcare. This study was conducted to assess the professional dedication of Bezmialem Vakıf University, Faculty of Medicine students.

**Method:** We conducted a study using a Google Forms survey with 9 questions for Bezmialem Vakıf University, Faculty of Medicine students, scoring from 9 to 45 points. Obtaining the maximum score (45) indicates a higher dedication to the medical profession, whereas obtaining the minimum score (9) indicates less dedication. The data are presented in median (Q1-Q3) format.

**Results:** Statistical analysis revealed no significant relationship between age and the total scale ($p=0.072$). However, when examining the total scale scores based on gender, a statistically significant difference was found ($p=0.003$). The total scale score for females with a median value of [34 (31-40)] is significantly lower than the median value for males, which is [30 (27-35)]. Furthermore, when looking at the total scale scores based on class, a statistically significant difference was observed ($p=0.004$). The total scale median value for the 1st group (1st, 2nd, and 3rd grades) is [35 (31-41)], which is significantly higher than the median value for the 2nd group (4th, 5th, and 6th grades), which is [31 (29-37)]. Therefore, dedication to the medical profession is higher in the first group than in the second group. A total of 104 participants participated in the study, with 48 individuals from the 1st group and 56 individuals from the 2nd group.

**Conclusion:** Therefore, the dedication to the medical profession is higher for first-year students than for fourth-year students, and for third-year students than for fourth- and fifth-year students.

**Key words:** Medical profession, dedication, medical faculty students

**PP-15**

# Effect of the Length of the Tissue Sample Taken in Prostate Biopsies on the Rate of Detection of Prostate Cancer

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**Introduction:** Prostate cancer is one of the most common cancers in men. Although prostate specific antigen (PSA) value, magnetic resonance imaging evaluation, and presence of clinical findings are used in diagnosis, a definitive diagnosis is made by biopsy. The aim of our study was to examine the effect of the length of the biopsy sample on the cancer detection rate.

**Method:** Patients who applied to the urology outpatient clinic of Bezmialem Vakıf University Faculty of Medicine Hospital between January 2018 and January 2023 and underwent prostate biopsy were included in our study. The patients' age, PSA level, prostate volume, prostate biopsy length, number of cores biopsied, and pathological diagnosis will be investigated. We will examine whether the cancer detection rate increases as the length of prostate biopsy samples increases.

**Results:** A statistically significant positive correlation at a low level was found between PSA and prostate volume (r=0.303; p=0.026). No significant relationship was found between the length of prostate biopsy samples and pathology diagnosis (p=0.456). No significant relationship was found between the biopsy core count and pathology diagnosis (p=0.082).

**Conclusion:** The results showed that biopsy specimen length and biopsy core count does not make a difference in the cancer detection rate. Increasing the sample size in future studies is believed to be beneficial.

**Key words:** Prostate cancer, prostate biopsy length, PSA level, prostate volume

**PP-16**

# Comparison of the Results of the rFSH and rFSH+Clomiphene Citrate in Stimulated Intrauterine Insemination Cycles: A Prospective Randomized Controlled Multi-centric Study

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**Introduction:** Approximately 10-15% of couples of reproductive age experience infertility problems. In this study, we divided the patients who will undergo intrauterine insemination (IUI) between 2022 and 2023 into two different groups in a prospective randomized controlled manner. We evaluated their effectiveness by administering recombinant follicle stimulating hormone (rFSH) to the first group and rFSH and clomiphene citrate to the second group.

**Method:** After the patient is evaluated on the 2nd or 3rd day of the cycle, they will be randomized into two groups. Group 1 (rFSH; n=80) 75 IU rFSH/day on cycles 2-3. It will be used starting on the day and until the human chorionic gonadotrophin (hCG) trigger. Group 2 (rFSH and clomiphene citrate: n=35) 100 mg/day clomiphene citrate will be used from the 3rd to the 7th day of the cycle, followed by 75 IU rFSH/day hCG until the trigger.

