



RĪGA STRADIŅŠ  
UNIVERSITY

RĪGA STRADIŅŠ UNIVERSITY

THE WELFARE DEPARTMENT OF THE RIGA CITY COUNCIL

ASSOCIATION OF CLINICAL SOCIAL WORKERS

**6<sup>th</sup> International Interdisciplinary  
Scientific Conference**

# **SOCIETY HEALTH WELFARE**

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**Living in the World of Diversity:  
Social Transformations. Innovations.  
Solutions**

**ABSTRACTS**

RĪGA

23–25 November 2016



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RĪGA STRADIŅŠ UNIVERSITY



Dear Conference Participants!

It is my great pleasure to welcome you all to the international conference “Society. Health. Welfare” hosted by the Rīga Stradiņš University. Every two years, the conference which is a major academic event, brings together experts, scientists and researchers of different fields from around the globe.

The 6<sup>th</sup> International interdisciplinary scientific conference “Society. Health. Welfare” will be devoted to contemporary challenges and social innovations in the society of changes and diversity. When we hosted the first conference back in 2007, its course and outcomes reassured us on the importance of interdisciplinarity and international cooperation in the context of researching social issues at international scale. Meanwhile the enthusiasm of conference’s initiators has become a major driver and has accounted for enhanced development of research. As the result the conference has strengthened international relations and communication both from the perspective of academic staff and also student mobility, facilitating cooperation in research, in the area of improving study quality and also as regards development of new study programmes.

The International conference “Society. Health. Welfare” stands for the importance of international interdisciplinarity in finding solutions for complex contemporary problems. In this year’s conference sociologists, healthcare specialists, social workers, political and public relations specialists, lawyers, philosophers and education experts from 23 countries will share their findings and ideas on the subject matter.

I wish all the attendees of the conference creative discussions, new professional contacts and active exchange of knowledge and ideas!

RSU Rector, Professor  
JANIS GARDOVSKIS

A handwritten signature in black ink, appearing to read 'Janis Gardovskis', written in a cursive style.

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## Risks to Health of the Population of the Nonindustrial City from Quality of Atmospheric Air

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**Keywords:** *cancerogenic risk, non-cancerogenic risk, atmospheric air*

**Introduction.** The risk assessment for population's health in urbanized territories allows us to create database for acceptance of management decisions on improvement of environmental quality and to decrease emergence of ecologically caused diseases.

**Aim.** The purpose of our research work was the assessment of cancerogenic and non-cancerogenic risks for population's health of Aktau city (Kazakhstan) from quality of atmospheric air.

**Results.** The received results show that the maximum not cancerogenic HQ influence of the chemical substances which are in the air basin of the city falls for the children's population (from 0 to 6 years) causing diseases of respiratory organs, central nervous system, the liver and kidneys. The main contribution to risk of the development of specified diseases is made by the general hydrocarbons which are contained in air, nitrogen oxides, ammonia and hydrogensulfide. The following group – teenagers – in whom the high risk of diseases of respiratory organs, central nervous system, liver and kidneys is also established. However the main contribution is made by the general hydrocarbons. While, for other HQ chemicals do not exceed unit. The similar picture is observed in adult population. However it is necessary to emphasize that HQ of diseases in adults is much less than in children and teenagers (by 4 times). Calculation of population risk for the population of the city in age groups has shown that the female population is exposed to the maximum risk for health ( $\Sigma = 523.4$ ). On the second place there are adult men ( $\Sigma = 409.11$ ), on the third teenagers ( $\Sigma = 207.33$ ). Levels of individual cancerogenic risk for health of the population of the city show that the maximum risk of development of oncologic diseases is established for the children's population. Risk of the development of malignant neoplasms among the teenage and female population of the city, on average, 3 times lower. The analysis of results of an assessment of population cancerogenic risk taking into account gender and age has shown that the children's population in which the risk of emergence of malignant new growths is 1.5–2.5 times higher in relation to similar category of adults is exposed to the maximum oncologic danger.

### Conclusions.

1. Calculation of population risk for the population of the city on age groups has shown that the female population is exposed to the maximum oncologic danger. The low population carcinogenic risk for teenagers can be explained by their rather small quantity in population.
2. Thus by result of evaluation of individual and population carcinogenic risk for health of the population of Aktau it is possible to claim that the individual risk of development of oncologic diseases among all age and sex groups can be estimated as very high.

## Study of the Structure of Morbidity among Dispensary Patients of Working Age with Chronic Non-communicable Diseases and the Role of Management Systems in Improving the Efficiency of Clinical Examination

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**Keywords:** *morbidity, clinical examination, automated control systems (ACS)*

**Introduction.** In modern conditions, the most urgent problems of public health concern health of the working age population. Clinical examination is a method of active dynamic monitoring of the state of health of certain population groups in prevention and early detection of illnesses, and their timely treatment. Currently, information technologies are widely used in health care. Introduction of automated control systems (ACS) in the health care of Kazakhstan allows us to automate the activities of physicians and improve the quality and efficiency of their work. Portal "ERDB" is the system of recording of dispensary patients according to the registered diseases. The program fully automates daily work of medical clinics in developing of dispensary cards, with the formation of statistical and operational reports.

**Aim.** To evaluate the role of the introduction of the automated control systems (ACS) in health care in order to improve the efficiency of clinical examination.

**Results.** During the period from 2011 to 2015 dispensary of clinic No 4, 10903 persons were registered, 4651 of them were of working age (18–59 years). The results show that the number of patients of the dispensary in 2013 increased 1.4 times compared to 2011. In the study of the structure of morbidity, we found that among dispensary patients, diseases of the circulatory system take the 1<sup>st</sup> place, the 2<sup>nd</sup> place is taken by diseases of the endocrine system, and the 3<sup>rd</sup> place – by diseases of the digestive system, the 4<sup>th</sup> – diseases of the respiratory system, the 5<sup>th</sup> – diseases of the genitourinary system. Among 558 dispensary patients of working age, 141 (25.2%) patients in the dispensary are patients with the same diseases (2 or more). During the correlation analysis between age and the number of the accompanied diseases (1:4, 24) are distinguished by relity  $p < 0.05$ , namely, with increasing age increases the number of the accompanied diseases. Average age of dispensary patients with the same diagnosis is  $47 \pm 10$ , with diagnoses is  $53 \pm 6.0$ .

### **Conclusions.**

1. All of the patients corresponded to the dispensary, were registered in ERDB.
2. It is known that among dispensary patients with increasing age increases the number of concomitant diseases.
3. During the study period among dispensary patients clinical examination was carried out.

## Spiritual Needs of Dying and Emergency Health Care

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**Keywords:** *spiritual needs, dying, paramedics, emergency health care*

**Introduction.** Dying process can take different forms, and each death is related to leave – taking of a person that they liked, of those whom they loved and who were close to them. In the modern era, from the perspective of the needs and the spiritual well-being of the patient, it is person's health condition that in many cases dominates in dying patients. The essence of care for dying patients is to ensure adequate quality of life that is highly affected by understanding of human existence, even though the quality of life is very individual concept. To ensure the quality of life of the dying patient one should be aware of their current needs and adequately respond to them. Through interviews

with patients paramedic has the opportunity to find out person's spiritual needs and then set a goal of satisfying these needs.

**Aim.** Our aim was to find out the attitude of emergency workers to religion and spirituality, as well as the impact of traumatic events at work on their attitude to spirituality of patients; to find out how paramedics perceive spiritual needs of patients and how often it meets the requirements of the prayer, the presence of a priest.

**Methods.** In our survey, we used the online standardized questionnaire – SNAP concerning psychosocial and spiritual needs. The sample consisted of 88 respondents: 69.4% men and 30.4% women. Length of practice: 5 years 42.9%, 5–15 years 37.6%, more than 15 years 19.5%. Religion and the existence of God: 74% believe in the existence of God.

**Results.** Perception of spiritual needs of the patient depends on the length of service and spiritual needs of emergency workers. 94% of respondents with 5-year experience state that they are focused primarily on the medical aspects. 64.8% of emergency workers with 5–15 years' experience stated that they perceive and as possible meet the demands of patients. 83% with experience longer than 15 years said that the transport would request the presence of a priest prior to transport to the hospital. How often paramedics meet the requirements of the prayer, the presence of the priest and how to implement it? Most often the ratio between cities and countryside is 17% : 83%.

**Conclusions.** Paramedics with active spiritual life are happier in their profession, they are easier to overcome traumatic events, they are more active in meeting the spiritual needs of the patient and are more balanced in medical assistance and spiritual needs of patients.

## Effects of Body Position of Hemodynamic and Metabolic Status

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**Keywords:** *blood pressure, heart rate, hemodynamic, metabolic status, sitting*

**Introduction.** Sedentary behaviours, including sitting, raise many questions about the prevalence of cardiovascular diseases, obesity, metabolic syndrome, and a variety of other diseases. Previous epidemiologic studies have identified elevated blood pressure as an important risk factor in both cardiovascular disease and overall mortality. Sitting causes changes in metabolism, which can result in alterations in Lipoprotein lipase function, introducing a cascade of effects ultimately leading to impaired shear stress induced endothelial derived nitric oxide, and decreased endothelial function which is a key component to atherosclerotic cardiovascular disease.

**Aim.** The aim of this study was to evaluate position changes and the effects on blood pressure, heart rate, Mean Arterial Pressure (MAP) and SpO<sub>2</sub>.

**Results.** Subjects (40) were tested after five minutes of sitting at rest, and then again after 30 minutes of sitting at rest. Subjects were then instructed to perform five minutes of light activity and return to sitting, and the third measurement was taken. The last measurement was taken after 10 minutes of sitting after the light activity. An increase in systolic blood pressure during sitting was recorded for 32 subjects from initial measurements compared to measurements after 30 minutes of sitting at rest. MAP can be derived from systolic and diastolic results, yielding measurements indicative of general health.

**Conclusions.** These findings show clinical importance and provide insight to normal physiologic effects of daily sedentary activity for majority of the population. Limitations relate to the fact that some participants experienced anxiety during testing, which could have affected data, and recovery time. For future studies, measuring SpO<sub>2</sub> is not needed, but a linear tendency of blood pressure measurement should be used.



## Health Care Professionals' Experience in Health Care of Women Living with HIV in the Perinatal Period

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**Keywords:** *frustration, knowledge, HIV, relations, experience*

**Introduction.** Health care professionals need to identify possible reasons why such large proportion – almost half of women living with HIV on preventive treatment do not commence it timely – as statistical data on the vertical transmission prevention of road shows it.

**Aim.** Explore health care professionals' experiences in health care of women living with HIV in the perinatal period.

**Results.** Summarizing the information obtained from interviews, the following issues were obtained:

- 1) lack of knowledge among health care professionals of how HIV affects pregnancy and fetal development;
- 2) how to work with positive HIV status detection during pregnancy for the first time;
- 3) Latvian Centre for Infectious Diseases as the resource of safe and accessible information and social support;
- 4) frustration in relation to women living with HIV, to reveal HIV infection fact to the partner / father of the child.

### **Conclusions.**

1. Perinatal health care professionals have lack of information about women living with HIV and succession of neonatal preventive medical measures.
2. Perinatal health care professionals are in lack of information on social support facilities for women living with HIV.
3. Perinatal health care professionals have experienced frustrating moments in the process of working with women living with HIV and their family during perinatal period.

## State Officials and Illicit Asset-grabbing: the Roman Approach

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**Keywords:** *Roman law, Ancient Rome, asset-grabbing*

**Introduction.** As it is known, the basis of sustainable development of any country is formed by, inter alia, a stable, efficient and fair system of state administration and judiciary which counterbalances the interests of the whole society and its individual elements. The origins of legal framework for such kind of system, just like of many other contemporary legal thought phenomena, go back to Roman law. Therefore, understanding of the mentioned legal concept is impossible without a thorough study of the primary sources of Roman law.

**Aim** – to facilitate in-depth knowledge of contemporary legal norm makers, enforcers and implementers about the legal framework for stable, efficient and fair system of state administration and judiciary by studying information found in the primary sources of Roman law.

**Results.** The sources of Roman law recognise and define the rights of the Roman magistrates (elected officials) to duly use powers or force in compliance with the law and legal powers of their position (D 4.2.3.1). However, if a magistrate of the Roman people or governor of a province (*populi Romani magistratus vel provinciae praeses* – Latin) committed a wrongful act, for instance, extorted money by

threatening with death or whipping (*mortis aut verberum terrore pecuniam alicui extorserit* – Latin), the mechanisms provided for in the laws for the cases of force and fear were applicable against them (D 4.2.3.1). Equally, if someone who, due to the pressure on the part of the administrative officers, i.e. through the intervention of the governor's attendants (the apparatus) (*apparitione praesidis interveniente* – Latin), without the judge's knowledge (*sine notione iudicis* – Latin), was compelled to pay (*coactus est dare* – Latin) a non-existing debt which he was coerced to undertake by force (*per vim* – Latin), he could claim the judge's (*iudex* – Latin) decision on restitution of what was illegally extorted (*incivilliter extorta restitui* – Latin) (D 4.2.23.3). Debts could only be enforced in compliance with the respective procedural order (D 4.2.13); therefore, non-procedural intervention on the part of state management attendants was regarded as a wrongful act: (D 4.2.23.3). Invalidity of transactions made as a result of thrusting someone into prison with the aim to extort something from him ('...to extort something (...ut aliquid ei extorqueret – Latin)') were pointed out (D 4.2.22), as well as the officials' duty to ensure ('...the governor of the province will restore the matter to its rightful position (...res suae aequitati per praesidem provinciae restituitur – Latin)') that the sold property of the person threatened with court investigation will be restituted (D 4.2.23.1).

**Conclusions.** In the sources of Roman law a significant role is played by the legal regulation intended to combat malice on the part of state officials, administrative officers and judges.

## Multi-criteria Decision Analysis as a Tool for Evaluation of Unmet Needs in Health Care

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**Keywords:** *unmet needs, health care, multi-criteria decision analysis*

**Introduction.** World Health Organisation has defined the Universal health coverage as a priority, which means that all people can use the preventive, curative, rehabilitative and palliative health care services that they need, of sufficient and effective quality, while also ensuring that the use of these services does not expose the user to financial hardship. The classic approach to the unmet medical needs is defined as the total self-reported unmet needs for medical care for the following three reasons: financial barriers, waiting times, too far to travel.

**Aim.** The aim of this research is to investigate the statistical data of the unmet needs for health care in Latvia and assess the applicability of a multi-criteria decision analysis (MCDA) approach for additional evaluation of unmet medical needs.

**Results.** According to the Eurostat data, in 2014, about 6.7% of the population aged 16 and over in the EU-28 reported that they had unmet needs for medical examinations or treatment, a share that ranged from 2% in Malta to 13% in Estonia, with the Netherlands, Slovenia and Austria below this range and Latvia above it (19% – the highest range in EU-28). Overall in the EU-28, the most common reason for not having a medical examination or treatment was that it was too expensive; this reason alone accounted for one third of all the people who reported an unmet need for medical care, equivalent to 2.4% of the population (the highest 10.5% range for Latvia). The next most common reasons were that people wanted to see whether their problem got better on its own (3.6% in Latvia), or there was a waiting list (1.6% in Latvia): these two reasons were each reported by about 1.1% of the population. The data shows that in Latvia not only the range of criteria which are related to the health care organisation and financing, but also to personnel attitude of patients are high.

**Conclusions.** Overall range of unmet medical needs for Latvia is the highest in the EU-28, however, the accessibility of health services depends on multitude of factors that relate to the health system and also to the patients themselves. Classically the 'unmet need' is used as a one of the criteria in MCDA. However, to improve the assessment of the unmet medical needs, the MCDA approach could be acceptable. The unmet medical needs data for Latvia should be additionally evaluated, taking into account the 'therapeutic need' and 'societal need' which refers to the need for a better treatment than currently available, and reimbursement.

## Dynamics of Psychological Safety in Mothers Raising Children with Special Needs

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**Keywords:** *psychological safety, featured children, psychotherapeutic space, hippotherapy*

**Introduction.** The WHO reports that the number of featured children (those with autism, cerebral palsy, Down syndrome, cognitive disorders, etc) is increasing by every year globally. Children with special needs have a transformative effect on their families as a whole and each family member, especially mothers. Recent studies showed that there is a considerable decrease in psychological well-being among mothers raising children with special needs. Therefore, addressing the issues of providing psychological support for them is of particular importance for both researchers and practitioners.

**Aim.** The present study focused on exploring the dynamics of psychological safety in mothers raising children with special needs. Being a complex phenomenon, psychological safety plays a crucial role in helping people to overcome difficulties and can be viewed, in turn, as an indicative factor of one's psychological well-being. Thirty-two mothers, aged from 25 to 45, participated in the study which was organized as follows. Their children, aged from 3 to 11, underwent a rehabilitation programme in a rehabilitation centre. These mothers agreed their psychological characteristics to be evaluated and then they took part in a programme of psychological support. The key element of the programme created was a specific psychotherapeutic space combining hippotherapy with environmental, social and personal factors. Finally, the study participants' psychological characteristics in question were again evaluated to reveal their dynamics.

**Results.** The study results indicated a low or transient level of psychological safety among the study participants before their involvement in the programme of psychological support. This was manifested in their poor mental state and reduced emotional background, a high level of anxiety and a distorted image of their future. They also lacked self-confidence and distrusted others. Participating in the programme of psychological support helped mothers enhance their sense of psychological safety. Compared to the control group, the study participants' parameters of psychological safety showed statistically significant positive dynamics.

**Conclusions.** Thus, the results obtained contribute to studying factors of psychological well-being in mothers raising children with special needs and suggest an effective way of enhancing their sense of psychological safety via participating in a programme of psychological support based on a specific psychotherapeutic space.

## Well-being and Functional Abilities in Nursing Home and Home Living Seniors in Latvia

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**Keywords:** *well-being, functional abilities, elderly, nursing home*

**Introduction.** The society in developed countries is aging. In Latvia the mortality rate is higher (14.3/1000) than fertility rate (10.9/1000, 2014) and 19.6% of population was  $\geq 65$  years old (2015). 1.5% of seniors live in nursing homes in Latvia (2015). The UN expects that the number of elderly will double in the next 50 years in developed countries.

**Aim.** To describe differences of well-being and functional abilities between nursing home and at home living Latvian seniors.

**Methods.** 285 seniors from 11 nursing homes and 280 home living seniors, age  $\geq 65$  years, who were able to understand questions and respond to them, as well as to stand up with or without

assistance of hands were included in the study. The residents were asked to describe their well-being from 1 (very bad) – 5 (very good). The functional abilities were assessed by hand grip strength measured by dynamometer, the ability to stand up without assistance, the dependence on caregivers, the scale of walking device assistance needs (1 – no need of use, 2 – walking stick, 3 – standard and roller walkers, crutches, 4 – wheel chair).

**Results.** There were 77% of females in both groups. The residents of nursing homes were a bit older ( $79 \pm 8$  years) than those living at home ( $77 \pm 6$  years,  $p = 0.003$ ). At home living seniors could stand up without assistance of hands more often than nursing home residents (60.4% vs. 38.2%,  $p < 0.001$ ). The hand grip strength was higher in the home living seniors (mean rank 330.2 vs. 235.5,  $U = 26413.5$ ,  $p < 0.001$ ). The nursing home residents were less often independent (62.8% vs. 83.9%,  $p < 0.001$ ) and more often partly dependent (30.2% vs. 14.6%,  $p < 0.001$ ) and independent (7.0% vs. 1.4%,  $p = 0.001$ ). The nursing home residents had higher walking device assistance needs (mean rank 345.7 vs 219.2,  $U = 22043.0$ ,  $p < 0.001$ ). The nursing home residents described their well-being as “good” more often (28.4% vs. 16.8%,  $p = 0.001$ ) and less often as “bad” or “very bad” (18.9% vs. 26.8%,  $p = 0.048$ ). The “average” (47.4% vs. 52.9%,  $p = 0.207$ ) and “very good” (5.3% vs. 3.6%,  $p = 0.414$ ) well-being did not differ between the groups.

**Conclusions.** The subjective well-being of elderly nursing home residents is better than that of home living seniors regardless of their decreased functional abilities.

## Parenting in Low-income Families from the Perspective of Social Work

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**Keywords:** *parenting, poverty, family, social work*

**Introduction.** The family is the primary socializing factor. Its mission is to create a stable and safe environment for the child and for his comprehensive development. The role of parents is to give the child the values and norms accepted by society, which is a prerequisite for successful integration of a child into society. That is why the upbringing function of the family is regarded as one of the main. This feature is, however, influenced by many factors.

**Aim.** The goal of the study was to find out how poverty affects parenting.

**Materials and Methods.** On the data collection was used questionnaire Alabama Parenting Questionnaire (APQ), which measures parenthood through five dimensions:

- 1) positive involvement with children;
- 2) supervision and monitoring;
- 3) use of positive discipline techniques;
- 4) consistency in Theus of discipline techniques;
- 5) use of corporal punishment.

The sample was divided into two groups, with the first group consisted of 188 parents living in poverty (mean age =  $37.21 \pm 6.82$ , range = 21–60). The reference group consisted of parents living in households with income standard (N-188) (mean age =  $40.63 \pm 5.84$ , range = 27–60).

**Results.** Analysis of the results showed differences between parents living in poverty and between parents with a standard rate of income, especially in monitoring and supervision, but also in the use of positive disciplinary techniques. On the contrary, there were no significant differences in cooperation between the parents or the use of corporal punishment. Based on the results it is clear that poverty is one of the factors affecting parenting. Therefore, social worker who works with low-income families should focus attention on this area of family functioning.

**Conclusions.** This paper was prepared as a part of the project VEGA 1/0487/14 Key Concepts of Seselected Systemic Theories in Assessing Riskness of the Families within the Purview of Children Social Protection.

## Subjective Perceptions of Life and Social Support among Women after Hysterectomy

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**Keywords:** *hysterectomy, social support, perceptions of life, women*

**Introduction.** Hysterectomy is the most commonly performed gynaecological surgery, which results in sterility, absence of menstruation and consequences in sexual, psychological, hormonal and social sphere. It represents very stressful event, as it involves the loss of body parts associated with womanhood and femininity, causing significant changes in women's bodies. Factors that have been identified to increase the risk of post-operative psychological problems include young age at time of surgery, lower socioeconomic status, educational level, poor social support, etc.

**Aim.** The aim of this study was to examine the subjective perceptions of life and social support among women after hysterectomy (positive and negative effects of surgery, sources of social support, satisfaction with support, satisfaction with life and health).

**Methods.** 70 women who underwent hysterectomy, between the ages of 29 and 72 were assigned for this study. Questionnaire of our own design was used to gain information about positive and negative effects of surgery, satisfaction with support, satisfaction with life and health. The 12 - item Multidimensional scale of perceived social support was designed to measure the perceived adequacy of support from the three sources: family, friends, and significant others.

**Results.** Patient's mean age was  $47.66 \pm 9.47$  years. The majority (67%) were less than 50 years old, were employed (74.3%), had secondary education level (74.3%), were living with husband / partner (78.6%). The most cited positive aspects of hysterectomy were the disappearance of symptoms and reduced fear of uterine cancer. Most women did not see any negative consequences of surgery (45.7%) and were subjectively satisfied with their life (90%). 68.6% respondents prefer husband or partner as a source of support and were subjectively satisfied with his support (81.4%). 20% sought support outside family and friends network; and priest, psychologist and support groups were their preferred supporters.

**Conclusions.** The main aim of our study was to examine the subjective perceptions of life and social support among women after hysterectomy. It was found that women perceive their life after the surgery positively. They were also satisfied with support mainly from husband / partner and their children. Since the social support is one of the important factors affecting women's good recovery after surgery as well as their quality of life, healthcare professionals should also focus on building and strengthening patient's support network when working with these groups of women.

## Identifying the Use of Attachment Child's Social Worker to Work in a Children's Home

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**Keywords:** *a child, orphanage, social worker, of attachment*

**Aim.** The aim of this paper is to identify the relational bond of a child in social worker's work in an orphanage. The paper is focused on the identification of attachment of a child in social worker's work in an orphanage, in relation with psychodynamic theories. Brnula (2015) states that from psychoanalytic theories that are currently related to social work, especial attention is paid to the attachment theory. Hasto (2005) describes the psychoanalysis attaches' great importance to the human life.



**Methods and Results.** In empirical part we identify the relational bond of child in social worker's work in an orphanage. The empirical part is realized in the form of qualitative research. As part of the qualitative research we use method called semi structured interviews. The research sample represents five social workers and two psychologists from the orphanage in Dobsina and Kosice. Data processing will be done by coding. Based on these findings we offer recommendations that may contribute to the improvement and promotion of attachment, children growing up in an orphanage.