**Results:** There was no statistical significance in the groups for female age, male age, female body mass index, and duration of infertility. However, there was statistical significance for an indication for treatment (p=0.017). There were more patients with male infertility in group 1 than in group 2. When the total dosage of gonadotropins (p<0.001), duration of stimulation (p=0.035) and number of mature follicles (p=0.027) were compared, they were found to be statistically significant. Using a lower total dosage of gonadotropins in group 2 makes the treatment patient-friendly and cost-effective, which is important for this study. There was no statistical significance for the duration of infertility, infertility type, endometrial thickness on hCG day, or the number of progressive motile spermatozoa inseminated.

**Conclusion:** These are the results of our preparatory work. Further analysis will be conducted.

**Key words:** Stimulated intrauterine insemination, clomiphene citrate, unexplained infertility

**PP-17**

# Solution for AV Fistula Problems in Dialysis Patients: Surgical Reconstruction or Percutaneous Angioplasty?

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**Introduction:** According to research, hemodialysis remains the preferred treatment modality in approximately 90% of patients and continues to be the most commonly used therapeutic approach for kidney failure. The use of arteriovenous (AV) fistulas for hemodialysis has become a standard method. However, complications can arise over time in these created shunts. Two common methods are employed for treating AV fistula problems: surgical reconstruction and percutaneous transluminal balloon angioplasty (PTA).

**Method:** In this retrospective study, the impact of PTA and surgical reconstruction methods on the duration of AV fistula usage and prognosis was investigated. The pediatric patient group (under 15 years old), patients with a primary AV fistula patency duration of less than 1 month, and those requiring AV fistula revision due to complications such as seroma, pulmonary hypertension, hematoma, and pseudoaneurysm were excluded from the study.

**Results:** Our study included 52 patients, with 14 undergoing PTA and 38 undergoing surgical reconstruction for AV fistula revision. Demographic data of patients, primary AV fistula type, underlying primary disease necessitating dialysis, fistula maturation time, primary and secondary patency duration, complications requiring fistula revision, presence of a catheter at the time of fistula creation, location and type of fistula, fistula evaluation 1 week, 1 month, and 3 months after revision, and the method of AV fistula revision were assessed. The influence of comorbidities such as diabetes (p=0.422), hypertension (p=0.548), the type of primary AV fistula (p=0.352), and the complication necessitating fistula revision being stenosis (p=0.247) on the AV fistula revision method was statistically insignificant.

**Conclusion:** No statistically significant impact of the studied variables on the duration of AV fistula usage and prognosis was found.

**Key words:** AV Fistula, hemodialysis, PTA

**PP-18**

# Assessment of the Level of Knowledge and Attitudes About AIDS Among Medical Faculty Students in Bezmialem Vakıf University

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**Introduction:** Since 1981, human immunodeficiency virus (HIV) has affected 80 million people worldwide, resulting in over 35 million deaths and emerging as a critical public health concern. This study aims to assess the knowledge and attitudes of Bezmialem Vakıf University Faculty of Medicine students (1st-6th graders) concerning acquired immunodeficiency syndrome (AIDS), along with identifying associated factors.

**Method:** A cross-sectional research design was employed, involving students who provided informed consent. Participants completed a 16-item demographic questionnaire, followed by a 21-item AIDS knowledge scale and a 17-item AIDS attitude scale.

**Results:** Analysis of AIDS knowledge scale scores based on HIV/AIDS testing status revealed significantly higher scores among those tested (p=0.005). Preclinical and clinical students exhibited a significant difference in knowledge levels (p<0.001) with clinical students showing higher knowledge. Students in clinical training also demonstrated significantly higher attitude scores (p=0.039).Those receiving sexual health education had notably higher knowledge scores (p=0.003). Age exhibited a significant positive relationship with AIDS knowledge scale scores (r=0.338; p<0.001) while the relationship between age and AIDS attitude scale scores was positive but low-level (r=0.189; p=0.038). The age of first sexual intercourse displayed a significant positive moderate-level relationship with AIDS attitude scale scores (r=0.334; p=0.014).

**Conclusion:** According to the data we obtained, medical education has proven to be beneficial in increasing awareness about AIDS, and post-clinical students have demonstrated a higher level of knowledge on the subject. However, along with the increase in knowledge, there has been a shift toward a negative attitude. This could pose a significant public health issue in the future, as the students surveyed will become healthcare professionals who will directly deal with such diseases. In medical education, efforts should be made not only to enhance knowledge but also to provide training that positively influences students' attitudes.

**Key words:** HIV, AIDS knowledge, AIDS attitude, faculty of medicine, students

**PP-19**

# Evaluation of Subclinical Atherosclerosis in Rosacea Patients by Carotid Intima Thickness and Serum Lipid Profile

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**Introduction:** Rosacea is a chronic inflammatory dermatosis that causes facial erythema, papules, and pustules in the centrofacial area. Rosacea may initiate dysfunction of the endothelial cells, which is an early predictor of atherosclerosis, by causing systemic inflammatory changes. In this study, we investigated the potential relationship between rosacea and subclinical atherosclerosis.

**Method:** Fourteen rosacea patients and 14 age- and gender-matched healthy volunteers were included in this study. Patients with known cardiovascular disease and pregnant women were excluded. Demographic data, alcohol consumption, smoking history, physical activity frequency, family history of cardiovascular disease, and anthropometric measurements were recorded. Systolic and diastolic blood pressures were measured, and total cholesterol, high-density lipoprotein, low-density lipoprotein, and triglyceride levels were assessed. The Framingham risk score for coronary heart disease was calculated for all participants. Carotid intima-media thickness and flow velocity measurements for both common carotid arteries (CCAs) were performed ultrasonographically by the same radiologist.

**Results:** Fourteen rosacea patients (11 females, 3 males; mean age 48.86) and fourteen controls (11 females, 3 males; mean age 41.64) were included. There was no significant difference in mean body mass index (p>0.05). Alcohol consumption was significantly more prevalent in the control group (p=0.029). Family history of cardiovascular disease was significantly more prevalent in rosacea patients (p=0.008). Rosacea patients had significantly higher triglyceride levels (p=0.031). The levels of systolic and diastolic blood pressure were significantly higher in rosacea patients (p=0.039). Blood flow velocities of the right CCA of patients with rosacea were significantly lower (p=0.027).

**Conclusion:** Our study showed that patients with rosacea have higher triglycerides, systolic and diastolic blood pressure levels, and lower right CCA blood flow velocity compared with the general population. A larger sample size is required to increase the precision of the results.

**Key words:** Rosacea, atherosclerosis, cardiovascular disease

**PP-20**

# Knowledge, Attitudes, and Behaviors of Medical School Students About HPV, HPV Vaccine, and Cervical Cancer

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**Introduction:** Human papillomavirus (HPV) ranks first among sexually transmitted diseases and is the main cause of cervical cancer. One of the most important ways to protect against HPV is vaccination. Doctors play a leading role in prevention. They are expected to have reached this awareness during their training and have started to undertake preventive medicine duties. In our study, we aimed to determine which factors are related to the knowledge levels of medical faculty students on these subjects and to determine what can be changed in this regard.

**Method:** Our cross-sectional and descriptive study was applied to Bezmialem Vakıf University, Faculty of Medicine students between June and October 2023. A two-stage online survey consisting of sociodemographic questions and the HPV knowledge scale was administered to 78 participants (n=78).

**Results:** The students' average score on the knowledge scale, which has 33 points, was 24.26. When HPV knowledge scale scores were compared, it was observed that the total scores of the 1st grade students were significantly lower than those of the 5th and 6th grade students and the 2nd, 3rd, and 4th grade students ($p < 0.001$). It was found in the survey that there was a significant difference in terms of the grade and age of the students and their HPV knowledge scale scores ($p < 0.05$).

**Conclusion:** Because it was observed that the knowledge levels of students who had just started medical school were lower than those in the upper grades, it was concluded that medical education contributedto this. Considering the average score obtained from the knowledge scale, the students' knowledge level about HPV, HPV vaccine, and cervical cancer is sufficient.