## The Impact of the Cross-border Health Care Regulation on Patient Mobility in Latvia

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**Keywords:** *cross-border health care, directive 2011/24/EU, patients' rights, patient mobility*

**Introduction.** Due to free movement of European citizens and patient mobility the demand for cross-border healthcare services has increased. Health care suppliers are reorienting their services to support the needs of cross-border patients thus stimulating the competitiveness and efficiency in the area of health care provision. As a response to the need to regulate cross-border health services European Parliament has accepted the Directive 2011/24/EU on the application of patients' rights in cross-border healthcare.

**Aim.** The aim of the study is to assess the implementation of the requirements of the Directive 2011/24/EU and evaluate the impact of the EU cross-border health care regulation on Latvian patient mobility. The study examines the impact of the following factors: implementation of the legal framework and regulation; obstacles preventing Latvian citizens from seeking health services abroad and awareness of Latvian health professionals the legal requirements for the cross-border care.

**Results.** Although the cross-border healthcare legal framework and National Contact point is established, the mobility of Latvian patients is below the EU average Total number of cross-border healthcare provision amounts to 594 cases per year: 92% of cases have been provided on the basis of EHIC card, and 8% of cases within the cross-border health care Directive framework. The main factors preventing Latvian citizens from cross-border health care are: the system of prior authorization for planned care services in connection with long waiting lists, fragmented information on the web page of National contact point (NHS) and huge disparities in health care service tariffs between Latvia and other countries. The awareness of health professionals of the provision is low. Only 11% of questioned doctors were aware of the application of the requirements of the Directive 2011/24/EU and 5% of the Regulation 883/04/EU. A few more were informed on the EHIC card, but majority of health care providers indicated their insufficient knowledge in this field.

**Conclusions.** The study reveals that the EU regulation on patients' rights in cross-border health care has not yet positively affected Latvian patients' rights for duly and accessible health care services including the possibility to obtain treatment in other Member States. Socio-economic factors and health system regulation at national level play a significant role in the employment of cross-border health care as an instrument.

## The Association between Socioeconomic Position and Perceived Health Status – a Decomposition Analysis of Health Inequalities in Latvia

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**Keywords:** *concentration index, decomposition, health-inequality, self-perceived health, socio-economic strata, Latvia*

**Introduction.** Studies have established the association between Socioeconomic position (SEP) and health status of the individual, but the relationship between SEP and population health is contextual.

**Objectives.** We examine health inequalities in Latvia and identify the determinants of SEP producing such health inequalities in Latvian population. We also estimate the proportional contribution of different socioeconomic strata SES related determinants in Latvian health inequalities and measure the changes in the relative contributions of such determinants over the period.

**Data and Methods.** Using the household survey data (2005–2015) of Central Statistical Bureau of Latvia, we construct principal component analysis based SES index. We use regression-based concentration index (CI) – our measure of health inequality, to examine the distribution of perceived health status, and finally, we identify and estimate the contribution of predictors of health inequalities by decomposing CI with Oaxaca-Blinder decomposition.

**Results.** Though SES related health inequalities have declined from 2005 (CI: 0.201) to 2015 (CI: 0.137), the differences in perceived health status between the worse off and the better-off is widened – the better-off Latvians enjoy better perceived health during the period. Apart from age, household income, working status and education are the major contributors of health inequalities between 2005 and 2015. The proportional contributions of education and working status have increased in 2015 compared to 2005, but the same for age has decreased during the same period.

**Conclusions.** Using survey data for a long period (2005–2015), this study has first produced such evidence on the relative contributions of socioeconomic predictors to suggest policy relevant measures in addressing Latvian health inequalities. We find a gradual increase in income inequality (a positive shift of Gini index), but the proportional contribution of household income is reduced over the period suggesting that the relative change in health inequalities cannot be fully explained with the change in income distribution. Further, though the aging effect is quite obvious in such study with long period of observations, the proportional contributions of age in Latvian health inequalities is reduced in 2015 compared to 2005. Overall, the contributors to health inequalities remained the same over time with a change in their relative contribution.

## Implementation of Competency Based Approach in Educating Health Care Specialists at Work with Older People

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**Keywords:** *competences, European core competences framework, professional activity, study process, elderly people*

**Introduction.** Old age starts at the age of 60 or 65. Aging of the population is an acute problem in the EU. According to ELLAN (European Later Life Active Network) project results it has been concluded that in Latvia youth's willingness to work with old people in health and social care is low. Health and social care specialists who work with elderly people and systematically provide direct and indirect professional care and support to people older than 65 and their families, giving care and support services in various environments, including preventive, supportive, disease management, recovering, palliative, short-term, and long-term care, require specific competences in order to understand and ensure elderly people's needs and care. Elderly people, especially frail old people could have problems that are inter-linked, for instance, with cognitive and functional limitations combined with psychosocial nuances of behaviour. In order to develop students' competences at work with elderly people – understanding and empathy, there is a need for the development of the study programme, thus ensuring the link between study courses and implementation of such academic goals that would promote emphatic and positive attitude and professional actions of the future specialists in clinical practice in the sphere of health and social care when dealing with elderly people.

**Aim.** To characterize acquisition process of the professional competences of future health care specialists that should be developed purposefully and applied when working with old people.

**Methodology.** Analysis of study course descriptions in the study programme “Nursing” based on the results of ELLAN project “European Core Competences Framework for health and social care professionals working with older people”.

**Results.** Based on ELLAN project research data and situation analyses at RSU, methodological guidelines have been worked out that provide possibilities of application of European Core Competences Framework for Health and Social Care Specialists Working with Older People during the study process of future health care specialists.

**Conclusions.** Integration of European Core Competences Framework into the study process can promote students' understanding and empathy in health care, thus enhancing purposeful development of cognitive, social, emotional, physical and practical skills at work with older people.

## Evaluation of Health Policy in Latvia

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**Keywords:** *healthcare policy, healthcare reforms, health policy planning, health care governance*

**Introduction.** Researchers, politicians, local and foreign experts as well as WHO all agree upon the need of Health care reforms in Latvia to improve inhabitants access to health care and provide sustainability of health care resources. In Latvia's case, important factors are – regional differences in urban and rural regions, high degree of income disparities, big proportion of people who are at the risk of poverty. During the last period (2008–2015) accessibility to health care has become worse – outpatient visits and number of hospitalised patients has decreased, but the number of emergency assistance has increased. The main reason for more than 50% of cases why patients did not get health care service when needed was “cannot afford it”. The total Death rate has increased, but the death of external causes has decreased, showing that death rate from various diseases has noticeably increased. The health reforms must be coherent with society needs and the main guidelines of healthcare policy – universal coverage and equity and has to be aimed at improvement of society's health.

**Aim.** The aim of the research was to evaluate the reforms and Health policy in Latvia according to society's needs, based on statistical indicators and health policy guidelines approved by WHO.

**Results.** According to publicly available sources, there is only one middle term planning document “Society health guidelines 2014–2020” where the aims to be reached and tasks to be set are described. But there is no short-term plan with the tasks that have to be done to reach the defined middle-term goals. There are no documents reflecting that priorities, declared by Health ministry, are coherent to society statistical indicators. The priorities that Health ministry is working on, are set based on previous special programmes and needs which have been loudest expressed in media, but not according to society's needs and courses of action described in middle-term document “Society health guidelines 2014–2020”. The other document on which proposed reforms are based is the government's declaration without detailed description on how these aims have to be achieved in accordance with health policy guidelines.

**Conclusions.** The main conclusion after research was that changes in health care system in Latvia are made on ‘ad hoc’ bases without strategic long-term plan defining tasks and metrics and impact assessment on society health. The reforms and changes that are made are without accordance to main values in WHO defined healthcare policy – universal coverage, equity in access, effective and efficient governance.

## Interest Group Impact on E-health Implementation in Latvia

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**Keywords:** *e-health, interest groups, health care reforms, change implementation in health care*

**Introduction.** Since 1991 different reforms in Latvia Health Care system have been made to change previously existed centralised system and create a new – modern, effective and accessible to citizens Health Care system.

Since 2005 citizen activity and engagement in political processes has been promoted to improve development of civil society not only by changes in law, but also providing different sources of funding available to NGO. Changes in Health policy and reforms, which are in accordance to Health policy guidelines and recommendations from international organizations, started in 2005 are still not implemented in Latvia. Significant obstacle observed during reform implementation process is activities that are performed by different Interest Groups.

Implementation of E-health (EHRS), which is developed according to international standards for EHRS, and will provide better access to patient health data records in treatment process and also

contribute to better effectiveness and governance – has been postponed several times, because of activities performed by Interest groups of Doctors in public media.

**Aim.** The aim was to conduct research on impact of Interest Group activities to E-health system implementation process in Latvia.

**Results.** According to research results, activities, that Interest Groups perform in Health care field in Latvia using lobbying methods and exert pressure through media are not oriented to improve health policy change implementations, but lead to new political initiatives, which are not in accordance to activities described in long term Health policy documents and guidelines, but are reactions to generated demand through media from Interest groups.

**Conclusions.** Interest group acting in Health Care field uses lobbying strategies and has significant impact on Health care policy development and implementation in Latvia. Although presence of Interest groups in political activities conforms to governance democracy, in Latvia's case Interest groups acting in Health care field do not cooperate with government to create policy that meets the needs of whole society, but acts just like disincentive to policy implementation. In absence of constructive cooperation among government and Interest groups acting in Health Care field, at a result implemented changes in health care system does not conform to long term development policy, but are chaotic changes, made according to lobbied demand without assessment how that changes will impact whole system and society.

## Legal Analysis of Systemic Investment Protection Regulation in the European Union's Financial Sector

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**Keywords:** *financial sector, European Union, investment protection*

**Introduction.** The European Union (EU) has a uniform competence for investment agreements within the common commercial policy. Political congruency faces increased difficulties because of interdependencies, procedures within the so-called Banking Union and unified policy arrangements for sustained investment. Several ex ante considerations have already been demonstrated by the author in relation to the conference "Society. Health. Welfare. 2014" to have perilous implications for unified policies. Therefore the merit for legal analysis lies in the common commercial policy interests for unified investment protection and the author suggests implementation of private law attributes for investment protection within a decentralized, but nevertheless congruent legal regulation.

**Aim.** The aim of the research is to determine the normative regulations and associated problems for the enforcement of EU law within the EU's financial sector for unified investment protection and to give an assessment of possible solutions, especially in relation to subsidiary investment protection capabilities within the EU.

**Results.** Using descriptive, logical and deductive methodology within an ex ante doctrinal analysis, the normative supervision of EU investment protection is evaluated in relation to the hypothesis that the centralization of investment protection centralizes volatility into a systemic risk for the whole EU. The unified investment legal protection can be achieved within a comprehensive framework according to existing member state judicial procedures.

**Conclusions.** The Treaty on the Functioning of the European Union has created a central, but legally unsophisticated investment protection mechanism by which foreign direct investment protection has to be related to individual mutual agreements. Investment protection can be legally eased with a unified code of conduct for use in member state legal practice, i. e., investments have been made before the EU had the exclusive competence for the common commercial policy, so member states have the mechanisms mostly in place already. Investment protection creates a legal trust when it is effective, yet the public policy measure has to be democratic, so a legal obligation for every member state to apply unified EU investment protection law procedures could create a homogenous systemic EU investment protection policy with the practical effectiveness of regional member state courts.



## Restricted Access to Health Care due to Financial Reasons in Latvia

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**Keywords:** *health care, access, vulnerable social groups, inequity*

**Introduction.** Out-of-pocket payment for health services is considered as one of the biggest problems of Latvian health system. Most vulnerable persons in this situation could be persons who need health services more – at older age, disabled and unemployed persons. Hypothesis about inequity of access to health care among vulnerable population groups in Latvia was tested in this analysis.

**Materials and Methods.** European Health Interview Survey 2014–2015 data on adult population of age above 15 was used as study material. Calculated multistage, stratified sample size consisted of 11340 persons. Acquired response rate was 66% (7455 persons). Non-response was normalized to the Latvian population by appropriate statistical weights. Statistical analysis was made by means of IBM SPSS 22 using set of descriptive statistics. Individual missing values and answers from substitutes (proxy answers) were excluded from analysis. Respondent's age was categorized in 7 age groups; income per a household member – in quintiles; economic activity – working, retired, disabled.

**Results.** 17% of respondents reported a case during the last 12 months of rejecting medical services (dentistry not included) due to financial reasons. Sorting out only those who needed services, proportion increased to 22.6% (males – 17.7%, females – 25.9%). In the population at the lowest quintile of income it reached 38.2%. Statistically significant (chi square test) relationship between rejecting of services and age groups was found: gr. 15–24 – 14.5%; gr. 25–34 – 13.2%; gr. 35–44 – 24.3%; gr. 45–54 – 25.4%; gr. 55–64 – 28.7%; gr. 64–74 – 26.6%; gr. 75+ – 21.6% showing increase beginning from the age group 35–44. For the retired persons due to age such case was reported by 27.4% of respondents, and for impaired and long term disabled persons – by 46.6%.

**Conclusions.** Limited access to health care due to financial reasons in Latvia remains as one of the most deteriorating social problems limiting sustainable development of the nation. Problems are related both for persons of working age and retired persons, but particularly concerning disabled and low income individuals.

## An Overview on Pedestrians Involved in Traffic Accidents in Latvia: Year 2010–2014

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**Keywords:** *pedestrian, road safety, road traffic accident, vulnerable road user*

**Introduction.** According to European Commission's data safety on Latvian roads has improved during recent years however the number of fatalities and casualties is still significantly higher in comparison with the situation in other countries. The Latvian national road accident statistics show that for vulnerable road users' the situation is critical, since more than one quarter of road traffic accidents involves pedestrians.

**Aim.** In order to gain detailed knowledge of the severity of these accidents and the relationship between injuries and its circumstances, data of injury typology, severity and causation, such as demographical characteristics and crash circumstances, including weather condition and typology of road were analyzed.

**Results.** 5030 road traffic accidents involving pedestrians are analyzed taking data from statistical database of road safety accidents and consequences in Latvia for the years 2010 to 2014. The annual rate of injured pedestrians has not changed significantly over the period. Of the total number of traffic accidents with involved pedestrians 92.4% were with injuries, 6.8% lethal cases and others – without injuries. Out of all lethal accidents 37.7% occurred during winter period, 56.1% in adverse weather (overcast, fog, rain or snow) and 26.9% at weekends. Out of all accidents 55.3% occurred in the capital city Riga. Fatality rate was higher for main state roads and 69.9% of lethal cases occur during twilight or darkness, while 42.4% of pedestrians were involved in accidents during this time of day. Of the total number of pedestrians involved in road traffic accidents 8.1% were found to have alcohol in their blood just after the road traffic accident. Fatality rate was higher for those with exceeded BAC.

**Conclusions.** Pedestrian injury risk was associated with demographical and traffic-related factors, urbanization, visibility and seasonal patterns. It should be noted that the study has some limitations. Protocols on accident conditions were reported incomplete, which means there was missing data in the total numbers. Certainly, the effort of data collection is an ongoing challenge and in the future could be combined with more detailed analysis using additional data to emphasize the pedestrians' safety.

## Young People's Health Literacy on Health Promotion as Social Determinant of Health: Challenges for Health Education Practice in Lithuania

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**Keywords:** *health literacy, health promotion, young people, Lithuania*

**Introduction.** Synthesis of theory, research, and practice show that education leads to better health through individuals' increased health knowledge and healthy behaviours. Health literacy is put forward as the central mediator between education and health. As defined by K. Sørensen et al. (2012), health literacy is "people's knowledge, motivation and competences to access, understanding, appraise, and apply health information in order to make judgments and take decisions in everyday life concerning healthcare, disease prevention and health promotion to maintain or improve quality of life during the life course". The research by foreign scientists has shown a strong association between health literacy and health outcomes (Sentell et al., 2014; Mottus et al., 2014). However, there is a lack of sufficient research in Lithuania. Thus the aim of the study is to identify the levels of health literacy on health promotion among young people from Lithuania.

**Methods.** The anonymous questionnaire survey was carried out during 2014/2015. A total of 842 young people (aged 18–29) participated in survey. Health literacy was measured using an HLS-EU – Q-47 questionnaire (HLS-EU consortium, 2012). Health literacy index scores were standardized on a metric scale between 0 and 50. Four levels of health literacy were distinguished: inadequate (0–25), problematic (> 25–33), sufficient (> 33–42) and excellent (> 42–50).

**Results.** The results from the research study indicate that 48.3% of young people had sufficient or excellent ability to seek, find and obtain information on determinants of health. A half of young people have had sufficient or excellent ability to comprehend information on determinants of health and derive meaning. The research studies suggest that even 74.8% of young people had sufficient or excellent ability to interpret, filter, judge, and evaluate information on determinants of health. But only 39% of young people had sufficient or excellent ability to communicate and use information on determinants of health to make informed decisions.

**Conclusions.** Having generalised the research results, it is possible to consider that a half of Lithuanian young people have sufficient or excellent health literacy on health promotion, which is essential in maintaining good health and improving the quality of life. These findings are important evidence that health education should become a priority area at all levels of educational process at every stage of the life: from childhood through adulthood.

## Down Syndrome – a Challenge for Latvian Health Care and Education System

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**Keywords:** *down syndrome, social integration, mental disability*

**Introduction.** Down syndrome (DS) is a quite common genetic disorder. In 18 years, 473 DS children were born in Latvia. Even though the prenatal diagnostics is available, the screening is not used sufficiently in the cases of high risk pregnancies. Screening tests are not reliable enough, but NIPT (Non Invasive Prenatal Test) is expensive.

**Aim.** To assess the impact of environmental quality (family and extra-familial care) on the child's development, level of independence and quality of life; to study the range of services for DS patients, their efficiency and availability; to identify the optimal early support system, which provides the best quality of life for the child and family and will reduce the risk of institutionalization .

**Results.** Families and specialists were surveyed. The average age of children was 10. Children had ended up in the institution due to their health problems, which indicates indirectly to the insufficient early support for the family. Among the children growing up in families, there are the ones who are integrated into the general education system, the children growing up in institutions receive special education. Portage System and the Montessori Method play an important role in education. Health problems were controlled enough among patients. All patients showed either moderate or severe mental retardation cognitive problems, affecting speech, reading, writing and mathematical thinking. For information, these families most often use the internet resources and other parents' experiences, whereas the institution staff use only the information provided by medical and social workers. Financial support for the family is insufficient to cover one child's needs in the institution, and does not provide adequate rehabilitation services.

**Conclusions.** The environment (family / institution, available resources, and rehabilitation services) where the child grows up after the birth, determines both their quality of life and level of independence development. If the somatic problem solving path is clear, then social integration needs to be improved. Support of inter-professional teams for the families would be necessary both immediately after the diagnosis statement and in their home, in order to ensure a more favourable family environment and to reduce the risk of institutionalization. Regardless of the potentially higher early intensive rehabilitation costs, in the long run we can predict that it will provide an economic effect on the state and improve the patient and their family's quality of life.

## Social Entrepreneurship – Support Resource in Deinstitutionalization Process in Municipalities

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**Keywords:** *employment, social entrepreneurship, de-institutionalization*

**Introduction.** Long-term social care as a social care service remains topical in society as there is still a high demand for it. This is determined by several factors, among which the most important include the increase in the number of people with disabilities, as well as the deficit of care services in local governments. In turn, with deinstitutionalization process becoming more and more topical, which requires municipalities to develop community-based, continuous and individual social services according to clients needs, it is necessary to think about the mobilization of existing resources and resources to be developed on state and municipal levels.

**Aim.** The aim of the first phase of the study is – to find out the opinion of local self-government representatives and experts on social entrepreneurship as a support to resource development opportunities in the municipalities to ensure de-institutionalization process.

**Results.** Discussions in the focus group raised a number of key issues – current social entrepreneurship development stage and the de-institutionalization in the represented municipalities of Vidzeme region and the country as a whole, as well as the analysis of social business opportunities and strengths, weaknesses obstacles, and threats. The target group to be integrated in the society during the deinstitutionalization process are the clients of state social care centres / I, Level II / and people with disabilities who are currently living in the community, including persons with mental disorders. After analysis of both the process of deinstitutionalization as well as strengths, weaknesses and risks of the social entrepreneurship as a resource, the focus group came to a common conclusion that: this target group needs an appropriate and supportive environment; successful integration of these people into society depends not only on personal motivation, but also on the physical and emotional environment which people enter and live in. The possible results were modelled and the priorities were defined: to make group apartments according to the needs of such people where they would feel independent enough, at the same time providing support if necessary (security); to develop specialized workshops, where it is possible to acquire skills needed for work environment (knowledge and skills) to adopt nearby and more distant workplaces (farms, Ltd., etc.) by trained and understanding management and staff (self-realization).

**Conclusions.** Currently, in Latvia, social entrepreneurship is weak, it does not have a clear legal framework and, in spite of the potential risks, it has great potential to positively contribute to the process of deinstitutionalization in Latvia.

## Evaluation of the Servitudes of Right of Way Established by Administrative Acts

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**Keywords:** *servitude of right of way, land reform, ownership rights*

**Introduction.** The right to own a property is stipulated in the Article 105 of the Constitution of the Republic of Latvia. However, in accordance with the Article 928 of the Civil Law, the ownership may be restricted both by private intent and by law. One of the restrictions of ownership rights is the servitude of right of way which is established by law, a contract, a court judgement, or a will. During the land reform, the State Forest Service, land commissions, and municipalities had the legal basis to establish the servitude of right of way also by an administrative act, taking a corresponding decision. However, many decisions were insufficient and legally incorrect. As a result, today the servitudes of right of way established by the administrative acts during the period of the land reform do not fulfil their purpose and cause a number of legal and practical problems both to owners of immovable property and to state institutions. In order to explore these problems, referring to the Article 7 of the Paragraph 105 of the protocol resolution No.56 of the Cabinet of Ministers from 29 October 2013, the Ministry for Environmental Protection and Regional Development in cooperation with the Ministry for Transport, the Ministry for Justice, and the Ministry for Agriculture issued the Conceptual Report 'On the Problems Occurred in Relation with the Servitudes of Right of Way Established during the Land Reform and Their Possible Solutions' (hereinafter – the Conceptual Report).

**Aim and Methods.** The aim of the research is to analyse the problems related to the servitudes of right of way established by the administrative acts during the land reform and to conclude whether the solutions offered by the Conceptual Report can be implemented in practice and give desirable effect, as well as to provide personal opinion on elimination of the existing problems. The research has been conducted by using the descriptive and analytical methods.

**Results.** Having conducted the research, the author states that:

- 1) the purpose of the servitude of right of way is to benefit the dominant immovable property. However, now there many servitudes of right of way which do not fulfil their purpose in Latvia. Moreover, there is no regulation how to eliminate such imperfections;
- 2) the stability and efficiency of the legal base in the field of ownership rights in Latvia is endangered because of both the problems caused by the enactments regulating the land reform and the influence of globalisation. Because the legislators are unable to adjust and adapt quickly the legal system to fast development of economic, social, technological and political processes and to elimination of the past mistakes;
- 3) despite the fact that the problems related to the servitudes of right of way established during the land reform could be detected and even eliminated in the beginning of the land reform, the process of solving the problems on the state level began only in the end of the reform;
- 4) the Conceptual Report provides several solutions for the detected problem, however, the negative risks are mentioned as well, which, in author's opinion, endangers further implementation of the Conception.

**Conclusions.** While developing policy planning documentation and regulatory enactments for elimination of problems caused by the servitudes of right of way established during the land reform, the legislators should:

- 1) analyse whether the developed regulation will allow achieving the legislative aim mentioned in the legal provision;
- 2) refer to general legal principles. Author considers that the legislator's decision would be against justice and good faith if the servitude of right of way was determined as common use way only because it is faster and cheaper than alienation of immovable property for the needs of society;
- 3) take into consideration the interests of the property owner, avoiding delegation to immovable property owners the responsibility for mistakes made by the state institutions in the past.

## An Assessment of Social Worker's Casework Performance

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**Keywords:** *work performance; social casework*

**Introduction.** Performance concept has an important role in social work effectiveness and quality assessment, as well as in work organization improvement and adjustment process. Certainly it is not easy to define and evaluate performance in social work because the result often is not clear – cut as professionals work in the “person-person” (“social worker – client”) system, which is influenced by external and internal factors. Research in social work performance reveals strengths and weaknesses of the practice and creates opportunities for their reduction and assessment.