**Key words:** HPV vaccines, human papillomavirus, knowledge level, medical students

## PP-21

# Tendency to Depression in Children and Adolescents Diagnosed with Attention Deficit Hyperactivity Disorder

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**Introduction:** Attention deficit and hyperactivity disorder (ADHD) is a treatable mental disorder of neurological origin that manifests itself in childhood as inattention and/or hyperactivity, forgetfulness, inability to control reactions, sudden and impulsive reactions, and easy turning to other things. In addition to reward sensitivity and emotional regulation disorders, particularly seen in individuals with ADHD, parenting/family factors and maternal depression have been determined to be important risk factors for the development of depression in the child age group with ADHD.

**Method:** The study was based on two groups with 72 adolescents aged 0-18 years. The first group (patient group) included 36 patients who applied to the Child and Adolescent Psychiatry Outpatient Clinic of Bezmialem Vakıf University, Faculty of Medicine Hospital, whereas the second group (control group) included 36 adolescents without any psychiatric disease. After obtaining voluntary consent from parents and youth and signing the consent forms, they were asked to fill out the self-report scales (Conners' Parents Rating Scale-Revised Short Version and Anxiety and Depression Scale in Children).

**Results:** The study was based on two groups with 72 adolescents, and there were 43 females and 29 males. The age mean was 13.36. No significant difference was observed between the patient and control groups in terms of the tendency to struggle with depression. A survey with parents revealed a moderately significant result that children with ADHD have a greater tendency to have depression (r=0.431; p<0.001). There was a weak relationship between age and the occurrence of depression (r=0.282; p=0.016) and it was also observed that girls have a greater tendency to have depression (p=0.003).

**Conclusion:** No significant difference was observed between the patient and control groups in terms of the tendency to have depression.

**Key words:** ADHD, depression, impulsivity

**PP-22**

# Evaluation of Perceived Stress, Social Support, and Emotional Eating in Bezmialem Faculty of Medicine Students: A Cross-sectional Study

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**Introduction:** A balanced diet is essential for overall health because it provides necessary nutrients. Eating disorders present medical and psychological risks that affect one's quality of life. Emotional eating can result from negative situations. Studies show that sadness has a greater impact on food consumption than happiness, leading to a 30-48% appetite fluctuation. Stress not only affects psychological health and influences food choices. Social support, typically from family and friends, provides both physical and psychological aid, addressing fundamental social needs and positively impacting overall well-being. Medical students facing intense stress during clinical courses are considered a risk group for emotional eating due to stressors.

**Method:** Our study was conducted with Bezmialem Vakıf University, Faculty of Medicine students. Data were collected using the Demographic form, Beck Anxiety Inventory, Beck Depression Inventory, Perceived Stress Scale, Social Support Scale, and Emotional Eating Scale. The resulting data were analyzed using IBM SPSS Statistics 22.0.

**Results:** Among the students participating in the study (n=70), 35.7% were male and 64.3% were female. A significant positive correlation was observed between Perceived Stress and Emotional Eating Scales (r=0.246; p<0.05). Additionally, there was a significant positive correlation between Beck Anxiety and Depression Inventory and the Emotional Eating Scale (r=0.504; p<0.05, r=0.432; p<0.05, respectively). Furthermore, a significant negative correlation was found between the Social Support Scale and the Emotional Eating Scale (r=-0.272; p<0.05).

**Conclusion:** The results of this study indicate that stressful lifestyles can have a real impact on the development of emotional eating problems among medical students. Medical schools should closely monitor the mental well-being of students and encourage them to develop healthy lifestyles, optimize coping styles, and establish sources of social support.

**Key words:** Emotional eating, stress, social support, student

## PP-23

# Investigation of Vitamin D Levels in Children with Group a Beta Hemolytic Streptococcus Infection

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**Introduction:** Group A *Streptococcus*, also known as *Streptococcus pyogenes*, is the leading cause of bacterial tonsillopharyngitis. It is mostly seen in pediatric age groups, especially between ages 3 and 14. Scarlet fever causes fever, sore throat, and rash. There are no preventive vaccines available. It is transmitted via respiratory droplets. Twenty four hours after antibiotic therapy, the bacterial loses its transmission capacity. The aim of this study was to investigate the correlation between vitamin D levels and group A beta hemolytic *Streptococcus* infection in pediatric patients aged 5-15 years.

**Method:** A retrospective investigation of the data of pediatric patients who applied to Bezmialem Hospital between January 2018-June 2023. The inclusion criteria are being between the ages of 5-15 and a positive culture of *Streptococcus pyogenes*. Patient and control groups of 60 children were created, and the D vitamin levels were analyzed.

**Results:** For statistical analysis, the Mann-Whitney U test was used. The mean vitamin D level in the patient group was 30.42 ng/mL with a standard deviation of 9,426. Median of the patient group was 29 ng/mL. The mean vitamin D level in the control group was 32.58 ng/mL with a standard deviation of 11,116. The median of the control group was 32.50 ng/mL. There was no significant difference between the vitamin D levels of the patient and control groups (p=0.282).

**Conclusion:** According to our study, there was no relationship between group A beta hemolytic *Streptococcus* infection and vitamin D levels in pediatric patients.

**Key words:** Vitamin D, *Streptococcus pyogenes*, group A, pediatric patients

**PP-24**

# Effect of Surgeon Gender and Clothing on Sense of Confidence in Rhinoplasty Patients

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**Introduction:** Nowadays, physicians of both genders wear various styles. Previously shown that the attire of a physician affects patient reliance. Additionally, the appearance of the surgeon plays a big role in appearing more experienced in both genders. Therefore, these effects on gender preference in rhinoplasty patients, in having surgery desition.

**Method:** This study is a survey that consists of 16 questions that will be administered to rhinoplasty patients between 18 and 50 years of age who applied to Bezmialem Vakıf University Hospital Otorhinolaryngology Clinics. The survey contains demographic questions and 10 photographs of surgeons in both genders. There are five photographs of a man and woman surgeon. Patients will evaluate their confidence level according to a 5-point Likert scale from "never" to "completely, immensely". Finally, patients will be asked their preferences regarding the gender of the surgeon in their rhinoplasty surgery. The choices are "male", "female" and "it doesn't matter".

**Results:** A total of 207 patients participated in the survey. The most preferred and "extremely, immensely" trustworthy photographs were female surgeons wearing scrubs with white coat (34.3%), followed by male surgeons wearing scrubs with white coat (33.3%). However, In the "never" option, the most chosen photograph was a male surgeon wearing sports jeans (32.4%), followed by a female surgeon wearing sports jeans (28.5%). In the gender choice question, the most preferred answer was "it doesn't matter" (63.3%), followed by "male" (31.9%) and female 4.8%.

**Conclusion:** According to the study, most rhinoplasty patients do not matter with the gender of the surgeon. However, in both genders, the scrubs with white coats stand out.

**Key words:** Physician attire, surgeon gender, rhinoplasty patients

**PP-25**

# Measuring the Knowledge Levels of Bezmialem Vakıf University Medical Faculty Students on Oral and Dental Health

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**Introduction:** Health professionals' lack of basic knowledge about oral and dental health can lead to many medical problems. Our aim with this study is to determine the knowledge and awareness levels of Bezmialem Vakıf University, Faculty of Medicine students about oral and dental health and to determine the adequacy of our training program on oral and dental health according to the results obtained.

**Method:** The data collection tool of the research was the survey we prepared. This survey was conducted for Bezmialem Vakıf University, Faculty of Medicine, 1-6. It was planned to be applied to all students in the class. The survey we prepared using previous similar studies consists of two parts. In the first part, the sociodemographic characteristics of the participants are determined, and in the second part, the knowledge levels of the participants about oral and dental health are measured. The survey was administered online using Google Forms.