**Aim.** To study the connection between the workload of social worker's casework and their performance.

**Results.** The research was conducted in Riga Social Service territorial centres, as respondents involving territorial center senior social workers (10 interviews), casework social workers (86 questionnaires) and their clients (70 questionnaires). According to social workers, their work performance is negatively impacted primarily by the documentation overload and clients' lack of motivation, as well as overload of responsibilities and lack of workers, staff turnover, psycho-emotional overload, lack of recourses and unsatisfactory salary etc. Whereas work performance is positively affected by colleagues and management support, team environment, availability of resources, client's motivation to solve the problems, professional competence, optimal number of cases, etc. According to social workers point of view, their casework performance can be improved by several factors, among them are workload optimization, reduction of documenting, sufficient number of social workers in the institution, higher resource availability, motivation system for social workers, professional development and burnout prevention etc.

Client questionnaires revealed that the majority of clients are satisfied / rather satisfied with the results of collaboration with social workers. Satisfaction correlates with client's views about the level of social worker interest in client's situation improvement and amount of time that social worker has invested. During the interviews senior social workers expressed point of view that the result of social work cannot always be predictable and measurable, because client's problems are different. Respondents drew attention to client's level of motivation and to the social worker's workload, which, according to respondents, is closely connected with the performance. From respondents' perspective, overload and additional responsibilities appreciably affect casework performance. Excessive workload disrupts higher performance level. This is an essential hinder factor of work performance. Social work performance is inextricably connected with both worker and client personality and character.

**Conclusions.** Social work should be developed, it is necessary to clarify and create a system of evaluation and improvement of professional work performance. This certainly will affect in a positive way social work organization and management quality.



## Public Broadcasting of Copyrighted Materials and Objects of Related Rights

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It is undeniably important for each country to promote protection of copyrights in its territory. Simultaneously, each country must define very clearly for what types of works persons are obliged to pay copyright compensation fees. Uncertainties in legislation may lead to wrong interpretation of legal norms and subsequent results. During the recent years, the public has experienced extensive discussions about the double compensation system, i. e., fees for material broadcasting and fees for its public performance, without having to pay royalties, as well as disproportionate fines for copyright and related rights. The problem became particularly acute, and to address this, the Latvian Parliament adopted amendments to the Copyright Act. Regardless of the amendments, collective material rights management organisations continue to collect royalties for public performances which are performed both in commercial and non-commercial purposes.

Analyses of the development of public broadcasting legislation show that until May 11, 1993 authors only had the rights to allow or prohibit public performance of their works. Along with passing of the "Copyright and Related Rights" Act, such rights were given to subjects of the related rights. The same act also included definition of the first public performance. In order to achieve a wider protection of copyrights and related rights, the "Copyright Act" was adopted on April 6, 2000. The wording of the Act has changed several times, but basis of the definition of public performance has remained intact and includes the expression "outside of the usual family circle". Since neither the glossary of Latvian language, nor any other legislation or case – law defines what the usual family circle is, one must assume its definition as provided in §214 of Civil code, which states that to the narrower sense of the family one must count the spouses and their children.

Considering the fact that it was not completely clear for the general public in which cases of public performance it is necessary to have a license and in which not, the definition of public performance was amended in the Copyright Act, altering the phrase "outside of the usual family circle" with "which is intended for multiple society members which are neither personally connected to the operator of the performance / broadcast, nor mutually interrelated". Although Latvian legislation does not provide a more detailed explanation of the new definition of public performance, collective material rights management organisations have adopted their own interpretation.

## The Role of Cultural Involvement of Patients for Their Social Welfare

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**Keywords:** *quality of life, social welfare, health, cultural involvement*

**Introduction.** Research concentrates on how non-medical factors influence health and well-being, quality of life of patients (QoL). Cultural involvement takes a significant role on QoL as culture is an important domain for health and QoL simultaneously. Paper analyzes the possible connection between culture and health, and, attendance of patients the cultural events as one of the important dimensions of QoL. Research is based on social project "Cultural prescription", organized by public cultural institution "Mokytojų namai" (Eng. Teacher's House) in Vilnius and dedicated to Outpatient Clinic "Centro poliklinika" (Vilnius) patients, who were suffering from chronic disease to improve their QoL.

The project involved participants receiving invitation cards from doctors – “Cultural Prescription” – to a cultural event or institution apart from their regular prescription for medicine. Paper presents analysis of the approach of Lithuanian health care practitioners to the role of cultural involvement of patients for their QoL. The empiric data was collected by applying a semi-structured interview method.

**Aim.** The aim of the paper is to explore the possibilities of innovative social measures to increase social-cultural engagement of patients suffering from chronic disease and to contribute to their well-being.

**Results.** A solid number of cultural prescriptions were prescribed (3420 units) which shows health care practitioners' determination to this social project. Analysis of the data revealed that health care practitioners associated participation of patients in cultural events with art therapy. It shows that health care system is the one that needs to be convinced about the worth of combining complex forces. Attitude and enthusiasm to prescribe participation in cultural activity depended on personal experience and interest of doctors or their low motivation. Overall outcomes: positive emotional (for both participating parties); social (reducing social isolation of patients); financial (linking possibility to attend cultural events and save money).

**Conclusions.** We found out that the prescribed culture plays a role in patient's social life and increases their social welfare, though the findings suggest that health care practitioners do not deny benefits of attending culture, but also do not recognize it as capable to have medical significance. Generally they have a positive attitude toward this particular initiative for their patients. Results of the project were presented at the stakeholder's conference.

## Development of a Blended Approach Music Therapy Intervention to Address Social and Emotional Functioning of Female Cancer Patients: a Pilot Study

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**Keywords:** *music therapy, psycho-social rehabilitation, cancer patients, e-intervention, blended approach intervention*

**Introduction.** Cancer survivors are in need for psycho-social rehabilitation to be able to return to life as normal as possible, and music therapy can be effective to address personal and social outcomes of rehabilitation. Web-based intervention has the advantage of higher accessibility whereas lack of face-to-face contact with a therapist is a disadvantage resulting in lower adherence rates. In order to utilize the best features of the two approaches, authors are on their way for development of a blended approach music therapy intervention where face-to-face contacts are combined and partly replaced by web-based activities. The ultimate objective of the study is to investigate the immediate, short – and long-term effectiveness of the blended music therapy intervention compared to usual care.

**Aim.** To provide with reflection on process and results of the pilot stage of the development of a blended approach music therapy intervention.

**Results.** A single case study with 65 years old breast cancer survivor undergoing several e-based and face-to-face interventions regarding contents / therapeutic approach and mode of delivery is examined. Preliminary results for contents / therapeutic approach section show better response for cognitive-behavioural therapy based active and receptive music therapy activities as well as mindfulness based e-interventions where combination of relaxing sounds (nature sounds, so called world music), nature-based visual elements and relaxing breathing takes place. A greater confidence is shown when e-interventions are operated by the researcher, which is due to insufficient computer literacy characteristic to population of the participant's age.

**Conclusions.** Pilot study serves as a valuable source for tailoring the e-based as well as face-to-face interventions.

## Crosscultural Communication and Its Special Features in Multinational Ship Crew

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**Keywords:** *cross-cultural communication, ship crew, safety*

**Introduction.** The world's commercial fleet today is dominated by multinational ship crews that face many cross-cultural communication issues. Multinational ship crews' daily work is based on the International Maritime organization – IMO regulations (resolution about the English language as the official working language, the International Safety Management (ISM) Code, the International Convention on Standards of Training, Certification and Watchkeeping (STCW)). Research shows that communication on ships is diverse and seafarers should manage number of areas of expertise, especially linguistically because multinational ship crews can come across different forms of English dialects.

**Aim.** The study aims to analyse the multinational ship's crew management and collaboration features, to develop proposals for professional activity improvement for multinational ship's crew. Nowadays ships are technologically advanced engineering structures however about 80% of maritime accidents are related to human factors, most commonly caused by communication errors.

**Results.** The study was carried out in Latvian seafarers crewing company BGI (Baltic Group International) and Latvian Maritime Academy (LMA). More than 140 seamen were interviewed. 66% of the respondents indicated that they have experienced communication problems on the board. 90% of respondents pointed out the difficulties of communication on work issues, while 80% of respondents mentioned communication problems outside working hours, which can lead to social exclusion of seafarers, stress and threat to maritime safety. The survey results showed that there is a need to expand the English language learning course, including in it English dialects and a separate course on seafarers' national traditions.

**Conclusions.** Multinational ship crews' communication specifics are related to English dialects and body language use, both at work and in everyday life. There have been cases of discrimination, most often in everyday life on board. At the same time, both sailors and researchers indicate that multinational working groups are more motivated fulfilling their job duties, which allows shipping companies to reduce the cost of work of the ship's crew.

In order to improve the situation of multinational ship crews, it is necessary to improve trainings for seafarers including mandatory model course "Multinational ship crews communication model and its basic elements," with variable content that is adapted to current trends in shipping. When organizing emergency drills it is necessary to include the assessment of the effectiveness of communication. Leisure activities on board with multinational crews will have to include cross-cultural awareness that will reduce stereotyping and discrimination cases.

## Psychosocial Factors and Cognitive Functioning of Patients, Undergoing Cardiac Surgery

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**Keywords:** *rehabilitation, cognitive function, psychosocial factor, cardiac patient, CABG*

**Introduction.** Cardiac patients frequently experience complications in the area of cognitive functioning as a result of serious cardiac surgeries, including coronary artery bypass grafting (CABG). Recent studies have shown a wide range of cognitive disorders accompanying cardiac surgery. However, the underlying mechanism leading to cognitive decline, clinical and psychological factors of cognitive complications are still unclear.

**Aim.** We aim at analyzing psychosocial factors of the dynamics of cognitive functions of patients with coronary heart disease (CHD) undergoing CABG. The present study enrolled 118 patients (of average age  $59.71 \pm 7.32$  years) who underwent coronary artery bypass grafting. The examination using a neuropsychological test battery (including WAIS, TMT – test, Stroop test, TAS, Benton test, etc.) was performed in three stages: two days before CABG, 12–14 days and three months after the surgery.

**Results.** Patients with CHD experience significant postoperative cognitive decline mostly in verbal memory and attention, while positive dynamics was observed in the visual and logical memory, as well as in spatial and verbal logical thinking. A significant cognitive improvement three months after the operation occurred in visual memory, logical memory, and spatial thinking. According to the results of the study, the most important psychosocial factors of deterioration of cognitive functioning after surgery are: conflicts in family relationships, low social activity after surgery, a lower level of education, unemployment, and the pessimistic assessment of the prospects of returning to work.

**Conclusions.** The data obtained confirm and extend the hypothesis of cognitive reserve (Stern Y., 2003), according to which environmental factors can reduce the vulnerability of individuals to the age-related cognitive decline and pathological brain processes. The results obtained allow us to develop evidence-based recommendations for the rehabilitation of patients undergoing cardiac surgery. These recommendations should be primarily aimed at achieving maximum efficiency of the rehabilitation process, improving indicators of ability to work and quality of life of the patients.

## Geriatric Women's Compliance to Antihypertensive Pharmacotherapy in the Liepaja and its Region

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**Keywords:** *arterial hypertension, compliance, medication, geriatric woman*

**Introduction.** High blood pressure is an important risk factor for development of cardiovascular diseases. Over 60 years, 75% of the population have been suffering from hypertension (Ērglis, 2010, as referred Tereņina, 2013). Arterial hypertension is a chronic disease that requires active patient's participation in the treatment process. This is particularly important in the context of patient's use of medication. The success of the treatment is ensured by patient's compliance and the ability to control the use of medication. Geriatric patients do that 1.5–2 times less than other patients (Zaļkalns, 2013).

**Aim.** To assess geriatric women's compliance with the arterial hypertension medication therapy.

**Methods.** Questionnaire developed by the study authors.

**Results.** The study included 120 female patients ( $n = 120$ ) with primary arterial hypertension aged 65 to 102 years (mean 74 years ( $SD \pm 7.5$ )) from Liepaja (62.5%) and its region (37.5%).

Theoretically, 84.2% of respondents believe that the use of pharmacotherapy must comply with all doctor's instructions, but in practice only 63.3% patients daily use antihypertensive pharmacotherapy prescribed by the doctor.

Important factors for successful medical treatment outcomes are – whether and how often patients are educated, as well as how they are educated. Most of the patients (50.8%) recognize that education occurs only in situations when they ask for that. Patients say that educational process is slow and not clearly understandable (55.8%). In 80.8% of the cases as the primary educator was noted the doctor, only in 10% of cases the patient's educator was a nurse.

Using a seven-question block for the determination of antihypertensive pharmacotherapy compliance level ( $\alpha = 0.73$ ), only 39.2% of respondents found a high level of compliance. Determining the relationship between doctor's instructions and the level of compliance it shows that there is a marginal positive correlation ( $r_s = 0.315$ ,  $p = 0.000$ ).

**Conclusions.** High level of compliance was claimed by 39.2% of the surveyed respondents, but medium and low compliance levels were recognized in 60.8% of cases.

In the view of the patients regular medication schedule can be affected by three essential factors – not disease symptoms, medication costs and bad understanding of the medication scheme.

Research participants socially-demographic breakdown of pharmacotherapy and compliance criteria are variable, which gives more opportunity of problems in general inspection and analysis. The relationship between the tightness of the square of the Pearson product moment correlation coefficient for the categories referred to did not have statistically significant correlation.

## The Quality of Life and Intelligence of Young Adults with Non-specific Childhood Brain Damage

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**Keywords:** *quality of life, intelligence, long-term outcomes of brain injury*

**Introduction.** Many previous studies of short – and long-term cognitive impairments following brain injury have focused on extremely severely injured patients. However, little is known about the impact of acquired brain injury on the long-term level of intelligence (IQ) and quality-of-life (QoL) in young adults.

**Aim.** In this study, we examined the social and academic factors that play role in adjustment for long-term outcomes of brain injury and related cognitive impairments and determine the QoL and IQ in young adults with non-specific early-childhood brain damage.

**Methods.** 32 young men aged 18–25 with a history of early childhood-onset (age of 1–3) of non-specific brain injury participated in the study. Data was gathered from multiple sources (medical records, psychological assessment, participant observation, and interviews). The subjects' quality-of-life was measured by the Personal and Social Performance Scale (PSP). In addition, each subject was administered the Wechsler Adult Intelligence Scale (WAIS).

**Results.** Strong correlation between full scale IQ, verbal IQ especially, and QoL has been observed. The most significant factors for QoL were the educational level of parents, type of school education, and a wide friendship network. However, socio-economic status of the family, the family composition during childhood and youth, presence or absence of siblings were not so important. It should be noted that, the effect of social and academic factors had lower values for subjects with lower IQ ( $> 80$ ); that is definitely associated with more severe consequences of brain injury.

**Conclusions.** These results indicate that some young adults with non-specific early-childhood brain damage, enjoyed advantages in practically all aspects of QoL, given the social and educational support. At the same time, our findings highlight the integral role of intelligence in determining social and academic factors. These findings have implications for prognosis, rehabilitation recommendations, and long-term management planning.

## Insight into the Political and Social Situations

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**Keywords:** *refugees in Germany, welcome culture and projects at the catholic university Mainz*

**Introduction.** In 2015 the general situation of refugees in Germany has worsened drastically. As a reaction to this new situation, multiple changes in the work with refugees and asylum seekers have been made by the German legislation. In the first nine months of 2016, there have been 643,211 new appliances for asylum in total. In comparison to the whole previous year, this means a raise of 201,312 new appliances for asylum in Germany. People qualify as asylum seekers in Germany, if they are pursued because of their political views, race, gender and religion as stated in article 16a of the German constitution. As a result, there is a special protection for refugees. It is only effective, if people qualify as proper asylum seekers. If they leave their country because of economical or financial reasons, they do not have the right of special protection. There are other requirements for an accurate application for asylum. If these requirements are not fulfilled, the applicant is going to be deported. The time people are allowed to be in Germany for, is based on multiple reasons. For example: if you qualify as a properly accepted refugee or asylum seeker, you are allowed to stay for three years. In that time your application is processed. If the application for asylum is accepted, there are multiple measures to help with integration. Especially for young people with limited knowledge of the German language and without an acknowledged professional training, integration can be a problem. Therefore, the Catholic University of Applied Sciences Mainz has developed a special project called "Welcome – Studierende engagieren sich für Flüchtlinge" (students get involved with refugees). This project's aim is to give young refugees the opportunity to get to know the life and studies at a German university. Especially for this reason, the Catholic University of Applied Sciences Mainz has arranged a new course of studies called "social sciences migration and integration".

**Aim.** In our presentation we would like to present the different requirements for asylum seekers more closely and show the new concepts at our university.

**Results.** We would like to pick 'how the German policy of refugees faces the current challenges' out as the central theme. So you can get an insight into the fundamental information. Furthermore we want to present the projects at our university.

**Conclusions.** Complex Challenges need individual help and the empowerment of all members of society. Projects for students are also needed. There is the need of a discussion in between the students of Europe on this conference.



## Trends of Health Behaviours among School-aged Children in Latvia from 1994 to 2014

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**Keywords:** *health behaviours, adolescents, trends*

**Introduction.** Adolescents have been comparatively recently recognized as a separate target group for public health and health promotion interventions calling for evidence-based health information to develop, monitor and evaluate adolescent public health policies.

**Aim.** To explore the trends of health behaviours of adolescents in schools in Latvia using the data of Health Behaviour Study in School-aged Children in Latvia from 1994 to 2014.

**Results.** From 1994 to 2010 the prevalence of smoking and alcohol use among adolescents had been increasing or reaching the phase of plateauing; however, in the last survey cycle (2014) the prevalence of weekly smoking, alcohol consumption and drunkenness had decreased twice in comparison with the survey in 2010. The decreasing trend was observed for both genders and all age groups. The proportion of adolescents meeting guidelines of sufficient daily moderate-to-vigorous physical activity (at least 60 minutes per day) had decreased for both genders. Although the percentage of adolescents watching TV for four or more hours per day had decreased, there was a significant increasing trend of using electronic media and the internet at least three hours per day. In general, the proportion of those adolescents having a daily breakfast at home on weekdays had decreased from 74.5% in 2002 to 62.4% in 2014. Although decreasing trend is similar to both genders, the proportion of girls eating daily breakfast was significantly lower. There were no significant changes in daily eating of fruit and vegetables. A total of only about 25% of adolescents report daily fruit and vegetables consumption; the proportion is higher among girls. However, since 2002 there was significantly decreasing trend of daily soft drink consumption for both genders from 15.6% to 6.4%. The proportion of adolescents reporting being on diet in order to lose their weight had been increasing from 7.3% in 2002 to 17.6% in 2014; the proportion of those for girls was almost twice than for boys.

**Conclusions.** Data shows that over the last 20 years important changes in adolescent health-related behaviours in Latvia have occurred. Some positive changes can be explained by effectively implemented smoking and alcohol restriction policies. New approaches to improve physical activity and healthy eating habits should be considered and applied. Overall, there are significant differences in age and gender groups for health behaviours among adolescents which should be taken into account developing health promotion policies within broader social context of adolescent health and social well-being.

## Development and Validation of Instrument for Screening of Psychosocial Risk Factors and Attitudes towards Psychological Help for the Statutory Officers

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**Keywords:** *instrument, psychosocial, stress, officers, interventions*

**Introduction.** In 2013–2014 Mental health promotion at work for the officers in the internal affairs system was developed. One of the elements of the program was a screening instrument for the psychosocial risk factors, subjective health, stress and attitudes towards psychological intervention. It was developed interactively through a process of meetings and discussions with the experts within internal affairs system. There is strong stigma associated with mental health issues and help – seeking

behaviour, which makes it more difficult to provide timely assistance to officers in need for psychological interventions. There is a demand for non-stigmatising way to identify intervention needs within a workplace and among individual officers.

**Aim.** Develop and assess validity of constructs of a screening instrument for the psychosocial risk factors, stress and attitudes towards psychological help for the statutory officers.

**Methods.** Description of the development process was carried out, including limitations of the screening instrument and conditions for conducting pilot projects. Target populations: police officers and fire-fighters. Statistical analysis involved calculations Cronbach alfa and factor analysis. Statistical significance  $p < 0.05$ .

**Results.** Statistical analysis revealed acceptable levels of Cronbach alfa = 0.59 for the total instrument, while alfa for the specific scales was higher: psychosocial risk factors alfa = 0.69; Reeder scale alfa = 0.72; subjective health assessment alfa = 0.87 and attitudes towards the need of the psychological help alfa = 0.69. Factor analysis confirmed 5 valid scales.

**Conclusions.** Stigma attached to mental problems prompts the need for discreet indicators and instruments to identify clients who could benefit from psychological interventions in this otherwise very healthy group. The proposed instrument provides the needed information, without triggering specific health interventions and indicating potential pathways to improve access to mental health promotion services at work for statutory officers.

## Self-rated Health, Adjustment Related to Mortality of Participants in 40 Years Follow-up Study

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**Keywords:** *preventive programmes, survival, long-term follow-up, psychological risk factors*

**Introduction.** In early seventies WHO following systemic approach to health and IHD prevention implemented methodological Kaunas–Rotterdam intervention study – KRIS, including large psychosocial sub programme containing methods for investigation the role of psychological-behavioural risk factors in prevention of IHD (1972). Using KRIS methodology a large scale Nationwide trial for prevention of heart diseases and stroke was developed (1976).

**Results.** 20-year follow-up was widely publicised, implemented in medical practice and used for initiation of health psychology in Master's study programme in Vytautas Magnus University (1998). Present analysis is performed with retrospective data gathered in health screening (1976) by using clinical scales of MMPI, relating it to survival of participants in long term follow up to 2014.

**Aim.** To disclose the relationship of psychological problems of health (adjustment) in middle-aged men assessed by clinical scales of MMPI in 1976 in long term follow up until 2014.

**Results.** Within the frame of psychological sub-study of epidemiological programme in laboratory of medical psychology, Institute of Cardiology, 3459 men aged 40–59 were investigated by MMPI adopted within KRIS study. Cases of death were registered according to ICD-10 in department of epidemiology. Statistical analysis was performed by using contingency tables,  $\chi^2$ , Kaplan-Mayer survival curves. The average of scores of clinical scales of survivors (N 1231) had a tendency to be lower than within the group of deceased (N 2228) until 2014 regardless the age. Deaths of non-communicable diseases (N 259) were characterized by increased average scores on scales: 1Hs, 2D, 3Hy. Those who died because of traumas (N 139) had increased scales' scores: 4Pd, 8Sc, 9Ma. Kaplan-Mayer survival curves confirmed better survival for those with lower scores on scales F, 1Hs, 3Hy, 4Pd, 5Mfm, 8Sc, 9Ma. Different patterns of MMPI scales related to survival were found in groups deceased of cancer or IHD.

**Conclusions.** The long term follow up data confirmed relationship between psychological problems (adjustment) assessed by MMPI clinical scales and survival of middle-aged men, participants in preventive programme, – those having less health and psychological adjustment problems had better prognosis for survival.

## Changes in Suicidal Ideation and Self-rated Health in Depressive or Schizophrenic Patients during Hospital Treatment

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**Introduction.** It is well established that suicide rates among patients with mental disorders (WHO) are higher. Suicidal ideation is counted as diagnostic symptom of clinical depression.

**Aim.** To disclose the changes in suicidal ideation, symptoms of disordered mood and self-reported health assessment in patients with depression or schizophrenia during hospital treatment.

**Methods.** The investigation was conducted in psychiatric department of Kaunas regional hospital by using the semi-structured clinical interview including 3 items on suicidal ideation over the past two weeks, 23 written items forming three scales of self-rated health (Cr.  $\alpha$  – 0.8), and three items for evaluation of self-rated clinical symptoms of depression (lack of energy, sadness and loss of interests). Procedure was used twice: on admission and on discharge from hospital with 28 males and 99 females, ill with depression (ICD – 10 codes: F32–F33) and 36 males and 62 females ill with schizophrenia (F20–F25). Mean age of patients was  $47.8 \pm 12.9$  years. Contingency tables and  $\chi^2$  were calculated, level of statistical significance  $p < 0.05$  was used. Investigation was approved by local ethical committee.

**Results.** At the time of initial investigation out of 127 depressive patients, reported having suicidal thoughts (85%), intentions (66.9%), attempts (45.7%), which changed at the time of discharge from hospital as follows – 60.6%, 0.0%, 0.0% ( $p < 0.001$ ). Out of 98 patients with schizophrenia suicidal thoughts were expressed by 39.8%, intentions – 66.9% and attempts 23.5% with consequent changes on discharge to 28.6, 0.0%, 1.0% ( $p < 0.0001$ ). Changes in suicidal ideation during hospital treatment were accompanied by parallel changes in self-reported health ( $p < 0.001$ ) and symptoms of depression as lack of energy, sadness and loss of interest, ( $p < 0.001$ ). The significant correlations between self-reported health, symptoms of depression and signs of suicidal ideation was established ( $p < 0.001$ ).

### Conclusions.

1. In the sample of depressive or schizophrenic patients undergoing hospital treatment, significant changes of reported intentions and attempts of suicide occurred on discharge.
2. Thoughts about suicide did not change in 60.6 percent of depressive and 28.6 percent of schizophrenic patients.
3. Depressive symptoms on discharge lost their intensity but not recovered to euthymic level.
4. Self-rated health of patients improved substantially, but not to the level supposed to be comfortable at the end of treatment

## The Principle of Good Legislation – Some Aspects of Annotation of the Draft Law Concerning Impact on National Economy

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**Keywords:** *the principle of good legislation, legislation process, annotation of the legal act, impact on national economy*

**Introduction.** Thanks to the actions of the last two State Presidents of the Republic of Latvia, the principle of good legislation has entered into Latvian legal system as one of the legal principles, which could improve legislation process. An essential element of the principle of good legislation is linked with the due preparation of the draft law. First of all it includes the assessment of the necessity for the draft law, the possible version of the draft law text and impact analysis, as well as discussions of the initial text of the draft law.

**Aim.** Aim of this article is to analyse annotations of the draft law, and especially part of annotation on impact on national economy; to elaborate conclusions and proposals in order to improve legislation process deepening the analysis of the impact of the draft law on national economy.

**Results.** Results I have found that in a lot of cases the part of the annotation concerning impact on national economy is done very formally. It must be done more serious and scrupulous analysis on economical impact, especially if draft laws deals with matters of taxation, ratification of the international agreements etc. State money appropriated for research in social sciences (comprising law, economics and finance) is not enough and Latvian researchers do not participate in valuation of the draft laws. For example, state has approved research programme “Transformation of national economy, smart growth, governance and legal frame for sustainable development of state and society – new approaches for making sustainable knowledge society (EKOSOC-LV)” in the planning period from 2014 till 2017. Under this programme research on “Elaboration of the legal frame efficiency rise model for transformation of sustainable national economy” is going on at the University of Latvia under auspices of prof. A. Meikalisa. Unfortunately, also this research is not connected with analyse of draft legislation in order to pass good legislation in Saeima of Latvia. Social partners of the government – trade unions and Confederation of the employers of Latvia must play more important role in legislation process.

**Conclusions.** Conclusions State must allocate more funds for research for sciences in the field of law, economics and finance, especially in connection with draft legislation and possible impact of the new legislation initiatives on national economy. Smart and well-considered amendments of law will lead to the real growth of national economy and compliance with the principle of good legislation.

## Evaluation and Consequences of Fitness Trainers' Nutrition Knowledge as an Indication of Health Literacy

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**Keywords:** *health literacy, nutrition literacy, nutrition, knowledge, fitness trainers*

**Introduction.** Health literacy is recognized as one of the fundamental components of pursuing health and well-being in modern society, where people are increasingly 'bombarded' with health information and misinformation (WHO, 2013). Nutrition literacy should be defined as the "degree to which individuals have the capacity to obtain, process and understand basic nutrition information" (Zoellner et al., 2009) needed in order to make appropriate nutrition decisions. Fitness trainers as the public health professionals have to face their clients' issues in nutrition. A lack of nutrition – specific health literacy measurement tools does not allow exact evaluation of nutrition literacy.

**Aim.** The aim of the survey was to find out fitness trainers' knowledge of nutrition and its consequences.

**Results.** The data of 54 fitness trainers practising in Riga fitness clubs revealed that 72% of them have been asked nutrition related questions by their clients. 93% of them provide clients with an advice on diet regularly or have done it sporadically, however only 10% of trainers feel themselves absolutely competent to consult. Those sports professionals, who claim themselves not competent enough in nutrition (83%), nevertheless provide customers with advice on diet regularly or make it sometimes ( $p = 0.027$ ). Acquired education has included a course of nutrition basics for 90%, 4% of respondents have nutrition specialist's qualification. Majority of trainers (74%) failed in knowledge of the Healthy food pyramid basic principles. As the main sources of nutrition information trainers indicated publications in scientific journals (67%), nutrition specialist's or dietician's recommendations (52%) and media, websites, blogs (44%). Additional questionnaire conducted for the fitness clubs' clients (113 participants) represented their most commonly used nutrition information sources – media, websites, blogs (62%), nutrition specialist's or dietician's recommendations (29%), friend and family advices (24%).

**Conclusions.** The vast majority of fitness trainers have no sufficient knowledge of the basic principles of nutrition, despite the acquired courses in nutrition. Although they recognize the lack of competence, they continue to advise clients.

## The Provision of Day Care Services for the Children in Need

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**Keywords:** *children day care centres, children at risk, needs, social skills*

**Introduction.** The social assistance for social risk families in Lithuania currently is provide by municipalities and child protection agencies, social welfare departments, family support and crisis centres, pedagogical-psychological services, care homes, various educational institutions and NGO's. One specific form of social support services for social risk families is children day care centres (CDC), whose activities are based on systematic set of measures designed to protect the social interests of children, to ensure social security and realize basic needs.

**Aim.** To analyze activities of children in day care centres in the context of helping to meet the needs of disadvantaged children.

**Results.** It is obvious that children growing in social risk families often have no or insufficient necessary skills – to communicate, to discover, to create. This significantly complicates the realization of needs of those children growing in disadvantaged families. Social services in day care centres are

organized for the best interests of such children. The activities organized in day care centres come in several types: rapid occupation and free time activities; physical and social environment for learning, communication and discovery.

It is also important to draw the attention to the fact that not all the CDC's in the country are creating the conditions for the realization of the children's needs and this is mostly predetermined by the lack of resources (poor working space, lack of finances or educational materials). This fact requires further study of the opportunities offered in the CDC's to meet the needs of the children from families at risk.

#### Conclusions.

1. One of the main aims of the children day care centres (CDC) is to help the children from the social risk families to realize their needs and thereby to facilitate the socialization and integration into society. These institutions aim at giving the opportunities to meet the needs of children by creating the conditions to learn, create, spend their leisure time, engaging in a favourite activity. These services help gaining the communication skills, enable children to satisfy their core needs and develop self-confidence.
2. The CDC's of the most disadvantaged areas in the country are most likely to have greatest potential to meet the needs of children from social risk families in relation to the development of social skills and education, while the promotion of healthy living lifestyle skills are only realized on the medium level. The least potential CDC have in organizing meaningful leisure activities, these needs are usually poorly realized.

## Perspectives of Nursing Students of the University on Euthanasia

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**Keywords:** *euthanasia sociodemographic graduated high school types*

Euthanasia literally means; "death without pain", "to die easily and in peace", "for the sake of beautiful, easy, obliged death". American Medical Society defined euthanasia as "voluntarily relieving the suffering of doomed patients if the medical profession cannot relieve the pain, and cannot find the cure, to ensure to death painlessly or to terminate treatment and the efforts to keep them alive". This sectional-survey was planned for nursing students in order to assess their perspectives on the concepts of death, deadly ill, terminal patients, and euthanasia and was conducted in Turgut Özal University School of Nursing for the students who were studying at the undergraduate level in the School of Nursing; in order to determine their perspectives, and attitudes on euthanasia; on the criteria of their socio-demographic characteristics, type of their graduated high school, whether having close disrepair relatives at home or not.

The sectional survey had a total 49 questions; the Questionnaire part consisted of 18 questions and The Attitude toward Death and Deadly-ill Patient Scale (ÖTÖ) part consisted of 31 question. The average age of nursing students participating in the study was  $21 \pm 2.028$  and 63 (37.5%) of them were from High Schools, 56 (33.3%) of them were from the Anatolian High Schools, 27 (16.1%) of them were Health Vocational Schools graduates.

When their thoughts on whether they were supporting the applicability of active euthanasia or not were asked, considering their graduated high school types, it is found that: from the Health Vocational High School graduates 13 (48.14%) were supporting, and 14 (51.86%) were not supporting; whereas the graduates of other High Schools, 15 (10.90%) were supporting, and 126 (89.10%) were not supporting. Apart from that, when their opinion on whether they were supporting the applicability of passive euthanasia or not was asked, considering their graduated high school types, from the Health Vocational High School graduates 19 (70.4%), were supporting, and 8 (29.6%) were not supporting; whereas the graduates from other High Schools, 29 (20.6%) were supporting, and 112 (79.4%) were not supporting.



## Ventilator-associated Pneumonia Rates in the Intensive Care Unit of Central Military Hospital – University Hospital in Ruzomberok, Slovakia

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**Keywords:** *device-associated infections, Ventilator-associated pneumonia*

**Introduction.** Health-care-associated infection is a key factor determining the clinical outcome among patients admitted in critical care units. Ventilator-associated pneumonia is a common complication in severely ill patients who need mechanical ventilation and it is also significant cause of higher mortality.

**Aim.** The aim of this study was to evaluate the use of the International Infection Control Consortium (INICC) for surveillance of Ventilator-associated pneumonia (VAP) in Clinic of Anaesthesiology-Resuscitation and Intensive Medicine (respiratory ICU), in Central Military Hospital in Ruzomberok, Slovakia.

**Methods.** From January 2015 to December 2015, we conducted a cohort prospective surveillance study of VAP on all 95 patients admitted in the respiratory ICU. The definitions of the Centre for Disease Control and Prevention (CDC) U.S., National Healthcare Safety Network (NHSN) were used for VAP recording. Data was analyzed at INICC headquarters by proprietary software.

**Results.** Out of 95 patients hospitalized in respiratory ICU for 888 days, VAP were diagnosed in 5. VAP rate was 6.85 per 1,000 ventilator-days. Ventilator utilisation ratio was 0.82. VAP infections accounted for 29.41% of the overall count of device-associated healthcare-associated infections. The main VAP pathogens were *Pseudomonas aeruginosa* (40%), *Klebsiella pneumoniae* (25%) and *Acinetobacter species* (15%).

**Conclusions.** VAP rates were lower than in the INICC report (2007–2012), but they were higher than in NHSN/CDC report (2012). Using INICC system is a good tool for surveillance VAP. It is necessary to continue to perform surveillance and implementation of control strategies to control VAP.

## Adherence to Treatment after CABG in Terms of Patients' Personality and Beliefs

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**Keywords:** *clinical psychology, CABG, adherence to treatment, personality, patients' beliefs*

**Introduction.** Nowadays the issue of the effectiveness of patients' rehabilitation after high-tech surgery is particularly relevant, as well as improving the quality of life and psychological well-being of patients with chronic diseases. There is no doubt that psychology plays a special role in the healthcare system. Psychology can have a major impact on the treatment outcomes through support, behaviour modification and so on. The problem of adherence is in the area of expertise of both medicine and psychology, since it depends on the patient's personality. Poor adherence to treatment is a common form of patients' behaviour, leading to disease relapses, rising costs of treatment, and mistrust in healthcare professionals.

**Aim.** The aim of the research was to study the psychological factors of adherence to treatment among patients suffering from coronary heart disease, who underwent CABG. Thereby a comparative analysis of patients' psychological characteristics was performed. The patients were divided into two groups: adherent (who follow the recommended drug and non-drug treatment regularly,  $n = 53$ ) and non-adherent to therapy (who do not implement regularly the medical recommendations,  $n = 50$ ).

**Results.** The study of patients' personality (Big Five Questionnaire) revealed that adherent to treatment patients have higher values on the scales related to the personality traits "conscientiousness" ( $p < 0.001$ ), "agreeableness" ( $p < 0.05$ ), and "openness" ( $p < 0.001$ ), whereas non-adherent patients are characterized by higher values in the scale "emotional stability / neuroticism" ( $p < 0.05$ ). The study of patients' irrational beliefs (adaptation of the Ellis' Irrational Beliefs Questionnaire) showed that adherent patients are characterized by beliefs that the world is ill and will not be better ( $p < 0.05$ ); allegations of rigid requirements imposed on themselves ( $p < 0.01$ ); convictions on how much the self-concept depends on external variables ("I am a bad person if I fail in something") ( $p < 0.05$ ). Non-adherent patients showed the tendency to raise more demands to others than to themselves ( $0.05 < p < 0.1$ ).

**Conclusions.** Thus, this study has showed that the psychological factors are relevant in the definition of adherence to treatment and both – patients' personality traits and beliefs – are potentially significant for the prediction of its degree among patients after CABG. Funding.

**Acknowledgment.** This research was supported by the Russian Foundation for Humanities and Social Sciences (RGNF No. 14-06-00-163a).

## Nursing Staff Competence of Personal Protective Equipment Usage during Care for Patients under Isolation within Internal Care Units

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**Keywords:** *personal protective equipment, competence, isolation, patient care, knowledge, practical skills*

**Introduction.** Personal protective equipment in health care plays an important role in infection control. The proper usage of personal protective equipment is the baseline for the safety of patients and personnel.

**Aim.** The primary objective of this research is to find out how competent are nurses when using personal protective equipment during care for patients under isolation. Secondary objectives of the research are as follows: to assess the knowledge and practical skills of nurses with regard to personal protective equipment usage, as well as to find out availability of personal protective equipment and factors that affect personal protective equipment usage.

**Results.** The study involved nurses from internal care units of two hospitals. Goals were achieved through observation of the nursing personnel and questionnaires. Problems were found in hand hygiene and the sequence of removing personal protective equipment. The majority of nurses has an average level of knowledge on how personal protective equipment should be used. The most common factor for not using personal protective equipment, as was mentioned by nurses, was haste. Other hindering factors were not found.

**Conclusions.** This study showed that nurses' attention and knowledge affect work safety as well as working conditions.

## **Inpatient Health Personnel Injury with Sharp Objects and Contact with Blood or Body Fluids – Safety Culture and Post-exposure Experience**

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**Keywords:** *injury, infection, safety, blood and body fluids*

**Introduction.** A culture of safety is the shared commitment of management and employees to ensure the safety of the work environment. A culture of safety permeates all aspects of the work environment. It encourages every individual in an organization to project a level of awareness and accountability for safety. Statistics on injuries and infections during work shows – for Latvian medical profession it is not a problem. Employees themselves do not think like that.

**Aim.** Aims of the study were to investigate the safety culture, to find out the post-exposure experience, as well as to clarify injury or exposure to blood / body fluids frequency during the period from 2010 to 2016 in two hospitals of Latvia.

**Methods.** Three research tools were used developed by the study authors – two questionnaires for health care personnel: Health care personnel safety culture perception detection profile, the “Health care personnel compliance with safety culture come into contact with blood or body fluids” and the “Protocol of cases analysis of injury with a sharp object / contact with blood or body fluids.”

**Results.** The results showed that there is the same number of employees who think that safety culture level is low and middle and a little bit more employees who think that the level is high. A quarter of study participants last year were injured by a sharp object that was previously used for the patient. Contact of eyes, mouth or skin with blood or body fluids was experienced by about half of the respondents. With each year increases the number of drawn up acts on the findings of the risk of infection. Physicians and residents collectively account for 44.3% of all drawn up acts for established risk of infection. Most of the risk of contamination cases occur in employees by during injection, taking analyses, venous or arterial catheterization and working during the operation.

## **Issues in Separation of Criminal Procedural Functions**

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**Keywords:** *criminal procedural function, defence, prosecution, court adjudication*

**Introduction.** The term criminal procedural function has historically been used by scientists. In the context of the Criminal Procedure Law (CPL) having taking effect, this term was included into the law, including the principle of separation of criminal procedural functions. Thus, this term has undergone transformation from a theoretical to an applied concept that has received the legal status and that is used in CPL today.

**Aim.** The aim of this paper is to offer the insight into interpretation of the concept of the criminal procedural function with the special focus on specific issues in function separation.

**Results.** In order to identify primary issues in procedural functions, the competition principle was analyzed. This strengthened such important issues as separation of prosecution and court functions, parties' equality, independence of courts etc. Therefore, the concept of three concept functions – prosecution, defence and adjudication – was developed in criminal proceedings. This view of the concept is also supported by J. R. Spenser, professor, the University of Cambridge, who indicated that traditionally a prosecutor prosecutes, a defender defends and the court adjudicates. The Supreme Court points

to actions that are viewed as criminal procedural actions, which, in turn, is determined by the CPL. In other words, criminal procedural actions are the actions that are regulated by the CPL. Section 17 of CPL determines the function of control of restrictions of human rights in a pre-trial. The functions of prosecution, defence and adjudication do not determine their priority over all other criminal procedural functions. These functions are claimed to be separate and therefore cannot be applied to the same person. The legislator does not provide any reason to question the nature of another criminal procedural function that is not determined in Section 17 of CPL, for example, that of Section 36 of CPL.

#### **Conclusions.**

1. A function is not only a specific criminal procedural action; it is the entirety of actions and decisions that are advanced to attain a specific aim.
2. The analysis of CPL norms has revealed the fact that the legislator does not provide grounds for separation of criminal procedural functions according to their distinct features.
3. The legislator has determined functions that are separate in criminal proceedings and that forbid the application of two or more separate functions to the same person within the scope of one case of criminal proceedings.

## **Assessment of Paediatric Palliative Care Model in Latvia**

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**Keywords:** *paediatric palliative care, patient satisfaction*

**Introduction.** Annually, in Latvia and in the whole world, the number of children who already prenatally, or during their life, have diagnosed diseases with no preventive radical treatment options are increasing. These children need the palliative care. As paediatric palliative care is comparatively new medical discipline in Latvia, it is important to evaluate current paediatric palliative care model, to find out how it works and find out patient satisfaction with the care and treatment services within the framework of this model. Patient satisfaction is one of the indicators for evaluation of the effectiveness of model.

**Aim.** To study current paediatric palliative care model in Latvia and patient satisfaction with care and treatment services within the framework of this model.

**Results.** The study sample consists of 14 organizations that provide palliative care services and 153 parents with children receiving palliative care services. To achieve the objective of the study the quantitative research methods were applied, using a series of research tools: random socio-demographic survey of children in palliative care service continuity assessment tool and patient satisfaction survey. Patients are at an average level of satisfaction by medical treatment and care in hospice palliative care service model. The lowest level indices in patient inquiry is in subsections regarding hospice care organizations, mutual relations and availability of hospice care, where these indices are lower than average indices in scale. The organizations which ensure children hospice care in Latvia are in the middle degree of their development thus they are not able to ensure continuity and succession of hospice care, which shows the dysfunction of the model of children palliative care.

**Conclusions.** Children palliative care in Latvia is ensured as a model of home hospice care. Continuity of the treatment is an important aspect of palliative care which includes availability of specialists, information and other resources of treatment and care and succession. At present the organizations are in the middle level of the development and their own performance should be improved.

## Workplace Risk Factors, and Occupational Diseases: Inconsistency of Classifications

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**Keywords:** *work place risk factors, occupational diseases, stress, chronic fatigue*

**Introduction.** Health and work are not compatible concepts for many employees. Large percent of employees work under high level of communicative and informative stress, or high demands of taking a decision. It is known, that work brings fatigue, and it is normal. But if quality of rest or recreation time was insufficient, an employee appears on the verge of illness and burnout.

**Aim.** To study legislation on labour protection of Latvian Republic for comparison of workplace risk factors' different classifications.

**Results.** Responsibility for information on harmful factors lies on a work safety specialist (employer). As the basic document for them serves the Cabinet of Ministers Regulations No. 660 (2007 year of issue) with its 1<sup>st</sup> Annex, where risk factors are classified into 7 groups: physical, biomechanical, psychological and emotional, dust aerosols, chemical, biological, and traumatic factors. This document serves as a handbook for creating instructions for employees in different branches with aim to prevent diseases and accidents. As a basic document for physicians serves the Cabinet of Ministers Regulations No. 908 (2006 year of issue) with its 1<sup>st</sup> Annex, where occupational diseases are classified according to the risk factors that cause them: chemical, biological, physical, the disease caused by medicinal products, overloads, dust aerosols, and allergic diseases. It seems that such divisions are closely adjusted to the professions, typical for the local industry. Detailed study of the section "Overloads" revealed some disadvantages. In addition, the burnout was on the list of occupational diseases, and that does not seem right, because it is a psychological phenomenon of professional deformation, that cannot be diagnosed by medical methods. But burnout syndrome is known to be accompanied by systemic shifts, such as memory impairment, headache, tender lymph nodes, muscle pains, joint pains, bad sleep, post-exertion malaise.

**Conclusions.** Analysis of occupational safety legislation has shown inconsistency of workplace risk factors' classifications that makes employees, working under high psychological pressure, less protected by legislation on labour protection.

## More – a Model of Fostering the Progress of Students in Both STEM Disciplines and Physical Activity in Schools

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**Keywords:** *STEM disciplines, physical activities in school, involvement, multiple outcomes*

**Introduction.** In the last few decades, problems with the health (due to insufficient physical activity) of students, as well as the increasing job market for STEM (science, technology, engineering, mathematics) field specialists and the lacking number of students in these fields have become more and more relevant. A paradox is forming – children at school spend a lot of their time using the newest information and communication technology achievements in their computers and mobile phones, but are not interested in studying in these fields, while the large amount of time spent with these technologies decreases their physical activities and deteriorates their health (for example, an increasing number of school children are overweight)

**Aim.** To develop a model where, through a more interactive and responsible learning process, it is possible to increase both the amount of physical activities and competency in STEM fields

**Results.** A conceptual model, called 4more, has been developed, demonstrating that it is possible to increase the physical activity while learning multiple subjects, therefore making the learning process more interactive and interesting, and adding some comparison / competition elements. Movement towards STEM fields is aided by both personal data management and creation and analysis of various data and results, which would give a practical application to the mathematics / statistics taught in school. At the same time, knowledge about personal data protection, safe data processing, and storage is gained. Interested students can also take part in organizing various events instead of just participating, therefore learning about the organizational and business side. With that, schools involved in this project would see not only an increase in physical activity, but also improve the chances of students choosing their right career path, as they would have had an opportunity to test their abilities in multiple fields: data processing, programming, event organization, creation of ideas and their realization, etc.

**Conclusions.** It is necessary to test the model in practice by realizing a pilot project.

## Intelligence as the Coping Resource of the Subject

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**Keywords:** *resources, intelligence, coping*

The resource role of intelligence in the subject life has been discussed by many authors. Its role is not limited with the solution of intellectual tasks. It participates in social interaction, in coping and self-control in difficult situations. The person analyzes, interprets difficult situation and on this basis chooses behaviour strategies. The adequate estimation of the situation allows coping, keeping psychological and somatic health (E. Bityutskaya, S. Khazova, M. Kholodnaya). The opposite point of view claims that the most part of difficult situations can be overcome by optimally using existing skills without intellectual efforts (D. C. Dennett, J. Caprara, D. Servon). Therefore a resource role studying of the intelligence in coping was a special interest for us.

So, firstly, it has been shown that seniors with a high intelligence (Culturally free test of intelligence of R. Kettell) and high personal anxiety (Scale of personal anxiety of Ch. D. Spilberger, J. L. Khanin) ( $n = 48$ ) and seniors with a high intelligence and a high negative emotionality (EPI of Eysenk) ( $n = 42$ ) choose more productive coping strategy (ACS of E. Frydenberg & R. Lewis, T. L. Kryukova's adaptation); rarely do not cope, resort to aggressive actions, use alcohol less often, use derivations from a problem ( $p \leq 0.01$ ) less often, than their peers with similar personal properties and low intelligence. It is proved that the intelligence reduces negative influence of anxiety and neuroticism, exerting positive impact on the strategy choice of coping as work, achievement ( $p \leq 0.011$ ), active rest ( $p \leq 0.001$ ), positive focus ( $p \leq 0.000$ ).

Secondly, the intelligence role (Standard progressive matrixes of J. Raven) in combination with cognitive style field dependence was studied (The included figures of G. Uitkin) ( $n = 57$ ). It was recorded that

- 1) with an increase in intelligence, reduces avoidance ( $p \leq 0.001$ ), social distraction ( $p \leq 0.000$ ) (WCQ R. Lazarus & S. Folkman, T. L. Kryukova's adaptation);
- 2) with increasing of field independence decreases the emotional-oriented coping frequency ( $p \leq 0.049$ ), avoids solving the problem ( $p \leq 0.041$ ).

Thus, the special resource features of the intelligence:

- 1) minimize the negative impact of personal dispositions;
- 2) cause the choice of a wider range of coping, reducing the not coping risk;
- 3) allow saving the psychological health;
- 4) provide the conceptualization of the experience of achievements for the best understanding their own resources.



## Criminological Characteristics of Sexual Violence

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**Keywords:** *criminology, sexual crime, violence*

**Introduction.** Nowadays sexual violence has become a social vice and “human weakness” all around the world. Offenses of sexual nature are sexual contacts where one of the partners does not voluntarily agree to it or is involved without realizing the meaning and consequences of the actions thus violating the person’s right to sexual self-determination, freedom and sexual inviolability. This is a serious violation of the fundamental rights, in particular with regard to the rights of a child.