**Results:** A total of 165 people participated in the survey. Of the participants, 71 were men and 94 were women. In 7 questions measuring knowledge levels about oral and dental anatomy and physiology, incorrect answers vary between 4% and 49%, whereas correct answers vary between 51% and 96%. It was observed that the participants answered 11 different questions about oral and dental health incorrectly in the range of 12% to 61%, and gave correct answers in the range of 39% to 88%.

**Conclusion:** The results of this study indicate that medical students should have more knowledge about oral and dental health throughout their medical school life. Our results need to be confirmed by further survey studies.

**Key words:** Medical education, oral and dental health, medical student

**PP-26**

# Videoendoscopic Evaluation of the Efficacy of Rhinoplasty on the Internal Nasal Valve Angle and on Nasal Valve Areas

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**Introduction:** Rhinoplasty is an esthetic and functional surgery that reshapes the nose and improves breathing. The nasal valve area is the area with the maximum flow resistance in the nose. The borders of the internal nasal valve area are the lower end of the upper lateral cartilage, pyriform aperture, nasal septum, and anterior end of the inferior turbinate. External nasal valve is the area at the entrance of the nostrils. The aim of this study was to compare the changes in internal and external nasal valve area and internal nasal valve angles with videoendoscopic images of patients in a standardized position using a rigid endoscope, which was taken before the surgery using current rhinoplasty techniques and at least 3 months after the surgery.

**Method:** The changes in the cross sections of the valve regions of the 30 volunteer patients who will undergo primary rhinoplasty were analyzed using the ImageJ program. The effects of the current rhinoplasty techniques on the internal nasal valve angles and the dimensions of the nasal valve areas and VAS values were examined.

**Results:** Eleven patients who were able to return for postoperative follow-up were evaluated to compare the sections of the valve region before and after nasal surgery. Assessments show that while rhinoplasty shrinks the internal and external nasal valve areas and angles, breathing improves.

**Conclusion:** The results obtained from 11 patients show that current rhinoplasty techniques are effective for improving nasal valve areas and angles for better breathing. Patients reported that their breathing problems resolved and improved 2 points according to VAS analysis.

**Key words:** Rhinoplasty, videoendoscopy, nasal valve

**PP-27**

# Effects of Sodium Glucose Co-transporter 2 Inhibitors on Exercise Stress Test Parameters in Patients with Diabetes

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**Introduction:** This study aimed to evaluate the effects of sodium glucose co-transporter 2 inhibitors on exercise stress test parameters in patients with exaggerated blood pressure response (EBPR) during treadmill exercise stress tests.

**Method:** This was a single-center, cross-sectional, observational study. The study included patients who underwent treadmill exercise stress test with a suspicion of coronary artery disease. Hypertensive response in treadmill stress test: In accordance with the Framingham criteria, systolic blood pressure at peak exercise is defined as ≥210 mmHg for men and ≥190 mmHg for women. The study included 58 patients with EBPR and 36 patients with normal blood pressure response as a control group with a similar age and gender.

**Results:** Most of the patients were middle-aged (mean age $49.4\pm12.8$ years) males (67 males, 68%). Of the patients, 54% had essential hypertension, 25 had coronary artery disease, and only 14% were diabetic. Patients with EBPR mostly had previously known essential hypertension (63%), coronary artery disease (58%), and smoking (53%). EBPR was most frequent in diabetics (85.7%) and was more common than in non-diabetics. Because only 4 of the diabetic patients used SGLT-2i, we could not evaluate the relationship between blood pressure response to exercise and SGLT-2i use in diabetic patients who underwent exercise stress testing.

**Conclusions:** As expected, EBPR was detected more frequently in diabetic patients. We could not evaluate whether the use of SGLT-2i, which has a blood pressure-correcting effect, reduces EBPR because of the limited number of patients. We believe that we can conclude on this issue by expanding our study with diabetic patients using SGLT-2i.

**Key words:** Sodium glucose co-transporter 2 inhibitors, exaggerated blood pressure response, hypertension