**Aim.** The aim of the current article is to analyze the criminological aspect of sexual violence.

**Results.** The concept of sexual violence is varied. Sexual abuse refers to different sexual acts (different conditions and forms):

- Rape or sexual assault in order to satisfy sexual proclivity in a marriage or at the beginning of relationship. Date rape which is a violent sexual intercourse during a voluntary social contact. The victim and the offender know each other and spend time together;
- Rape or other sexual activities carried out by a stranger;
- Systematic rape during an armed conflict;
- Involvement in an unwanted sexual activity (undesirable experience);
- Sexual violence against a mentally ill or a disable person;
- Sexual exploitation of children;
- Forced marriage or cohabitation, including a marriage with a child;
- Other actions (*coitus peros* or *per anum*), varyingly arousing a person’s body (object insertion in the genitals, anus, mouth, imitating sexual intercourse);
- Prohibiting the use of contraception or other means to protect themselves against unwanted pregnancy and / or sexually transmitted diseases; forced abortion; forced pregnancy; violent sterilization;
- Any act of violence against a person’s sexual integrity, including female genital mutilation and compulsory virginity tests;
- Forced prostitution; human trafficking, sexual slavery;
- Distribution of child pornography;
- Sexual violence is also forcing someone to look at pornographic magazines, movies or to engage in pornographic activities;
- A person is violated with *sexual harassment*, including undesirable and unpleasant sexual comments. Sexual harassment also takes place in case of any kind of unwanted verbal, non-verbal or physical-sexual behaviour, with the purpose and consequence to disregard of other’s dignity, in particular when creating and intimidating, hostile, degrading, humiliating or offensive environment. Sexual harassment may include not only physical actions, but also verbal and written, such as sending harassing e-mails or text messages to a mobile phone. The crucial fact is that such and “advertence” is unpleasant.

**Conclusions.** The author provides a possible definition of sexual violence – sexual violence is diverse, any physical, virtual, or verbal activity or a sexual assault or an attempt to have sexual contact or remote actions in cyberspace, or any other activities against the victim’s will involving physical force, power, deceit, coercion, or threats or using victim’s helplessness or overcoming its resistance thus violating another’s sexuality, causing the victim a wide range of concerns: physical pain, mental and physical injury, and material damage.

Sex crime prevention measures include a certain degree of difficulty. Firstly, there must be ensured physical inviolability, meaning the prevention of crime in the individual’s personal space or surroundings. Secondly, there must be provided a proper impact on the individual, in order to facilitate his / her proper legal behaviour and the development of socially useful skills, etc. Thirdly, the circumstances and reasons that contribute to the crime must be identified and neutralized.

## Welfare or Autonomy? A Stronger Case for Nudges

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The inability of individuals to act correspondingly to their long term vision is known to almost everybody. Yet people fiercely protect their liberty and protest paternalistic interventions from third parties such as governments that aim to improve their welfare by closing off options or making unhealthy alternatives more costly.

As a result, the paradox arises: everyone wants to make better choices to increase welfare and simultaneously attaches value to decisional autonomy / freedom of choice, which often goes against these “healthy” choices. Trying to solve the issue of liberty – impairing effects of governmental interventions and at the same time enhance the welfare of the choosers, Thaler and Sunstein offer to use “nudges” in policy making – the design of policies that pushes individuals toward better choices judged by themselves. In this way, they argue that the paradox will be solved – individual welfare will be enhanced while freedom of choice will be preserved (Sunstein and Thaler, 2006). Despite the determination of Thaler and Sunstein to solve this paradoxical puzzle of improved welfare while preserving the freedom of choice, nudges received a lot of backlash.

One of the objections was articulated by Hausman and Welch, namely that nudges do not escape liberty – impairing effects. They argue that even if the application of nudges in policy making does not constrain the availability of choice, it violates individual autonomy.

Aiming to contribute to the debate on the conflict between welfare considerations that require external intervention and preservation of decisional autonomy, I make a stronger case for the application of nudges. After evaluating and concluding that autonomy violation by nudges is not that grave, but nevertheless defending a fundamental value of autonomy, I present welfare considerations and personal autonomy as two sufficiently weighty but competing interests. I offer to use the centrality of autonomous decision making in relation to personal identity as a benchmark against which actions have to be evaluated.

The less important an autonomous decision is to the personal identity of the individual making that decision and the higher the welfare gain from intervention is, the less autonomy is valuable and the more defensible the nudges are to promote individual welfare. It is argued that it is permissible to nudge people in case of pension plans, but that it is impermissible to intentionally shape the environment in a way that would make people choose particular degree options as this decision is central to personal identity.

## Data Quality of Latvian Cancer Registry – Screened Cancer Examples

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**Keywords:** *data quality, cancer registry*

**Introduction.** Population-based Latvian Cancer registry was established in 1993, although cancer registration history started in 1950ies. Since 2009 cancer registry data is a part of Registry of patients suffering from particular diseases owned by the Centre for Disease Prevention and Control of Latvia. The aim of cancer registries is to provide data on incidence, mortality and survival of cancer; they have been widely used in epidemiological research; monitoring prevention programmes and

treatment evaluation. For all further research, it is crucial to understand whether the data is valid and has remained valid over the time. The quality of cancer registry data is evaluated by its comparability, completeness, validity and timeliness.

**Aim.** The aim is to evaluate the data quality in the Latvian cancer registry using cancer forms under the screening programme as an example.

**Results.** Cancer registry's data with 21 890 cases of breast, colorectal and cervical cancer incidents from the time period of 1993–2014 were analysed. Data validity evaluated by the percentage of cases with a morphologically verified diagnosis (MV%); percentage of cases from death certificates only (DCO%); proportion of cases with missing data (unknown stage). Data completeness was analysed using method of the crude incidence stability over the time. The proportion of MV for colorectal cancer is 76.8%, for breast cancer 83.5% and 92.0% for cervical cancer. Over the time there is a slight increase of MV for the colorectal cancer – up to 80.9% and for the breast cancer – up to 89.2% in 2014, no changes in trend for cervical cancer. DCO is 5.8% for the colorectal, 3.1% for breast and 2.4% for cervical cancer cases. The peak of highest DCO is in 2008: 9.3% for colorectal cancer; 5.0% for breast and 4.5% for cervical cancer cases. Proportion of the cases with unknown stage is 13.9% for colorectal, 6.5% for breast and 6.7% for cervical cancer. Highest proportion of missing stage information is in 2007–2010: ~20% for colorectal, over 10% for breast and 13.4% for cervical cancer cases. Cancer incidence over the time is gradually increasing for all three analysed cancer sites, however sharp drop of incidence observed in the year 2008 for colorectal and cervical cancers.

**Conclusions.** The present evaluation of the quality of data suggests that the registry has a good degree of accuracy. At the same time, it should be noted that in the time period of 2007–2009 data quality suffered, most likely due to significant changes in the Latvian health administration.

## Latvian Health Care External Competitiveness in Europe in Relation to Its Infrastructure and Available Resources

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**Keywords:** *health care, external competitiveness, resources*

**Introduction.** Health care industry competition (competitiveness) affects various interrelated perspectives. Studies have shown a competitive relationship with both health sector systems and service quality improvement and improved patient satisfaction. Traditionally a competitive health care system is linked to a number of factors (price, quality, reliability, products and services) largely determined by the new technologies, innovations and implementation the new Methods. In order to ensure a well-coordinated, high-quality medical treatment process, it is necessary to create and provide a supportive infrastructure.

**Aim.** To evaluate the Latvian health care sector characterizing macroeconomic indicators, and to compare its competitiveness with other European Union Member States.

**Results.** The number of physicians in OECD: 2013 Greece had the highest rate (6.3 doctors per 1000 inhabitants), followed by Austria. Turkey had the lowest number of doctors per 1000 inhabitants (3 doctors per 1000 inhabitants). In Latvia the number was 3.2 doctors per 1, 000 inhabitants. The Netherlands and France are the EU Member States, where the State's contribution to health care is highest: 11.2 and 11.8% of GDP, which almost double the share of States contribution in Latvia and Romania (6.0% or less). Between 2004 and 2013, the number of hospital beds in the EU-28 decreased from 2.93 million to 2.67 million, a relative decrease of 9.0%. In Latvia 580 beds per 100 000 inhabitants are available, 350.4 of them are for curative care, 125.4 psychiatric care beds and 64.0 for long term care. Latvia, in terms of advanced technology availability has one of the highest rates in Europe. For example the number of CT units per 1 million inhabitants ranks Latvia in the 3<sup>rd</sup> place among 35 European countries. MRI units are 9.8 per million inhabitants. Comparatively Germany has 18.6, Netherlands 1.9 and UK 8.7 CTs per 1 million inhabitants.

**Conclusions.** The development of the Latvian health care system and its competitiveness is negatively affected by the relatively low level of public investment. The low labour wages is an issue in the health care sustainability. In 2013 only 13.74% in the health sector employed earned a wage more than 1000 EUR. The high-tech availability ratio, the current bed Fund and the provision of doctors is a positive prerequisite for service volumes increase, including foreign patient's attraction. The low labour wages, as well as high qualified staff creates a favourable environment for foreign patients to receive and use different health care services.

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## Social Support as the Role of Social Worker in Work with Dialyzed Clients

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**Keywords:** *social support, dialyzed client, social work*

**Introduction.** The quality of life of individuals with chronic illness is strongly influenced by anticipated social support. In this regard, we wonder how social support is reflected (perceived) in dialysis patients.

**Aim.** The aim of the study was to measure the level of perceived social support in patients undergoing the dialysis treatment. We applied quantitative research strategy using a standardized social support questionnaire – MOS. The respondents of the survey were clients of dialysis centres in Slovakia undergoing hemodialysis or peritoneal dialysis and willing to participate in the research.

**Results.** The results showed statistically significant differences in the perception of social support depending on the status of cohabitation. Significant differences were also detected in relation to the type of dialysis treatment, its duration, age of respondents, involvement in self-help groups and the use of social services and compensations. The results show that the family acts as the key factor of providing social support and family support is for clients who are on the dialysis of the utmost importance. The study also contains recommendations for social work.

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## Drivers' Aggression Indicators and Its Connection with Risky Driving

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**Keywords:** *aggression, indicators, driving*

**Introduction.** The data of the analysis of road accidents proves that in approximately 90% of all cases, deliberately or non-deliberately, a person is to be blamed rather than weather conditions, road surface or the technical condition of a vehicle. Around 95% of road accidents occur due to the driver's mistake. The researches show that aggressive, impatient, impulsive, irritable and irresponsible drivers more often tend to get into various accidents compared to other drivers with the similar driving experience. In the comprehension of a driver the structure of aggressive driving consists of numerous components and factors. A person drives a car in the same way as he acts in other spheres of life. Many of our character features are manifested right while driving a car. People, who like risk, more often use car driving in order to satisfy their hazard, therefore they more often encounter road accidents than other drivers.

**Aim.** To determine aggression indicators among drivers; to determine the connection between the manifestation of aggression indicators and risky driving.

**Materials and Methods.** 100 people aged from 20 and having a driving experience of at least 1 year have been involved into the research. Research questions: How are aggression indicators manifested among drivers? Is there a connection between the manifestation of aggression indicators and risky driving? Buss-Durkee questioning methodology has been used for data obtaining. The acquired data has been processed with the use of MS Excel and SPSS software.

**Results.** A high aggression level has been proved only in two age categories – 30–39 and 40–49. Criterion  $\chi^2$  has level of statistical significance  $p > 0.05$ , thus the connection between the age and aggression level has not been proved. The connection between the age and hostility level has not been proved either because the criterion  $\chi^2$  has level of statistical significance  $p > 0.05$ . Having analyzed the dependence between the frequency of the respondents' breaches connected with car driving and aggression level, the criterion  $\chi^2$  has level of statistical significance  $p < 0.05$ , thus the connection between the frequency of breaches and aggression level has been proved. 38% of respondents ( $n = 38$ ) have been identified as having low aggression level, 52% of respondents ( $n = 52$ ) as having average aggression level and 10% of respondents ( $n = 10$ ) as having high aggression level. 70% of respondents ( $n = 70$ ) have average hostility level and 23% of respondents ( $n = 23$ ) have high hostility level.

**Conclusions.** Car drivers aged from 40 to 49 and from 30 to 39 appeared to have maximal aggression indicators. Car drivers aged from 40 to 49 and 20 to 29 proved to have maximal hostility indicators. Aggressive attitude to other traffic members depends on the sex of respondents (the mentioned indicator is considerably higher for men than for women). The level of aggressive attitude towards other traffic members increases with the rise of aggression level both among men and women, though men manifest it more vividly. Risky driving depends on the sex of the respondents (men have considerably higher correlation coefficients than women (average indicator for men is 16.44 and for women – 13). Risky driving also depends on aggression level (higher indicators of risky driving correspond to higher aggression level), average indicators vary from 7.62 in the low aggression level to 16.44 in the higher aggression level. Basing on the research results, it can be concluded that manifestation of aggression indicators among drivers is connected with risky driving.

## The Effects of Diet Diversity on Activation of the Immune System: What Can We Learn from Animal Models?

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**Keywords:** diet diversity, antimicrobial peptides, immune response, bacterial symbionts, *galleria mellonella*

**Introduction.** Communities of symbiotic microorganisms that colonize the gastrointestinal tract play an important role in food digestion and protection against opportunistic microbes. Evidence shows that diet diversity increases the number of symbionts in the intestines, a benefit that is considered to

have no cost for the host. However, less is known about the possible investments that hosts have to make in their immune systems to control the infections caused by symbiont populations that increase due to diet diversity.

**Aim.** This study was conducted on the larvae of the greater wax moth (*Galleria mellonella*). We investigated variations in the number of colony – forming units (CFU) of Enterococci and the expression of immunity – related antimicrobial peptide (AMP) genes in individuals that were fed a high quality / diverse diet versus individuals that were fed a simple diet.

**Results.** We show that the CFU of Enterococci and the expression of the AMP genes such as Gallerimycin, Gloverin, 6 – tox, Cecropin – D and Galiomicin increased in response to a more diverse / high-quality diet. Under natural conditions, diet diversity may correspond with a higher diversity of opportunistic microorganisms being ingested. However, this was not the case in the present study as the larvae received bacteria – free food.

**Conclusions.** The results of this study suggest that the availability and quality of food are important determinants of the diversity of microbiome and immune responses in *G. mellonella*. That elevated basal levels of immunity – related genes act as a prophylactic against opportunistic infections and as a measure to control the gut symbionts may indicate that high quality / diverse diet imposes higher immunity costs on an organism. This is a topic which we believe needs to be addressed in future research.

## The Motivational Peculiarities of Bribe Takers

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**Keywords:** *motivational peculiarities*

**Introduction.** Criminology (as the scientific study of criminal behaviour on the individual and social level) and psychology (as the science, which seeks to understand individuals and groups) pay special attention to motivation – a theoretical construction, used to explain behaviour. In this article the motivation of recipients of bribery is widely investigated. In addition to such well-established motives as greediness, selfishness, prevalence of personal interest, the author analyzes also other criminal behaviour determinants. The works, which are used in this research are of the following authors: John Broadus Watson, Edward Lee Thorndike (Behavioral); Sigmund Freud, Erich Fromm (Psychoanalysis); Carl Rogers, Abraham Maslow (Existential-humanistic theories); William Isaac Thomas (Thomas theorem); Florian Witold Znaniecki (sociological theory); Erik Homburger Erikson (theory on psycho-social development of human beings); Jean William Fritz Piaget (theory of cognitive development); Herbert Lefcourt, Ronald Smith (Locus of Control) etc.

**Methods.** The methods of the present research were: literature review, statistical data, discourse analysis and teleological reduction.

**Results.** As the result of this research the author has concluded that bribe takers behaviour is determined by such psychological constructs as the desire for power, fear, envy, mental deflections, mania, feeling of exclusion, the need for extreme, oppressed creativity.



## Development of Pedagogical Competence of Future Specialist in Professional Environment

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**Keywords:** *professional and pedagogical competence, practice, professional environment*

**Introduction.** Society education and ability to choose appropriate methods in work with a client is essential for a health care specialist, including a health psychologist, a part of professional competence which is his personal input in society's health promotion and social prosperity ensuring.

**Aim.** To analyse pedagogical methods and didactic techniques which are chosen due to the practice and used by Rīga Stradiņš university Master studies programme Veselības psiholoģija (Health Psychology) students. To evaluate the options of future specialists analytic-critical thinking activation and communication skills during the practice, as well as to work out the recommendations for optimal practice organisation in a professional environment.

**Results.** The research was carried out from October 2015 till May 2016 in 2 Master studies courses where students got to know specific pedagogical methods including output of adults informal education programme, giving psychological support in definite aim groups as well as implemented into the practice worked out education programmes. The practice documentation and students focus-groups' interviews showed future health psychologists strong points (wide theoretical knowledge, ability to listen, make arguments and defend own opinion) and also less strong points (lack of pedagogical experience, amount of chosen themes and methods conformity to definite aim group, difficulties to evaluate a situation by objective considerations, for example, things to know or not specific listener etc.) in work with a client / patient.

**Conclusions.** An option to carry out educational work in practice allows students' better understanding correlation of pedagogical and psychological sciences, at the same time to evaluate own action in its context, to get feedback from the audience and compare own achievement with the results of study group. For development and improvement of students' ability to work with the most diverse didactic provision with a client / patient in a professional environment in future, it is necessary to pay more attention for such aspects as IT involvement according the level of aim group, time management, young specialist ability to vary and choose various interactive techniques during the presentation time as well as improvement of own lecturer language and poise.

## How Population Policy Appears on Political and Societal Arena: Case of Latvia

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**Keywords:** *population policy, depopulation, Latvia*

**Introduction.** Latvia has faced depopulation both due to natural decrease and negative net migration since the beginning of transition to market economy. Depopulation has taken place in all the regions of the country, in all republican cities, it has affected both native and foreign-born population, all major ethnic groups. A need for serious revision of previous attitude towards demographic issues and further development appeared on political and societal arena.

**Aim.** Aim of the study is to analyze parliamentary, governmental and NGO's responses to fast decline in total number of the population in Latvia and its demographic and societal sub-groups particularly focusing on population policy actions.

**Methods.** Current statistics and "Migration and Population Policy Survey – 2016" data have been analysed. Content analysis of the parliamentary (Saeima) debate corps and documents dealing with depopulation and population policy issues has been performed over the pre – and post-accession years to the European Union.

**Results.** About 4/5 of Latvia's population consider depopulation as threat for the growth of economy on regional and national scale. Two main policy actions, according to survey results, are following: the increase of fertility and the reduction of social inequality. Prolongation of active life, reduction of emigration and support for return migration of citizens are considered important, too. The minor score was given to action "Encourage limited immigration from other countries". Almost 1/3 of the answers underline that population growth per se is non-essential, but the composition of population and the increase of well-being are more essential. Among three major contributors to solve forthcoming demographic problems only one relates to the government. Support from families / households and principle "Self comes first" are considered as important by respondents (about 50% of answers). Support from municipality, working place and parliament has received less answers (22-31%). A role of political parties and NGOs as potential contributors is evaluated of little importance. As response to massive emigration during the last economic crisis population policy initiatives have intensified – Demography Affairs Council was established by Cabinet of ministers (2011); Demography Affairs Sub-committee was established in Saeima (2014); the Expert cooperation platform "Demo."

## Surviving Life Changes: Stress and Coping at the Beginning and at the End of Close Relationship

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**Keywords:** *stress, difficulties, disengagement / breakup, closeness dynamics, coping*

**Introduction.** Studies since late 1990 (O'Brien, DeLongis, 1996–2009; Bodenmann, Randell, 2006–2013) have tried to confirm relations-oriented coping special traits. Relationships-oriented coping has a special function of interpersonal regulation, cognitive-behavioural efforts to organize and maintain social ties and relationships with others (a partner) during stressful situations. Conceptually this coping type is based on the idea that the preservation of connectedness with others in times of stress is a fundamental human need, as emotional regulation and problem solving. We use cognitive and social-psychological approach to relationships-oriented coping focused on daily hassles and critical life events. The aim of the study relates to interpersonal experiences in close relationships. Two important periods of the development of close heterosexual relationship – the 1<sup>st</sup> year of co-habiting as a couple and the final stage, disengagement (breakup) in young people – are examined. A research strategy assumes constant interaction between coping strategies used and specific stress generated by close relationships.

**Results.** Both stressors and coping with them are "triggered" by close relationships. It turned out that subjectively close relationship are specific at high level in intimacy especially in the beginning. Results confirm that the ending stage – disengagement (possible break up) in relationships is more stressful, connected with traumatic feelings, which are hard to cope. Data analyses revealed that women more than men reported experiencing negative emotions after a breakup, particularly feeling sad, confused, and scared. No matter at what age a person experiences close relationship dissolution / breakup – in teens (first love) or in early adulthood, coping with this kind of stress are mainly escape – avoidance strategies. Qualitative changes in close partners' relationships are revealed: negative affectivity (jealousy, anger, hate, feeling of being hurt) is hard to cope with. When a person experiences close relationships' loss main coping strategies are escape – avoidance ( $p < 0.01$ ). Intimacy turns to distancing, exclusion of a former partner from the Self ( $t = 10.37, p = 0.000$ ), re-establishing own borders happen. Dyadic coping doesnot work properly.

**Conclusions.** Stress in close relationships is specific by strong negative affectivity; disengagement of romantic relationships is characterized by high emotional "price"; threat to personal values, loneliness, depression, weakening of subjective control, negative outcomes.

## Adaptive Behavior as a Factor of Psychological Health

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**Keywords:** *psychological health, psychological defence mechanisms, coping behaviour, pre-school child*

**Introduction.** Modern psychological approaches focus on searching uniform mechanism of human adaptation involving psychological defences, coping behaviour, behaviour control, and anticipatory consistency. Inability to cope with the intensive flow of stresses reduces self-confidence, health resources, social success, and adaptation. Fixation on infantile defences causes somatic impairments: overstressed immune system raises the risk of psycho-somatic diseases (Bogdanova, 2005).

**Aim.** Our study aims to evaluate psychological health and contribution of psychological defences and coping – behaviour into its state. We have conducted an expert evaluation of the psychological health of 86 preschool children (mean chronological age is 5.6 years; 49 boys and 37 girls). The expert data have enabled to single out three groups of children: “children with impaired psychological health” (n = 25), “children from the risk group” (n = 17), and “children with preserved psychological health” (n = 24).

**Results.** The study of the contribution of psychological defences and coping strategies into the state of psychological health has shown that moving to the earlier stage of development in behaviour and transformation of feelings or object enable children with impaired health to keep their Ego and become more self-assured, while the rejection of everything unpleasant worsens their emotional state. It has been revealed that if children from the risk group and healthy children resort to intellectual resources (developing the feeling of subjective control, learning “higher social values”, and seeking ways to correct or find a substitution) to remove emotional experiences, they can control the situation and experiences.

**Conclusions.** Thus, the obtained data have shown that children with impaired psychological health use less defences and their defence mechanisms are mostly primitive. Healthy children usually prefer defence mechanisms corresponding to a higher level of personal development.

**Acknowledgment.** The work was supported by the Russian Science Foundation (Project No. 16-36-00038).

## Prognosis of Students Eating Behavior

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**Keywords:** *depression, anxiety, eating behaviour, emotional eating, body image distress*

**Introduction.** Depression is a common illness worldwide, with an estimated 350 million people affected. If depression is prolonged and moderate or severe intensity, depression may become a serious health condition (WHO, 2015). Anxiety is the most widespread mental health disorders, about 16% of the population worldwide (Hovenkamp-Hermelink, Riese, Veen, Batelaan, Penninx, Schoevers, 2016). Based on Van Strien (Van Strien Fijters, Bergers, Defares, 1986) theory is definitely 3 eating behaviours: emotional eating, restrained eating and external eating (Bailly, Maitre, Amanda, Herve, Alaphilippe, 2012). Eating behaviour and emotional eating may be related to an individual's emotional state, such as depression or anxiety (Goossens et al., 2008; Fox et al., 2015). Body image distress is like a motivator to improve their health behaviour, although there are other views that body image distress is associated with other symptoms of psychological distress (Schwartz, Brownell, 2004).

**Aim.** Find out correlation between depression, anxiety, eating behaviour, emotional eating, and body image distress of female students.

**Results.** The results obtained indicate that there is a positive relationship between the symptoms of depression and eating behaviour ( $r = 0.48$ ,  $p < 0.01$ ), emotional eating ( $r = 0.48$ ,  $p < 0.01$ ), symptoms of anxiety and eating behaviour ( $r = 0.40$ ,  $p < 0.01$ ), and emotional eating ( $r = 0.42$ ,  $p < 0.01$ ). Depression and anxiety symptoms predict eating behaviour ( $R^2 = 0.28$  ( $F(1.99) = 28.82$ ;  $p < 0.05$ ;  $R^2 = 0.16$  ( $F(1.99) = 18.14$ ;  $p < 0.05$ ) and emotional eating ( $R^2 = 0.23$  ( $F(1.99) = 28.96$ ;  $p < 0.05$ ;  $R^2 = 0.18$  ( $F(1.99) = 21.53$ ;  $p < 0.05$ ). There is a positive relationship between the distress of body image and eating behaviour, and emotional eating for female students ( $r = 0.58$ ,  $p < 0.01$ ;  $r = 0.51$ ,  $p < 0.01$ ). Body image distress predicts eating behaviour and emotional eating to female students ( $R^2 = 0.34$  ( $F(1.99) = 49.50$ ;  $p < 0.05$ ;  $R^2 = 0.26$  ( $F(1.99) = 34.71$ ;  $p < 0.05$ ).

**Conclusions.** The results can serve as basis for improving female student support systems in order to reduce depression, anxiety and body image distress indicators of female students, thereby reducing emotional eating behaviour and dietary indicators, and serve as assistant in psychologist's professional activities.

## Kinesiotaping Used in Occupation Dental Hygienist

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**Keywords:** *physiotherapy, kinesiotape, dental hygienist, stress body segments*

**Introduction.** Kinesiotaping promotes healing of injured tissues, does not restrict movement of the fascia, joint, blood and lymph. Technology applications result from the knowledge of anatomy, kinesiology and neurophysiology. Whether we are talking about prevention or therapy can provide support joint, encourage weakened muscles, inhibit overloaded muscles. The resulting effect does not affect only how to stick the tape but also the quality of tape you use.

**Aim.** Our aim was to find out if using kinesiotape by dental hygienist is useful in the most common indications, including carpal tunnel syndrome, epicondylitis, girdle pain, upper limb and back pain.

**Methods.** In our research we focused on the profession of dental hygienist. The sample consisted of six dental hygienists who, in the pursuit of their profession have reported problems with the locomotive system. Their health problems, initial diagnosis, subsequent election rehabilitation process and outgoing examination were processed in the form of case studies. Our sample of respondents consisted of two women (and 35 y. o., 37 y. o.) and four men (age 28–35 y. o.) and were followed for six months. Length of practice of our respondents ranged from 3 to 7 years.

**Results.** The most common problems reported by our respondents were pains in the cervical spine and back pain. These problems occurred in four of our respondents. One respondent complained of pain in the elbow (epicondylitis) and one respondent reported problems in the wrist. At the same time the respondent complained of pain manifested mainly in calm and early morning. Our respondents applied kinesiotape to problem areas during certain period. Each Kinesiotape was applied for four days and then removed. This was followed by rehabilitation exercises to strengthen the muscles in problem areas. We alternated application of kinesiotape and exercise every week. Five of our respondents in two weeks reported improved health and complete disappearance of pain. One patient complained of pain in the wrist, made only a slight improvement in pain. The complete disappearance of pain occurred within the period up to two months.

**Conclusions.** Though kinesiotape can act preventively or reduce problems, e. g. relieve pain, improve muscle function and a range of motion, it also requires concurrent therapy specific for a given diagnosis. Kinesiotaping may very well help in musculoskeletal problems mentioned by the hygienist.

## The Government Policy during the Post-crisis Period for Tackling Child Poverty and Social Exclusion in Latvia

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The purpose of the article is to analyse the government policy in Latvia during the post-crisis period for tackling child poverty and social exclusion. The research is part of Latvian National Research Programme 2014–2017 studying the post-crisis political and social processes in Latvian and their impact on society (EKOSOC-5.2.6.). Fiscal consolidation measures undertaken by the government during the economic crisis have had a direct negative impact on child poverty as well as further aggravated the situation of children and families with children. Since 2011 there has been evidence of an improvement in the macroeconomic situation and a gradual recovery of national economy in Latvia in the wake of the 2008–2010 crises.

According to Eurostat data in comparison with other EU member states child poverty and social exclusion indicators for Latvia rate has been gradually declining in Latvia in post-crisis period. Although at risk of poverty or social exclusion rate has been gradually declining in Latvia for children (less than 18 years) – from 44.1% in 2011 to 35.3% in 2014, 31.3% in 2015, it still remains higher than the EU average (in 2015–26.9%). Children are at greater risk of poverty or social exclusion than the rest of the population in Latvia. The at risk of poverty rate for families with children, in particular single-parent families and families with 3 and more children is one of the highest among various at social exclusion risk groups.

Reduction of poverty of families with children is discussed mostly in the context of demographic measures, i.e., stimulation of the birth rate. To improve the situation of families with children, the government is more focused on gradual increase of benefits and support measures for early childhood education and care, education, allocating additional funding for expanding the range of state financial support and social services for families with children.

Parents' participation in the labour market is mostly stimulated through active labour market measures, focusing on the involvement of the unemployed into the labour market. Till 2016, no sufficient attention is paid to such essential aspects in promoting employment as “making work pay”, “decent job”, targeted measures for specific groups of parents (for example, single parents).

For the reduction of parents' in-work poverty in Latvia policy measures must be implemented that are focused on the development of “make work pay” initiatives, the reduction of the tax burden for the low-wage earners and the raising of the minimum income level. It would be necessary to develop policy measures aimed at providing support to single parents and stimulating their ability to reconcile their work and family life.

## Relation of Psychosocial and Work Organization Factors with Employees' Presenteeism

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**Keywords:** *presenteeism, psychosocial factors, work organization*

**Introduction.** Recent scientific discoveries prove that organization of work and psychosocial risk factors have an impact on the health and social well-being of employees and also could cause mental and physical disorders. The result of those factors is not just at employee level but also on a social level. Presenteeism causes high costs for employers, country and employee. It leads to sickness absenteeism, presenteeism is difficult to identify and make statistical recording.

**Aim.** The aim of study was to clarify the relationship between psychosocial factors, work organization factors and presenteeism in Latvia.

**Methods.** In the study were analyzed employees' surveys ( $n = 2272$ ). Following factors were analyzed: conflicts with employers, colleagues or clients, physical and emotional violence, job satisfaction, size of company, employee position in the company, salary, overtime work and number of work places. Presenteeism was self-reported by respondents.

**Results.** Results have shown statistically significant differences in presenteeism rate in such psychosocial factors group: satisfaction with work, psychological and physical violence, conflicts between employees and conflicts with management ( $p < 0.001$ ). Significant organizational factors were overtime work and organization size ( $p < 0.001$ ). Multivariate logistic regression analysis shows similar results in factors group, but after adjustment by gender, age, psychosocial factors and work organizational factors statistically significant impact with presenteeism were for overtime work ( $OR = 2.36$ ,  $p < 0.001$ ), job satisfaction ( $OR = 0.29$ ,  $p < 0.001$ ) and conflicts between employees ( $OR = 1.7$ ,  $p = 0.02$ ).

**Conclusions.** Overtime work, job satisfaction and conflicts at work have impact on presenteeism at work. But presenteeism rate differs depending on size of the company and violence at work.

## Prediction for Driving Behavior in Connection with Socio-demographic Characteristics and Individual Value System

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**Keywords:** *aggressive driving, distracted driving, driving behaviour, individual value system, safe driving, risky driving*

**Introduction.** Several countries have made reduction in fatal road accidents, but the total number of accidents remains unacceptably high – 1.25 million people a year (World Health Organization, 2013). Although in recent years the number of fatal collision in Latvia has decreased, but in comparison with other European Union countries, it is still quite high. In 2012 there was a significant reduction in road traffic accidents, but unfortunately, in 2013 and 2014, road traffic accidents occurred on an upward trend (CSDD, 2015). There is currently no clear evidence of whether individual available, essential values predict driving behaviour, the author has not been able to find such studies, so it is necessary to examine whether individual anomie and values predict driving behaviour.

**Aim.** The aim was to examine characteristics of individual value system prediction for driving behaviour.

**Materials and Methods.** In the study participated 108 respondents, 40 (37.0%) men and 68 (63.0%) women. Three questionnaires were used – “Latvian driving behaviour survey” (Perepjolkina & Voita, 2011), “Survey of individual anomia” (Ļevina, Mārtinsone, 2016), “The value and levels of availability relations in different spheres of life” (Фанталова, 1992, adapted S. Jirgena, 1999).

**Results.** The results showed that the value system integrity / disintegrity indicator predicts distracted driving, explains 18% of variation and is statistically significant. Internal vacuum and age statistically significantly negatively predicts risky driving explaining 17% of variation. Age statistically significantly predicts safe and courteous driving, explains 12% of variation. Value system integrity / disintegrity indicator and gender, statistically significant negatively predicts summary indicator of dangerous driving, explains 22% of variation. Age statistically significant negatively predicts distracted driving, explains 30% of variation.

**Conclusions.** The results can serve as the basis to create new driving behaviour intervention and also applicable to psychologist's professional work, when counselling individuals of this group, as well as can be used in the future development of the field, science and research.



## Social and Personal Experiences of Chronically Ill Individuals

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The report focuses on chronic disease and illness. The specificity of social exclusion of chronically ill individuals comprises in the complex of internal experiences. However, their relation to health and social security institutions that helps us to distinguish between the subjectivist concept of illness and the objectivist category of disease is as important as their experiences. The report argues that chronically ill persons' social experiences separate them from public life and reduce their opportunities for active social participation. The life changes resulting from their disease pose major challenges to chronically ill individuals due to stigmatisation, labeling and external pressures in society.

## Agency as the Main Factor of Engineering Students' Psychological Readiness to Innovation Activity

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**Keywords:** *agency, subjectivity, professional psychological qualities, innovation activity, higher engineering education, university students, psychological & pedagogical assessment*

The term "agency" is used in philosophy and psychology, generally to refer to the ability of individuals to direct their conscious activity to achieving goals. Agency, as a behavioural concept, is an individual's sense of what they can do and what they think they can do. A. Bandura defines agency as the ability to intentionally influence one's functioning and the course of environmental events. M. Hewson determines agency as a condition of activity rather than passivity. It refers to the experience of acting, doing things, making things happen, exerting power, being a subject of events, or controlling things. This is an aspect of human experience. H. R. Markus and S. Kitayama prove that psychological processes' organization (e.g., attention, perception, cognition, emotion, motivation, interpersonal relationship) depends on the cultural and social specification of agency.

In Russian psychology the concept term of agency has synonyms: "subjectivity" and "subject activity". Different aspects of agency (subjectivity) were considered by S. L. Rubinstein and his scientific school, K. A. Abulkhanova, A. V. Brushlinsky, A. N. Leontiev, D. A. Leontyev, E. A. Sergienko, V. N. Slobodchikov and many other psychologists. According to K. A. Abulkhanova, general criteria of agency (subjectivity) are: self-development, readiness and capacity to use one's abilities, personal qualities, mental capabilities and skills to solve problems, conscious self-organization, initiative and responsibility in activity.

Our study focuses on the problem of the engineering university student's agency in the context of their readiness to innovation professional activity. Professionally important qualities of engineers for high-tech industries are determined. It is shown, that the engineering students' psychological readiness for innovations is ensured by the set of professional psychological qualities as well as agency formation. It is proven that students with the high level of agency use their psychological resources to solve problems in their activity.

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## Infection Control of Premature Newborn Care in Nurse Practice

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**Keywords:** *infection control, premature newborn care, nurse practice*

**Introduction.** Newborns during their stay in the neonatal intensive care unit have a very high chance of developing infectious diseases. Increased risk arises in immature immune system and in the early gestational age, the actual severity of the disease and the surgical procedure because of, as well as life-support use of tools and equipment due. Newborn care team has implemented a global care and safe manipulation practices using current care guidelines and evidence-based experience which can be used for auditing and supervisory practices that can identify risks and find the best practices possible in order to prevent infection. (Lefrak L. et al., 2016)

**Aim.** To study infection control of premature newborn care in nurse practice.

**Materials and Methods.** The research method was qualitative research method – observation. Observation was held in one of the Riga hospitals. In observation participated 20 nurses who work in the intensive care department with premature infants.

**Results.** All nurses (100%) performed hand washing and disinfection, taking into account the guidelines. All nurses (100%) carried out a glove change: after each patient's care or the same patient care at a time when the gloves were dirty. Hand washing before the product distribution was carried out by 16 nurses only (80%), 16 nurses (80%) carried out hand disinfection before direct contact with patient care equipment and items. Most of the nurses' visual appearance was consistent with infection control rules in hospital, but part of the nursing hair style (35%) and nail length (20%) did not comply with the hospital infection control rules, which is a risk factor for the spread of infections in the intensive care unit. The majority of nurses (75%) checked parents' hand-washing and disinfection and educated them during the visit. However, regardless this, the majority of parents conducted irregular hand washing and failed to follow proper hand-washing techniques and a large proportion of parents attended the newborn wearing inappropriate clothing.

**Conclusions.** Most of the observed nurses followed infection control and prevention. Most of the nurses took one-off non-sterile gloves to each patient and all of the nurses conducted a glove change. Visual appearance of one quarter of the nurses did not meet the hospital infection control regulations. The majority of nurses educated parents on proper hand washing and disinfection of the equipment, however, the parents' compliance was low.

## The Relationship between Anomia, Well-being and Participation of Latvian Inhabitants in Social Activities

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**Keywords:** *anomia, subjective well-being*

**Introduction.** Subjective well-being and factors predicting its components is a current topic of both theoretical and empirical research. In previous research conducted in Latvian sample it was found that anomia can serve as an important factor that influences subjective well-being.

**Aim.** The aim of this research is to determine if there are relations between anomia and subjective well-being at the level of European countries.

**Methods.** In order to investigate relations between subjective well-being and dimensions of anomia of European inhabitants the secondary data from the third European Quality of Life Survey (European Quality of Life Survey (EQLS), 2012) were used. The sample consisted of the inhabitants of 34 countries, i. e. 27 EU Member States and 7 non-EU countries (Croatia, Iceland, Kosovo, the Former Yugoslav Republic of Macedonia, Montenegro, Serbia, Turkey). For measurement of subjective well-being ten questions from the European Quality of Life Survey were used. Eight questions measure satisfaction with life domains – education, present job, present standard of living, accommodation, family life, health, social life and economic situation in country. One question measures overall satisfaction with life and one question – general sense of happiness. For measurement of levels of anomia, Anomia Scale developed by Levina, Martinsone and Kamerade was used. Anomia Scale includes three subscales – Social distrust, Social isolation and Meaninglessness. The subscales of Anomia Scale showed high internal consistency levels ranging from .69 to .84.

**Results.** It was found that all dimensions of anomia were negatively associated with satisfaction with life domains, overall satisfaction with life and general sense of happiness.

**Conclusions.** As it was shown, anomia is negatively associated with subjective well-being.

## Different Predictions for Resources for Health: Relations between Anomia and Personality Traits

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**Keywords:** *anomia, personality traits*

**Introduction.** Research of anomia is topical in the period when the society endures social and economic changes. The integrative multidimensional model was developed by Levina, Martinsone and Kamerade (Levina & Martinsone, 2015; Levina, Martinsone et al., 2014; Levina, Martinsone, & Kamerade, 2015a, b, c, d) according to which there are six major sub-dimension of anomia – individual's deviation from prescribed rules or customs, social distrust, the lack of goal clarity, generalized sense of meaninglessness, estrangement to others and cultural isolation. Recently a deductively inductive model of maladaptive personality traits was developed by Perepjolkina, Kolesnikova, Martinsone, Stepens, Rancans (Kolesnikova, Perepjolkina, Martinsone, Stepens, 2016; Perepjolkina, Kolesnikova, Martinsone, Stepens, Rancans, 2016). This model was based on a theoretical model of personality disorders proposed by the DSM – Personality and Personality Disorders Work Group (APA, 2013). According to the new deductively inductive model there are 39 maladaptive traits that are said to fall within seven higher-order domains (Disinhibition, Antagonism, Insecurity, Compulsivity, Detachment, Negative affectivity, Psychoticism). We hypothesized that maladaptive personality traits (higher-order personality factors) allow prediction of the level of anomia.

**Aim.** The aim of this research is to determine if there are relations between anomia and maladaptive personality traits.

**Methods.** The sample consisted of the inhabitants of Latvia (n = 83) aged from 19 to 47 years (16.9% male, 83.1% female). The Anomia Questionnaire – AQ (Ļevina & Mārtinsone, 2016) and the Latvian Clinical Personality Inventory – LCPI v2.2 (Perepjolkina, Kolesnikova, Martinsone, Stepens, Rancans, 2016) were used.

**Results.** Hierarchical multiple regression was performed to determine what personality factors best of all predict dimensions of anomia. It was found that Disinhibition best of all predicts individual's deviation from prescribed rules or customs and social distrust. Insecurity best of all predicts the lack of goal clarity. Negative affectivity together with Disinhibition best of all predict generalized sense of meaninglessness. Psychoticism, Detachment and Compulsivity best of all predict estrangement to others. Psychoticism is the only factor that best predicts cultural isolation.

**Conclusions.** As it was shown, personality higher-order domains can serve as factors that allow predicting of different dimensions of anomia.

## The Latvian Medical Associations Occupational Courts Role in the Medical Practitioners Legal Liability System

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**Keywords:** *The Latvian Medical Association Occupational Court*

**Introduction.** The Latvian Medical Association (LMA) Occupational Court alongside with Councils of Certification and the Central Medical Ethics Committee is an institution that examines professional violations committed by medical practitioners and consequently provides medical practitioners' professional legal liability.

**Aim.** By researching regulations to find out the LMA Occupational Courts place and role in the medical practitioners' legal liability system.

**Results.** The LMA Occupational Court has a significant role in the medical practitioners' legal liability system. The LMA Occupational Court is significant for the fact that it is a non-governmental, collegial and a competent institution that is capable to review and evaluate objectively the professional violations committed by medical practitioners. The LMA Occupational Court is mentioned only in one regulatory act which is the December 18, 2012 Regulation of the Cabinet of Ministers (CM) No. 943 "Procedures for Certification of Medical Practitioners". In contrast, the LMA Occupational Courts functioning regulation provides that the LMA Occupational Court has the right to issue a type of a decision that can cancel the given certificate of the medical practitioner who is evaluated (Article 80.1. of the CM regulation). There is a contradiction between the regulation of the CM and the LMA Occupational Courts functioning regulation. It must be noted that in other regulations, except the mentioned regulation of the CM, the LMA Occupational Court is not mentioned. It means that there is a problem with its legitimacy and the legal nature of decisions made by it. In addition, some deficiencies and inconsistencies can be found in the LMA Occupational Courts functioning regulation, including in relation to types of decisions that can be issued.

### Conclusions.

1. Decisions of the LMA Occupational Court are only advisory in nature and there are no enforcement mechanisms in their execution.
2. In order to strengthen the professional legal liabilities role and place in medical practitioners' legal liability system, it is necessary to provide the LMA Occupational Courts function, structure, competence (including mandatory requirements) regulation in the Medical Treatment Law, delegating the Conference of the LMA to approve the Occupational Courts functioning regulation thereby legitimizing the LMA Occupational Courts status and meaning.
3. It is necessary to improve the LMA Occupational Courts functioning regulation by removing fundamental and editorial deficiencies.

## Perception of Ethical Issues by Students of Health Professions

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**Keywords:** *health professions, ethics, labelling, marginalization, holistic approach*

**Introduction.** In recent years, in Slovakia, big changes have occurred in education of health professions. Qualifying studies in most fields have been transferred from secondary to higher education, and new insights regarding approximation to the European education system and contextual understanding of health professionals and patients encourage need change in approaches. Above all it requires a change in attitudes towards the patient in the course of medical practice. The transition from deep-rooted paternalism to individual responsibility of the patients has created a gap which is needed to be fulfilled in education.

**Methods.** In our survey we used a non-standardized questionnaire that was analyzed by ANOVA statistics with  $p < 0.01$ . Questionnaire included 20 closed questions. 125 questionnaires were distributed – at the beginning of the study (first year) and 119 questionnaires at the end of the study (by completion of third year). Respondents were comprised by 125 students of the first year and 119 students of the third year of BSc. Study (Nursing, Paramedics, Public Health, and Physiotherapy) at the Faculty of Health in Ružomberok. Survey was conducted in 2015 and 2016. We established 4 hypotheses: H1 we assume that there is a significant difference between both groups of students in the approach to the issue of marginalization of patients. H2 we assume that there is a significant difference between both groups of students in the approach to labelling of patients. H3 we assume a significant difference between both groups of students in the approach to empathy. H4 we assume a significant difference between both groups of students in holistic approach.

**Results.** All results were analyzed in relation to the students after completing the courses: Professional ethics, law and legislation in health and psychology. Significant difference between both groups of students has been shown related to the study of professional ethics on one side and the approach to marginalization, labelling, empathy and holistic approach on the other side. It is even though adherence of ethical principles is not subject to punishment. Observance of the legislative norms was also confirmed in all hypotheses.

**Conclusions.** The transition from deep-rooted paternalism to individual responsibility of the patients created a gap which is needed to be fulfilled in education. Behavioural teaching subjects such as: ethics, law and legislation in health care, as well as psychology are in preparation for the health care professions needed, not only recommended.

## Features Psychological Well-being Representatives of Dispensary Observation Groups

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**Keywords:** *dispensary method, groups of dispensary observation, psychological weightness, engagement*

**Introduction.** Currently, the clinics are actively applying dispensary method as active monitoring of the state of health (healthy and diseased) for early detection of diseases, taking into account complex treatment of patients, carrying out measures to improve the working and living conditions, prevent the emergence and spread of diseases, strengthening the ability to work.

**Aim.** To identifying features of psychological well-being of representatives of various groups in dispensary observation.

**Results.** The first group is characterized by goals in life and a sense of meaningfulness of life, coupled with the recognition and acceptance of all of their own personal variety, including both their good and bad qualities and the positive assessment of their past, as well as a sense of confidence and competence in the management of daily business, the ability to effectively use various circumstances of life, combined with personal growth and a sense of self over time contributes to psychological well-being of the individual. Significant part of the second group is keeping track of their own personal growth and a sense of self over time, the realization of their potential; maintaining a positive attitude towards themselves, recognition and acceptance of diversity in their own personality; a trust in relationship with others, the ability of empathy, the ability to find compromises in the relationship. While the third group is characterized by a sense of continuous self-development, tracking their own personal growth and a sense of self over time, the availability of goals in life and a sense of meaning of life, a sense of confidence and competence in the management of daily business, the ability to effectively use various circumstances of life, the ability to select and create conditions that meet the personal needs and values, maintaining a positive attitude.

## Emotional Intelligence and Its Relationship to Job Satisfaction in Midwifery Practice

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**Keywords:** *emotional intelligence, job satisfaction, midwifery practice*

**Introduction.** Nowadays, emotional intelligence (EI) is one of the most important personality factors, which has a lot of attention in the labour market staff selection, considering it a prerequisite for professional success. It is a basic requirement in any profession that is based on human relationships. Emotions play an important role in profession, which includes not only technically accurate job, but also psychologically oriented care. Several studies have found that emotional intelligence significantly influences job satisfaction – employees with a higher emotional intelligence have higher job satisfaction level.

**Aim.** The aim of the study is to explore midwives' emotional intelligence and its relationship with job satisfaction.

**Methodology.** In order to achieve the aim of the study, the quantitative research methods were applied using several research instruments: the survey of socio-demographic indicators of the sample, Bar-On Emotional Quotient Inventory (EQ-i, Bar-On, 1999) and Job Satisfaction Survey (JSS, Spector, 1998). The study was conducted in six health care facilities of Latvia, with the participation of 92 midwives.

**Results.** The obtained data indicates that the midwives show relevantly high indicators of emotional intelligence, well-being ( $M = 3.75$ ,  $SD = 0.46$ ) and interpersonal competence ( $M = 3.74$ ,  $SD = 0.38$ ), in particular. Midwives' overall job satisfaction can be evaluated as ambivalent. This means that the work at the same time causes diametrically opposed feelings. The highest satisfaction is with the content ( $M = 5.11$ ,  $SD = 0.73$ ), while the lowest –satisfaction with payment ( $M = 2.13$ ,  $SD = 0.97$ ). There are a number of statistically significant correlations between emotional intelligence scales and job satisfaction. Significant correlations were found between EI self-confidence competence and overall job satisfaction ( $r = 0.42$ ,  $p < 0.01$ ), as well as between EI problem-solving scale and job satisfaction salaries subscale ( $r = -0.42$ ,  $p < 0.01$ ). There are statistically significant differences between the various socio-demographic factors and emotional intelligence, as well as job satisfaction.

**Conclusions.** The midwives of the sample more have such qualities as self-actualization, optimism and empathy, but less developed is the flexibility and independence. The more developed interpersonal competence and stress tolerance, the greater the job satisfaction. When conducting a study analysis of the results it was concluded that the aim of the study has been achieved.



## Corruption in the Private Sector and Its Effect on Economy, Investments and Business of Latvia

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**Introduction.** In 2016 Latvia acceded to OECD whereby it should comply with a number of instructions and should seek to prevent corruptive delinquencies and criminal offences in state, municipal authorities, as well as business environment in order to build confidence in public service, to provide fair competition between companies that would lead to positive effect on inflow of international investments in the state and favour economy of the state. In Latvia the level of corruption is high enough in order that every citizen would feel necessity for action of law enforcement bodies for provision of their interest protection. Due to limited resources the most effective methods for prevention of delinquencies should be used and it is required to rely on complete research of current situation by identifying factors contributing towards the corruption.

**Work Objective.** To identify theoretical and practical issues of corruption prevention in Latvia and its effect on business environment and investments. To develop possible solutions and proposals for changes in regulatory framework and organisational provision of the Republic of Latvia in order to prevent merging of municipal officials and local municipality businessmen, to prevent risks of corruption and enhance international business and entrance of foreign investors into the market of Latvia.

**Methods.** Methodology of the study is connected with investigation of current statistical information and case-law by collecting and studying effectiveness of preventive measures in mentioned sphere. Empirical information is obtained by making analysis of scientific literature and regulatory enactments, interviewing experts and collecting articles and comments available in the Internet resources (public opinion and attitude), moreover, opinions of international organisations and associations regarding business environment of Latvia.

**Results.** In business prevention of corruptive delinquencies and their risk is a complicated process constituting both work in the area of company' officials and citizens training and development of safe environment and effective management methods. At the same time by building public confidence in law enforcement institutions, with effective cooperation practice, opportunity to report about discrepancies, delinquencies and criminal offences at any time by acknowledging that it will be followed by action set by the law.

**Findings.** In Latvia attention is being increasingly focussed on prevention of corruption and its risk by attempting to introduce new approaches and instruments in prevention works on the basis of also foreign practice and proposals of OECD. Corruptive criminal offences and delinquencies have latency, therefore in the state criminal offences that have already been committed are being investigated in general, rather than preparation and planning of the offences. Moreover, corruptive cases have very wide public resonance and publicity negatively affecting trust in state and municipal authorities and officials, decreasing inflow of foreign investments in Latvia, hampering economic growth and volume of inflowing investments.

## Mothers as Providers of (Re) Habilitative Care for Severely Disabled Children: Challenges in Collaboration with Medical Practitioners and Obtaining Necessary Training

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**Keywords:** *children with disabilities, maternal provision of care, doctor-patient relationships*

**Introduction.** More than a thousand children with severe functional disorders in Latvia are residing in families of their birth. A pilot study was launched in 2016, to explore the ways in which rehabilitation care is being provided for such children.

**Aim.** The aim of this study is to outline the main challenges faced by those parents who have persisted in ensuring that their offspring receives rehabilitative care.

**Results.** In most cases, the main carer has been the child's mother. In their efforts to promote their child's development, these mothers have not relied only on services provisioned for their offspring by law but also have also been exploring other resources. They have invested an impressive amount of time and energy in obtaining additional information about their child's diagnosis, prognosis, and relevant treatment and rehabilitation methods. To find answers to their questions, they have approached not only certified doctors and physiotherapists, but also practitioners of complementary and alternative medicine, at times even outside Latvia. Some of them have taken expensive training courses, to obtain knowledge and skills that would enable them to provide rehabilitative care for their offspring at home. Most of the parents included in this study have established strong ties with the NGO sector and found a considerable informational and financial support there.

**Conclusions.** To ensure the best possible care for their severely disabled children, their parents often demonstrate strong motivation to acquire knowledge, skills, and competence that would enable them to actively participate in the process of social and medical rehabilitation of their offspring. For the time being, neither certified specialists of rehabilitation medicine nor social workers and policy makers in Latvia have paid due attention to parents' readiness to be involved in the rehabilitation process and their training needs.

## Development of Dance Movement Based Assessment Instruments and Results in DMT Work in Psychiatry

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**Keywords:** *public health, movement qualities, dance movement therapy, art based assessment instruments*

**Introduction.** Since 2013 there have been series of studies done by Dance movement therapy (DMT) Master students to create and evaluate the Effort qualities assessment tool (EQAT), which is the first art based assessment instrument in DMT which can be used for quantitative study designs. This assessment instrument that is based on the theoretical concepts and development of Effort Theory (Rudolf Laban, Irmgard Bartenieff), the category of Laban Movement. Several steps were made so far – constructed the first version of EQAT (workbook and protocol), evaluated the psychometric properties of the EQAT and tested in different settings and with different patient groups.

**Aim.**

1. To modify the EQAT observation protocol and create video samples of each effort quality.
2. To evaluate the psychometric properties of the EQAT within 6 experts – DMT practitioners (three with previous knowledge of EQAT and three without previous knowledge of EQAT).

**Results.** Already existing EQAT frequency observation protocol was modified and developed a new intensity observation protocol in ordinal scale, which expresses the qualitative aspects of Effort qualities. Video samples were developed for each of Effort elements. Psychometrical properties of EQAT were evaluated and showed statistically significant correlation among six independent experts. Test-retest shows very close contiguity. Results show the validity of EQAT as movement observation tool.

**Conclusions.** Results of the study will be discussed in context of future research plans and practical applicability in DMT work with different patient groups. There are results from us of EQAT within different patient groups in rehabilitation and psychiatry which show that there are movement qualities which differentiate patients from relatively healthy persons – for example, the use of the active Weight factor (Light and Strong Weight Effort) and use of Time and Space factors.

## Health as Quality of Life Component among Inhabitants of Special Protection Areas in Latvia

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**Keywords:** *health, quality of life, SPAs*

**Introduction.** There is the inequality between regions and local authorities in terms of both income levels and economic activity that contribute to differences in the quality of life in different areas of Latvia. The availability and quality of the infrastructure and various facilities are limited for people who live in the countryside or in so called Special Protection Areas (SPAs). Consequently they can't use or afford high quality services and it negatively affects their psychological status, mood, desire and satisfaction with life. Latvia has defined the concept of "quality of life" and it includes physical and mental health, leisure time, work, family life, the social relationships, self-determination and economic independence.

**Aim.** Aim of the study was to evaluate satisfaction with physical and mental health components and their impact to quality of life assessment among respondents of SPAs.

**Methods.** 248 respondents were interviewed from 5 SPAs (Augszeme, Augsdaugava, Razna, Vestiena, Slitere). Survey included "Quality of Life enjoyments and Satisfaction Questionnaire – Short Form". SPSS 22.0 and Microsoft Office Excel 2016 were used for data analysis.

**Results.** The "bad and very bad" satisfaction with the physical health was stated by 14.9% respondents', dissatisfaction with the ability to function in daily life – 6.0%, dissatisfaction with mood – 7.7%, dissatisfaction with the social relationships – 5.2% and dissatisfaction with family relationships – 2.4%. The results showed that the lowest satisfaction with the quality of life were among women, respondents aged over 75 years and respondents with lower education and lower income. There were statistically significant differences between the respondents' satisfaction with physical health ( $p < 0.001$ ), with the ability to function in daily life ( $p < 0.001$ ), with mood ( $p < 0.001$ ), with social relationships ( $p < 0.05$ ) and low satisfaction with the quality of life.

**Conclusions.** Dissatisfaction with physical health, ability to function in daily life, mood and social relationships among respondents has effect on overall satisfaction with life quality.

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## How Can Whole Grains Work in Latvia

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**Keywords:** *whole grains, research, Latvia*

**Introduction.** There is growing evidence that plant based diet including whole grains has beneficial health effects including Non-communicable Diseases, like cardiovascular diseases, diabetes and cancer. Consumption of rye, oat and barley is part of traditional Latvian diet, but there is no clear awareness about wholegrain studies still far.

**Aim.** The aim of this study was to describe whole grain research in Latvia.

**Results.** There were several studies investigating chemical composition and sensory properties of wholegrain products. Further, alkylresorcinol and lignan content was assessed in Latvian breads and different bioactive compounds of different flakes, like rye, hulls out, hulls barley, triticale and wholegrain flakes from germinated grains were assessed. Importantly, first human studies have been done. Food sources of fibre, lignans, alkylresorcinols were studied. Potential anticancer activity of rye bread was investigated in an intervention study with prostate cancer patients. Possible differences in metabolism in alkylresorcinol metabolites in prostate cancer patients and controls were studied, as well. Further study investigated potential nutritional benefits of hull-less oats in patient with inflammatory bowel diseases. Ongoing study investigates glycaemic and insulin response of different germinated and non-germinated grain flakes, first results indicate, that barley flakes show particularly low glycaemic and insulin response.

**Conclusions.** First findings of whole-grains seems promising for further research of whole grains in Latvia in purpose to encourage to use traditional whole grains and creating new functional foods especially using barley for managing metabolic syndrome and other chronic diseases.

## Gender as a Recruitment Criterion in the Parliamentary Political Elite of Latvia (1997–2016)

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**Keywords:** *political elite recruitment, recruitment criteria, “mirror representation” – proportional representation of genders in the political elite*

**Introduction.** The globalization process has transformed substantially understanding of the issue of border. Revising borders is also seen in political science – in the area of political elite recruitment. Recruitment criteria and their importance are changing, including the importance of gender. In 1981 the United Nations General Assembly adopted the Convention on the Elimination of All Forms of Discrimination of Women, which provides for equal rights of genders in the political elite, the so-called “mirror representation” – in the political elite men and women should be represented proportionally in accordance with their number in society. It should be stressed particularly that the purpose of “mirror representation” is not only to ensure equal rights of genders, but first of all – to improve the quality of politics.

**Aim.** The research is aimed at finding out the importance of gender in the process of parliamentary political elite recruitment in Latvia – what regularities may be observed with regard to the male and female shares in the parliament over the period between 1997 and 2016, and to what extent this corresponds to the proportional breakdown of genders in society. The results will be compared with the situation in Western Europe, Northern Europe (Scandinavian countries) and the world over.

**Results.** The results of the research indicate that over the period between 1997 and 2016 the average share of females in the parliamentary elite of Latvia was 18.9% of the total number of members of the elite (fluctuating between 9 and 25%, with a trend to decrease over the last two years),

in Western Europe the average share of females in the parliamentary elite was 17.7%, and in Northern Europe (Scandinavian countries) it was 40.2%, whereas the average indicator the world over was 16.9%. In its turn, the share of females in Latvian society is 54.1%, and the world over – 49.6% of all population on the average, which indicates a significant disparity between women's representation in society and the political elite.

**Conclusions.** In the political elite of Latvia, the number of recruited women is 2.9 times less than it would be necessary to ensure proportional representation of both genders. A similar situation may be observed in Western European countries, where the number of women in the parliamentary elite is 2.8 times less than in society overall. Moreover, based on the summary of the data of all 191 countries of the Inter-Parliamentary Union it may be concluded that the number of women in parliaments is 2.9 times less than in the countries overall. A particular exception among all countries is Northern Europe (Scandinavian countries), where almost a complete conformity is ensured between the gender breakdown in society and in the political elite.

## Carrying out Pro-active Preventive Measures by Eliminating the Determinants of Crime

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**Introduction.** The level of crime in Latvia is high enough for each citizen to feel the need for the law enforcement bodies to act in favour of ensuring the protection of national interests. The State police, being the central establishment of State Administration in internal affairs, dealing with combating of crime, protection of public order and safety, sub-categories of the protection of person's rights and lawful interests, in its strategic plan 1014–2016 has declared crime prevention to be the core priority in the future work. Due to limited resources, it is necessary to select the most effective methods for preventing law infringement, and the determination of the factors that facilitate crime has to be based on complete examination of the present situation.

**Aim.** The aim is to identify the theoretical and practical issues of crime prevention in Latvia as well as to develop possible solutions and proposals on making changes in regulatory framework of the Republic of Latvia and organizational support, by seeking opportunities to carry out preventive measures to eliminate the determinants of crime before a crime is committed.

**Research Methods.** The research methodology is related to the current work practice of the State police, by summarizing and examining the efficiency of preventive measures within the present field. The empirical data have been gathered by analysing the relevant theoretical literature, legislation, statistical data as well as interviewing specialists in the field.

**Results.** Preventing the violation of a law is a complicated process that comprises preventive actions in society and criminal elements as well as creating a safe environment and diminishing victimization. An important issue remains not only regarding informing the society on current safety issues, but also involving it in the process to gain additional resources to fight against the tendencies of crime.

**Conclusions.** More and more attention is being paid to crime prevention by trying to develop new approaches and instrumentations in preventing crimes based on foreign practices. The limited resources not always allow carry out measures to prevent crime, and then policing is again aimed at investigating the violations of a law that have already been committed.

## Sexual Dimorphism in Immune Function: the Role of Sex Steroid Hormones

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**Keywords:** *sex, dimorphism, immune function, sex steroid hormones*

**Introduction.** There is an evidence of relation of sex steroid hormones and immune system response to infection diseases. Moreover, there is a sexual dimorphism in immune system response.

**Aim.** The aim of this review was to identify the role of sex hormones in immune function and sexual dimorphism of immune reactions.

**Results.** Gonadal hormones together with the immune system play an important role in controlling the disease (Lourenço et al., 2008). Research groups of Lourenço et al. (2008) and Giefing-Kröll C. et al. (2015) in their review point on different influence of estrogens, progesterone and testosterone on immune cells. As the immune system comprises two major pathways: innate and adaptive immunity, different gonadal hormones take a leading role in these two defence strategies. Estrogens are mainly enhancing immune function and immune response, while testosterone – has a suppressive role. Progesterone being higher during pregnancy often leads to autoimmune disease remission and also an elevated susceptibility toward certain infectious diseases (Klein et al., 2010a; Pazos et al., 2012; Giefing-Kröll C. et al., 2015). Gonadal hormones have specific effects on the male and female immune function at both cellular and molecular levels (Giefing-Kröll C. et al., 2015). The intensity and prevalence of viral infections were found to be typically higher in males, whereas disease outcome could be worse for females (Klein, 2012). Women compared with men have higher immune response to vaccination, but suffer a higher propensity to many autoimmune diseases (Dumont-Lagacé, St-Pierre and Perreault, 2015). Lourenço et al. acknowledges that women show more effective and potentially protective humoral and cell-mediated immune responses that causes and gives more immune advantages than found in males (Lourenço et al., 2008).

**Conclusions.** Sexual dimorphism of immune function is based on different concentrations of sex steroid hormones in males and females and on a specific mediating role of these hormones in immune function and immune response along with differences in innate and adaptive pathways of those responses.

## Modernisation of Gerontological Social Services in Lithuania: Situation and Solutions

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**Keywords:** *gerontological social services, modernisation*

**Introduction.** Gerontological social services (GSS) is one of the largest and most cost-demanding part of social security systems. Due to countries recent demographic and social developments the system of GSS gradually undergoes adoptions to challenges of these new developments.

**Aim.** The aim of the research is to analyse changes in functioning of the GSS system in Lithuania and principles of its performance, i. e. and improvement. The analysis is performed based on grounded theory principles. A qualitative data collection method was applied – in spring of 2016 were performed 17 quasi – structured interviews with experts representing macro-, meso- and micro-level of the GSS system.



**Results.** The research revealed the main demographic factors affecting the system of GSS – the ageing population and other challenges for welfare policy. Also, the demographic trends of the ageing in Lithuania and the principles of GSS system functioning (GSS, their organization and delivery) were examined and the relevance of this study was justified. The criteria of evaluation of quality and efficiency of GSS were discussed, the model of GSS assessment revealing the quality levels of GSS system and its effective management were explained. Following the studies of other researches we analysed the problems related to lack of information, concerning GSS infrastructure development, employee competence and the lack of motivational tools and financial resources related to promotion of the use of IT, partnerships and community, information dissemination, development of infrastructure, neighbourhoods, etc.

**Conclusions.** The research revealed the deficiencies and problems of GSS system specified for macro, meso and micro level, identified the analytical value of qualitative communication, cooperation and exchange of experiences by system participants. The opportunities for improvement in Lithuanian GSS system were indicated.

## Media Impact Factors in the Latvian Government Communication

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**Keywords:** *government communication, media, public opinion, public sphere*

**Introduction.** The regulation of the state needs increasingly more public acceptance and approval both responding to public position and wishes and creating common values and standards that are often achieved by communication process. The necessity to consider the reaction of society and mass media oblige to inform and to create public understanding on decisions made by public administration, especially unpopular ones, as well as to ensure opportunity for individuals get involved in the decision making process. Thus the role of communication and public relations in government performance increases.

**Aim.** Analysing formation principles of government communication and the role of mass media in government communication, the aim of this research is to follow the development tendencies in Latvian government communication that is directed to the formation of public understanding and meeting with approval for government activities.

**Results.** Using content analysis, discourse analysis and narrative analysis of Latvian government communication and media publications, author has studied impact and role of mass media in Latvian government communication. The changes in contemporary communication age affect also the content and form of government. Often government explained their decisions and involved people in decision making process by different tool of integrated communication. It is possible to mark two important changes – firstly, the public communications goal is not just increasing of public awareness, but also public involvement in state development, and secondly, it changes the methods and way of government communication.

**Conclusions.** The transformation processes have affected not only government activities and formation of its relations with society but also mass communication, where a significant development of information technology and changes of society communication habits can be seen.

## Development Trends of Social Services and Social Assistance in Riga

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**Keywords:** *municipality, social assistance, social services*

**Introduction.** Riga municipality provides the widest range of social services in Latvia, and Riga has the largest number of social assistance receivers. Therefore, existing trends in social service provision in Riga are indicative of those in the entire country.

**Aim.** The aim of the research was to define topical development trends of social services and social assistance in the city of Riga.

**Results.** In Riga, the number of people receiving social benefits and of the poor has dropped by 21%. The main reasons include improvement of macroeconomic figures and the state defined level of poverty, which has remained constant since 2009. Increase in the number of the poor and receivers of social assistance can be observed among disabled people and pensioners. Figures show constant decrease among the able-bodied social service receivers; however, the number of long-term unemployed people remains high – 21% in 2015. Main trends in social service provision among adults are connected with the increase of clients in need of social assistance services – receiving home care has increased by 16%, transportation services for the disabled – by 12%, assistant services – by 32%. Among inhabitants of nursing homes, the trend remains in the growing number of those clients with immobility and dementia. Main trends in social service provision for families with children indicate a decreased number of those staying in foster homes – in 2015 such service was received by 66 clients less than in 2014; yet, the number of foster families in Riga is still insufficient. Families with children encounter the problem of available housing even more, which is strengthened by the increased demand for short – stay accommodation (39 people more compared to 2014) and client claims at the Crisis centre, the main problem of which is connected with housing.

**Conclusions.** Therefore, the following conclusions can be put forward:

1. Lonely pensioners with small pensions appear to be a special risk group among the social assistance receivers.
2. There is a growth in the number of the disabled and in demand for social care services, which indicates the need for increased accessibility and amount of social care services.
3. To support families with children, the problem of available and adequate housing needs to be addressed.
4. Mechanisms of attracting foster families require improvement.

## The Support of the Felicitary Policies

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**Keywords:** *economy of happiness, felicitary policy, attitudes towards the happiness*

**Introduction.** At the conjunction of twentieth and twenty-first centuries the continuous development of the concepts of the societal happiness had reshaped the Felicitary (Lat. felicity means happiness) policies based on the Economy of Happiness principles. The successful political development is not sustainable without the proper population support. Therefore, the relevant question such as “is the public aware of the Economy of Happiness and the Felicitary policy ideas and support those ideas?” becomes vital in identifying the levels of public support of the felicitary policies.

**Aim.** To explore the maturity and levels of public support of the Felicitary Policies.

**Results.** In order to research the maturity of public support the Survey on the public opinion on Felicitary Policy was carried out. The methodology of the Survey combined both qualitative and quantitative approaches. In total 1004 persons were interviewed in the Survey representing Lithuanian population. During the semi-structured interviews the basis of existing opinions and arguments were deeply explored.

The Survey results had revealed the fact that approximately 15 percent of Lithuanians have heard or have read about the Economy of Happiness. The groups of younger population with higher education and higher income were better acquainted with the Economy of Happiness. On the other hand the majority of respondents had agreed with the key Felicitary Policy vision that the ultimate goal of the State had to be the happiness of its citizens.

**Conclusions.** The results of this work reveal new areas of societal research. The research data and outcomes can assist in formulating new approaches towards the Economy of Happiness.

## Fictitious Labour Agreements Issue in Loan Recovery Processes in Latvia

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**Keywords:** *loan recovery, fictitious labour agreements*

**Introduction.** Latvia from 2008 till 2013 experienced serious financial crisis. The results of the crisis were significant financial losses in banking area, plenty of foreclosures, plenty of corporate and private bankruptcy processes. One of issues Latvia faced in the foreclosure proceedings was the reaction of debtors – some of them used all possible means (including illegal) to obstruct foreclosure. One of such means is a conclusion of fictitious labour agreements on the mortgaged real estate maintenance and later obtaining a court judgment on a wage recovery.

**Aim.** The aim of the paper is to research how fictitious labour agreements are used and to propose a solution for the fictitious labour agreements issue.

**Methods.** Methods of qualitative research were employed in the paper – comparative method, analytic method, inductive method, and deductive method.

**Results.** According to Section 628 of Civil Procedure Act the money received for selling the mortgaged real estate shall be covered in such order: first of all – expenses related to the enforcement of a judgment, secondly – claims of employees regarding payment of salaries which are related to the maintenance

of the real estate and social insurance payments related to their salaries. Mortgage-secured claims are covered only in the fourth round (after mentioned wages, property-related taxes and real burdens).

This provision of the Civil Procedure Law in practice is being used in bad faith. The debtor (mortgagor), knowing that the debt recovery will be turned on the mortgaged property (because the debtor has failed to fulfil its obligations to the mortgagee) enters into fictitious labour agreements with some friends or acquaintances for the mortgaged real estate maintenance. Salaries are not actually paid. Instead, it is used in the court proceedings, as a wage claim legalization way. Fictitious employee brings an action within the court against the employer (the mortgaged property owner) asking for the recovery of wage for the maintenance of the mortgaged property. In the court proceedings the fictitious employer recognizes the employee's claim and the court makes a judgment fully satisfying fictitious employee wage claim. Later, on the base of the judgment a writ of execution is issued. It gives the right for the fictitious employee to stand his claim before the mortgagee and to receive funds, which are essentially due to the mortgagee. If such a fraudulent scheme manages to implement, then mortgagor and fictitious employee shares the proceeds between them.

**Conclusions.** The Section 628 of Civil Procedure Act should be amended by rules that the real estate manager's claim for wages is payable only if it is matched by bailiff and only for the period from the property description day to the day of the property transfer to the new owner.

## Quality of Life and Autonomic Balance

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**Keywords:** *hardiness, quality of life, autonomic balance*

**Introduction.** It can be supposed that a person's subjective description of their state of health and their attitude towards life's problems is connected in a way that is not entirely apparent with the peculiarities of internal control over physiological processes and therefore has prognostic value when it comes to assessing a person's health in general, as well as very early symptoms of changes in their body's regulatory processes.

**Aim.** The purpose of the research was to evaluate the prognostic significance of the two tests most often used by psychologists for describing of the subject's quality of life: the Short Form-36 Health Status Survey (SF-36) and the Hardiness Test (Maddi, 1987, 1998). As an indicator of the state of internal control, the correlative activity of two parts of the autonomic nervous system (ANS) – the sympathetic nervous system (SNS) and the parasympathetic nervous system (PSNS) – was chosen.

**Results.** Our study sample consisted of 59 students and office workers (a mean age of  $25.1 \pm 11.0$  years, hereinafter referred to as [m]+[SD]).

The study was conducted in two successive stages and in one sitting. During each of the stages, the heart rate was recorded at an R-R interval of 300, which made it possible to assess the slow and the fast waves on the cardiogram. During the first stage, the R-R intervals were recorded with the subject in a state of quiet wakefulness; during the second, while the subject's health was being discussed. A second recording was done for further elaboration (once again while the test subject was in the process of describing the state of their health. Assessment of ANS activity was carried out based on an analysis of the subjects' heart rates, using the Nerve-express system (Riftine, 2010).

We have shown that a person's own feeling about the state of their health is not connected with the important parameters that describe the state of the internal environment. The only correlation between a person's own description and the actual inner state arises when they are describing their real responsibilities and how they carry them out.

**Conclusions.** There is a substantial gap between a person's actual physiological reserves and the picture that they have of their own state of health, which may have evolutionary significance. This is exactly what allows a weak woman (or animal) to protect their young in a stressful situation, regardless of the body's real reserves, or a man to defend his home, or any person, no matter the gender, to commit heroic acts of survival, independent of their bodily reserves at that moment.

## Perspectives of Social Empowerment for Separated Children

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**Keywords:** *separated children; Germany; intake; integration; social work*

**Introduction.** Since 2015, the number of children who tried to escape from their home country's political and economic situation has steadily increased. Due to social and economic deprivation, poverty and domestic misdeed, these children are forced to leave everything behind including their culture and traditions, homes, belongings, family and friends in order to establish a shelter within other securer nations. The European Union, for example, offers many concrete opportunities to achieve that goal and thus, is seen as an attractive destination to many of the separated children. This represents a challenge for the European Union's many nations, including Germany. New plans and procedures are continuously created by politicians. As an example, the German government created and approved faster asylum procedures for separated children to significantly cut down the processing time for asylum applications made by those children in order to support them as soon as possible after their arrival. But as it seems, the situation of fugitives who have been separated from their families as minors is still a complex one and demands more analysis and insight, especially within the perspectives of social empowerment for separated children.

**Aim.** Using the example of fictional refugee children who have travelled alone after being separated from their families, this lecture presentation seeks to disclose important information on the situation of separated, underage Refugees in Germany.

**Results.** Traumatic experiences of the young people cause special problems, aggression and depression. Special psychosocial support is needed and communication is a key problem. Social work is challenged to organize the complexity of the situation. It is essential for these children, as they present a special group, to get access to education and to be supported while finding their emotional balance.

**Conclusions.** The complexity of the issue can only be solved as a unit, with the state, nongovernmental organizations, private help and political support working together as one. Social workers should engage with cultural needs such as language, religion and traditions. It is also important to educate the public about these different needs in order to converge between the different cultures and to respect each other.

## The Right to Health in Context of Ensuring the Best Interests of the Child

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**Keywords:** *child's interests, health, right to health care*

**Introduction.** The right to health is one of the human's fundamental rights. The human from medical object has become the medical subject. As an exception, should be mentioned persons who, for objective reasons, are not able to exercise their rights fully. One of such persons' groups is children. Children have no capability to exercise their rights themselves. The research is dedicated to issues, which affect child's right to health in context of ensuring the best interests of the child. Both international and national legal acts stipulate that a child requires a special care, which includes ensuring the best interests of the child. It is essential that the concept "best interests of the child" is not defined in legislation and in all cases it is subject to interpretation of the adopter of the law (the user).

**Aim.** The objective of the work is to find out the child's right to health in context of ensuring the best interests of the child, answering the question – what legal mechanisms shall be improved to make the child's natural or legal guardians' action for defending the child's rights in compliance with the best interests of the child.

**Methods.** Descriptive, analytical and deduction-induction methods are used. Applying these methods, legal acts and opinions of legal scientists are analysed, conclusions made and suggestions given.

**Results.** After investigation the authors came to the following Conclusions:

- 1) the right to health is universal and does not depend on subjective qualities of right holder, therefore the right rate for the child is equivalent to the right rate for the adult;
- 2) the child's natural or legal guardians have wide range of rights to represent children and act on behalf of them, however, the persons, who act on behalf of children, shall make the decisions guided by children's interests rather than their own;
- 3) the persons', who represent children, refusal of the child's treatment, is the denial of the best interests of the child and it shall be treated as an essential violation of the child's right to health;
- 4) the mechanism for resolving the disputes, which occur between the treatment centre (doctor) and the person who represents the child have not been foreseen.

**Conclusions.** There is a visible competition between the person who represents children, rights of custody and the child's rights to health. The rights of custody provide the decision making, which quite often does not comply with the best interests of the child.



## Pathological Personality Traits in Patients with Schizophrenia Spectrum Disorders

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**Keywords:** *pathological personality traits, schizophrenia spectrum disorders*

**Introduction.** Research has repeatedly demonstrated that schizophrenia spectrum disorders (SSDs) tend to show co-morbidity with various personality disorders (PDs). DSM-5 proposed a substantial shift to a dimensional conceptualization and diagnosis of personality pathology based on maladaptive or pathological personality traits (PPT). This approach is quite new in assessment of PDs and there is a lack of information of prevalence of particular PPT in patients with SSDs. A model of 38 PPT representing seven broad domains (Negative Affectivity, Insecurity, Antagonism, Detachment, Compulsivity, Disinhibition and Psychoticism) were operationalized in an up-to-date comprehensive multi-item multi-trait self-report clinical assessment instrument – the Latvian Clinical Personality Inventory (LCPI v2.2). This work was supported by the National Research Program 2014–2017, sub-project No. 5.8.2.

**Aim.** The aim of our study was to examine what kind of differences there are in scores of LCPI v2.2 PPT comparing patients with schizophrenia spectrum disorders with community sample and to examine the prevalence of particular PPT in patients with SSD.

**Method.** Pathological personality traits (PPT) were assessed both in community (n = 459, mean age was 29.98 years, 43.1% male) and clinical sample (n = 67 patients with schizophrenia spectrum disorders, mean age 44.10 years, 20.9% male) by scoring 38 PPT scales of LCPI v2.2 (Perepjolkina, et al., 2016). Participation in the study was on a voluntary basis and the RSU Ethical board approved all procedures.

**Results.** Based on Student's t-test analysis differences were found in 32 of 38 PPTs scores. In comparison with general community sample's scores, patients with SSDs score higher ( $p < 0.001$ ) on eight facets from Psychoticism domain, on all facets of Disinhibition domain, on all avoidant and depressive traits from Detachment, Insecurity and Negative Affectivity domains; they score higher also on such two facets of Antagonism domain as Attention seeking and Grandiosity and lower in Dominance. As it was expected, patients with SSDs, also score higher on such facets of Compulsivity domain as Neurotic Perfectionism and Rigidity in comparison to community sample.

**Conclusions.** As it was shown, SSD symptoms are associated with wide spectrum of personality traits and LCPI PPT scales can provide a trait profile that is unique to each individual. Findings of this study are in line with previous findings and suggest that detailed personality assessment should be a routine part of comprehensive assessment of patients with schizophrenia.

## The Civil Procedure Principles Itself as the Essential Basis for Undisputed Compulsory Execution of Liabilities

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National law system was followed by false believe that the evidence strengthened by the form of public register (landbook, register of enterprises) or certificated by power of public authority (notary) is necessary enough to find no dispute in liabilities and compulsory execution acceptable.

Mentioned evidence and fact equalization become in contradiction with the principle of competition. Parties in the case must have a full possibility to participate in the examination of the evidence and realize any law provided evidentiary activity.

Any legal limitation of competition is possible only inside boundaries made by dispositive principle of parties. This limitation finds expression in form of civil procedure elements when claim is uncontested, such as allowance of a claim and lack of defendants' rejoinder.

Not the publicity of evidence, but these limitations of competition principle provide necessary legitimate basis in every form of accelerated civil procedure for undisputed compulsory execution of liabilities.

## The Attitude of Medical Staff to the Need of Social Work in Obstetrics Setting (Lithuanian Hospital Case)

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**Keywords:** *hospital social work, medical staff, social risk situations*

**Introduction.** The integration of social work in obstetrics setting will ensure the integrity and continuity of maternity and newborn, which would influence not only the health care services, but also the satisfaction of patients and their family. Working in a team medical staff and social workers would create the newborn and mother-friendly environment and the staff would work according to the principles of bio-psycho-social model. Scientific literature reveals that medical practitioners often tend to ignore the role of social worker in hospital due to its uncertain tasks and the lack of common activity experience.

**Aim.** The aim of this research was to reveal the needs of social support and social work perspective in obstetrics setting. The research was conducted in March–April, 2016, in one of the hospital's obstetrics setting in Lithuania. Medical staff (50 doctors and midwives) participated in research. The instrument of the study was anonymous questionnaire.

**Results.** The research data revealed that the majority of medical staff faced social risk situations in obstetrics setting: the most common recurrent cases were teenage pregnancy, as well as, mothers with disabled newborns and mothers, who do not have permanent residence. Medical staff stated the main need of social work in these social risk situations: the mother who is unable to provide safe housing and permanent residence for her newborn baby; mother who had limited government maternity for her premature child; mother who wants to leave her newborn baby in hospital. The research data revealed also that patients' social risk problems are currently solved by the medical staff (doctors, midwives), but this activity requires a lot of extra time and unique knowledge. This could influence the medical staff works' quality and quantity, and still may remain maternal unsolved social situations. It is understood that it is not their direct work, so when they do not have a certain professional whom they could delegate specific cases, medical staff feel bad: survive, if assume responsibility, and remain disappointed due to the lack of help resources.

**Conclusions.** Medical practitioners who participated in research recognize the need of personalized social support service (information, consultation, mediation). Research participants relate the activity perspective of social worker to better maternal psychological environment in obstetrics, availability of institutional and community-based social services.

## Relations between Values and Burnout Syndrome among the Representatives of Helping Professions

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**Keywords:** *burnout syndrome, values, value conflicts, helping professions*

**Introduction.** Scientific interest in the study of the burnout syndrome has evolved in recent years and has become a growing phenomenon in the workplace context and particularly expected are representatives of helping professions – psychologists, doctors, supervisors, social workers etc. (Schaufeli & Enzman, 1998, Korunka, et. al, 2010, Weber, Jaekel-Reinhard, 2000, Ahola & Hakanen, 2007, Galanakis, et. al., 2009). From the medical point of view the term burnout was defined as a syndrome characterized by total exhaustion (ICD-10, 2016, Weber, Jaekel-Reinhard, 2000). Burnout syndrome results from inability to stabilize internal and / or external needs, and as a consequence inhibits the allocation of energy resources effectively (Maslach & Leiter, 2005). Value concept, defined as enduring belief that is a specific mode of conduct or end state of existence is personally or socially preferable to an opposite or converse mode of conduct or end state of existence (Rokeach, 1973). Value changes may be associated with a variety of socially and economically significant change. Also in Latvia there have been substantial socio-economical changes, in the result of which individuals have also been forced to change their lives to adapt to conditions in the country. Therefore, in this study, based on J. Fantalova value theory two concepts are put forward – the significance of value and achievement of value (Фанталова, 2011). Total number of respondents in this study was 42 psychologists. All of the respondents were females of different professional environment. The age of the respondents – 22 to 59 years old ( $M = 39.61$   $SD = 9.65$ ).

**Aim.** To find out if there is a relation between the significance of value and reach of value indicators and burnout syndrome among representatives of helping professions.

**Results.** The findings show that there are statistically important positive correlation between the value “material provided life” significant and burnout syndrome among the representatives of helping professions. Also there are statistically important negative correlation between the value “exploration” reach ability and burnout syndrome among the representatives of helping professions.

**Conclusions.** Overall, foundations show trends of existence of relations between values and burnout syndrome among the representatives of helping professions. It is possible to suggest that in this concept research among representatives of helping professions should pay attention to another important indirect factor/-s that can contribute burnout syndrome. Hypothetically can think that in relation between value and burnout syndrome is another important factor/-s that is influencing (e.g., workload, job satisfaction, professional activities, etc.).

## Compensation Mechanisms for Subterranean Depths Use in the Republic of Latvia

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**Keywords:** *subterranean depths use*

**Introduction.** Currently, in Latvia, the legal framework of subterranean depths use is either in a conflict with other laws and other legal regulations, or does not cover all existing subjects. At the moment there are several compensation mechanisms for landlords if subterranean depths under their land are used.

**Aim.** The aim of the article is to study and analyze the current situation on compensation mechanisms for landlords. Based on the results of combined theoretical analysis of legal theory and practice, the conclusions and recommendations for the legal framework improvements will be developed with the aim to improve compensation mechanisms for landlords.

**Results.** First results of analyses of compensation mechanisms reveal that there are not enough fair and transparent compensation mechanisms for landlords. The Republic of Latvia Cabinet of Ministers Regulation No. 155 (Adopted 27 February, 2007) 'Procedures for the calculation and payment of remuneration for the restriction of proprietary rights of subterranean depths sections of national significance subterranean depths' determine single payment in the amount of 5% from the cadastral value of the land. The cadastral value is the value of land calculated according to internationally recognized, uniform and government – approved national criteria, taking into account the location of the property, registered data on the qualitative condition of the property, type of use, area. This regulation is almost 10 years old and it must be modernized under contemporary society requirements. The cadastral value is not related with the aim of subterranean depths use, and compensation volume for landlords is the same regardless of the fact whether subterranean depths under their land are used for extraction of very expensive raw materials or, for example, are used for gas storage. That is only one example of the identified problem in relation to compensation mechanisms of the use of subterranean depths for landlords.

**Conclusions.** In the Republic of Latvia current situation on compensation mechanism for landlords if subterranean depths under their land are used is not enough fair and transparent. Also there is no regulation for determination of compensation if subterranean depths are used under public or private water body. Taking into consideration the first results of study, the further study is required in order to give recommendations for improvements in the legal framework.

## **Connecting Factor *Lex Loci Coincidentiae Testatoris et Heredes Hereditarium Commodum* as a Basis for Persons' Testamentary Interests Securing in Regard to Contractual Succession**

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**Keywords:** *connecting factor, contractual succession, obligations law, testamentary interests*

**Introduction.** Unstable nature of Obligation law under contractual succession discrete situations forces to find connecting factor which secures involved person's testamentary interests.

**Aim.** The aim of this work is to summarize connecting factors, using testamentary and obligation law and to prove the necessity of a new connecting factor for contractual succession

**Results.** Connecting factors which regulate applicable law under succession law and law of obligations (*lex personalis, lex rei sitae, lex voluntatis*) do not satisfy interests of individuals in regard to contractual succession.

**Conclusions.** Introduction of a collision formula *lex loci coincidentiae testatoris et heredes hereditarium commodum* appears as a warranted step with regard to mentioned above formulas' regulatory and coordinated role and nature of the family, inheritance and obligations law spheres in different situations related to contractual succession. This introduction also justified by the fact that the legal regulation of the mentioned above spheres of legal regulation exists in contractual inheritance in undetermined form. Also, due to the fact that contractual inheritance exists in the law as a legal phenomenon with disordered nature under understanding of Ronald J. Allen and Ross M. Rosenberg (Ronald J. Allen and Ross M. Rosenberg. *Legal Phenomena, Knowledge, and Theory: A Cautionary Tale of Hedgehogs and Foxes. Chicago-Kent Law Review*, 2002; 77(2): 686) hereditarium commodum category will form the basis of correct application of both national and foreign material (substantive) law – in this case it is not only the definition of the applicable law, but also on the impact exerted on the corresponding social relations which mediated by contractual succession. In turn, the question of the functional filling of the formula *lex loci coincidentiae testatoris et heredes hereditarium commodum* (probability, basic and restorative interest procuring) be placed not only in theory but also in practice – legislator, bringing to the forefront of the protection of the interests of persons involved in contractual succession, gives to a contractual inheritance regulatory and institutional character.

## Contractual Succession: Complex Institution Formation Advantages

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**Keywords:** *applicable law, collision formula, contractual succession, succession law, law of obligations*

**Introduction.** Contractual succession factually exists as a complex phenomenon. Structure of this phenomenon consists of contracts and agreements concluded with *clause mortis causa*. Also structure of contractual succession includes mutual, reciprocal and mirror wills and separate testamentary devices. These legal instruments are concentrated in different areas of legal regulation. Due to this circumstance, the right of inheritance, which appears as the intermediate stage to the genesis of property rights to contractual succession participants may appear incorrectly.

**Aim.** The aim of this work is to prove that contractual succession is a complex legal institution and to suggest an acceptable collision formula (connecting factor) for determining the applicable law.

**Results.** Contractual succession exists in law doctrine and practice as a fragmented legal composition which essential components often interact disorderly. Hereditary obligations law (organizational law of the contractual succession) possesses the opportunity to reverberate for family, succession and obligation law discrete institutions, leading for their proper and improper interpretation respectively changing contractual succession legal regime. Simultaneously legal regulation that exists at this moment does not allow us to correctly determine the law applicable to contractual succession in whole. In regard to contractual succession a conflict between two areas of legal regulation takes place – between succession law and the law of obligations. This conflict manifests in the process of competition between hereditary obligations and obligations arising out of other essential components of agreements (contracts) and related unilateral and multilateral transactions *mortis causa*.

**Conclusions.** To excrete contractual succession as a legal institution seems necessary in order to define and allocate a priority area of legal regulation and exclude conflict between two kinds of hereditary obligations – hereditary obligations which arise from law or testament and hereditary obligations *sui generis* – obligations arising from concluded agreement or contract. Applicable to contractual succession in whole law regime is proposed to consolidate by connecting factor named with term *lex loci coincidentiae testatoris et heredes hereditarium commodum* this factor secures persons' private interests.

## Global Education in Social Work Higher Education

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**Keywords:** *global education, models of global education*

Milenium development goals, sustainable development goals, social work studies Global education is a complex educational conception, which includes disciplines and topics like education about human rights, sustainable development, peace and conflict resolution, multicultural education, citizenship, etc. (UNESCO, Global Citizenship Education – Preparing Learners for the Challenges of the Twenty-first Century, 2014). Importance of global education in formal and informal education is stated at international (for ex. The European Consensus on Development) as well as national level (Nacionalinė darnaus vystymosi strategija 2003, 2011; Vystomojo švietimo plėtros gairės, 2011, Nacionalinė darnaus vystymosi švietimo 2007–2015 m. programa; Rekomendacijos nacionalinei vystomojo švietimo koncepcijai 2012 ir kt.) documents. OECD report emphasises that role of higher education is essential in developing and implementing global education philosophy and conception. Various declarations (Graz, 2003; Sapporo, 2008; Torino, 2009) state that higher education institutions should actively participate in promoting and implementing of global education. Lithuanian scientists (Leichteris, Stumbrytė 2008;

Bulajeva 2013; Duobienė, 2010; Lapėnienė, Lapėnas, 2013; Augutienė, Baltrėnienė 2014) recently have done several researches in the field of higher education, sustainability and globalization. However, there is still a lack of systemic scientific analysis in implementation of global education at university level studies in EU countries.

The purpose of the presentation is to find out students' opinion on inclusion of global education in their university level study programmes. Survey using non-probability sample was carried out. Erasmus exchange students (in and from different countries) and students at one Lithuanian university were questioned about Milenium development goals, sustainable development and its goals, and these topics incorporation in the studies in order to understand what students know and do they see necessity for covering global education topics in studies at universities. Research data shows that there is no big difference between opinions of students from different EU countries. Students say that defined issues are not so important for them personally or for their country of residence as generally for EU and the world. Poverty reduction and gender equality are mentioned most often as the most important goals to be achieved. Data reveals that for students sustainable development issues are abstract, not connected with their reality and studies.

## Efficiency and Limitations of Social Workers' Performance

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**Keywords:** *efficiency, social services, family at social risk, child temporary custody, child permanent custody, competence*

**Introduction.** Regardless of the development of social support system for the family, social workers are dealing with the factors that impede their performance efficiency while working with the families at social risk.

**Aim.** The aim of the paper is to investigate what impedes the social worker to perform effectively in providing social services to families with temporary child custody (care).

The objectives are to describe the specifics of the social worker working with the families at social risk with children in temporary custody (care), to reveal how social worker identifies and evaluates his / her performance efficiency, to determine limiting factors of performance efficiency.

**Materials and Methods.** The paper is based on scientific literature and legal documents analysis, content analysis of child custody cases files, semi-structured interview. In theory, the performance efficiency of the social worker is determined by social worker's professional, social and strategic competence, internal and external activities, teamwork of specialists of various areas or activities, infrastructure of social services, motivation and activity of the family, motivation of the social worker, community and other factors.

**Results.** The qualitative research data reveals that social workers lack strategic competence, do not plan their activities in terms of economic efficiency, are focused on the efficiency of social services, but not on provided services package cost. Research participants states that the lack of clients' motivation, too big workload of social worker, lack of time for working with a family, lack of inter-institutional cooperation and teamwork, lack of information are the main factors limiting the efficiency. The research reveals that factors limiting performance efficiency lies in the system of the social services: improperly arranged infrastructure of social and psychological services, inadequate management of social workers activity, limited social workers' access to resources, excessive workloads for social workers, potentially fragmented, non-standardized control mechanism of social workers' performance.



## Motivating Factors of Infection Control in Nurse Practice

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**Keywords:** *motivating factors, infection control, nurse*

**Introduction.** In developed countries hospitals for more than 170 years have studied and validated a variety of methods for staff motivation: education at work, distributed leaflets, seminars and lectures, provided the necessary equipment and personal protective equipment as well as surveillance and control provided by the hospital epidemiological service. Not less important role in nurses' motivation is played by psychological factors, such as attitudes, habits, stress and tolerance.

**Aim.** To explore motivating factors of infection control in nurse practice. The study used qualitative research method – structured interview (n = 23) and a quantitative study – questionnaires (n = 230). Questionnaires engaged 98 intensive care nurses and 132 surgical nurses.

**Results.** Most of the nurses (62.2%) regularly supplemented their knowledge in infection control. Infection control rules in their work were regularly used by 86.1% of respondents, while 13.9% of respondents irregularly applied infection control within the patient care process, posing a threat to their own and the patient's health. As a motivating factors in infection control nurses noted the importance of the rules in patients care (94.3%), availability of infection control rules in the ward (92.6%), regular supervising provided by head of nurses (84.8%), example and positive attitude of colleagues (80.4%), the necessary equipment and personal protective equipment, understandable and simple rules for infection control, sufficient time for infection control in patients care, adequate infection control and surveillance in high risk units, provided by the hospital epidemiological service. The most frequently mentioned reason why nurses break infection control rules was increased workload and burnout, as well as the lack of understanding of the importance of infection control in patients' health maintenance and inappropriate attitude.

**Conclusions.** The study suggests that in high risk units there are different motivating factors of infection control, such as the necessary equipment and personal protective equipment, infection control rules comprehensibility and accessibility, infection control and surveillance provided by the hospital epidemiological service. And, at the same time, there are also factors that disturb nurses' motivation, such as increased workload, lack of awareness of infection control in practice and inappropriate attitude.

## The Problematics of Refusing of a Defender in Agreement Proceedings

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**Keywords:** *criminal procedure, agreement on admission of guilt and penalty in criminal procedure, defence provided by state*

**Introduction.** Criminal procedure that takes place in accordance with the procedures of agreement proceedings is a particular institute of criminal procedure with its own specific regulations and exceptions in criminal procedure. Whereby, flaws made even in separate matters during the conclusion of an agreement usually cause substantial consequences – complete cancellation of guilt admission agreement and penalties.

The second clause of Paragraph 83 of the Criminal Procedure Law states that the participation of a defender is mandatory in criminal proceedings that take place in accordance with the procedures of agreement proceedings from the moment when negotiations are begun with the accused regarding the entering into an agreement. It is a topical issue in practice, as several courts of first instance had not accepted the agreement on the admission of guilt and penalty between the accused and the prosecutor,

in cases, when after the initiation of negotiations with the accused on the conclusion of the agreement, the accused had refused a defender, but the prosecutor had not ensured the participation of State advocate in procedural actions.

**Aim.** The aim is to investigate the legal framework in accordance with the possibility of refusing of a defender in case of mandatory defence – in criminal proceeding that take place in accordance with the procedures of agreement proceedings, considering the specific criminal procedure law regulation of agreement procedure.

**Results.** Recently, the Supreme Court of the Republic of Latvia expressed its view on this issue. In the case SKK-659/2015 the Supreme Court specified that Paragraph 88(3) and Paragraph 83(1) unequivocally determine the cases, when a person who has the right to defence cannot refuse a defender. In Paragraph 83(2) of Criminal Procedure Law mandatory participation of a defender in criminal proceedings from the moment when negotiations are begun with the accused regarding the entering into an agreement is laid down. It follows from the content of the specified Criminal Procedure Law regulations that there is a requirement on mandatory presence of a defender in criminal procedure during the initiation of negotiations regarding the entering into an agreement, but not on mandatory participation of a defender until the signing of an agreement. After the signing of an agreement in the presence of a defender from the moment when negotiations are begun, the accused can further on voluntarily refuse a defender.

In the case SKK-659/2015, the Supreme Court repeatedly acknowledges the conclusion, provided ten years ago in the research “The case – law in legal proceedings on agreement signed during the pre-trial procedure” carried out in 2005 by the Division of Case – Law and the Criminal Law Department of the Supreme Court Senate, that it arises from Paragraph 88 of the Criminal Procedure Law, which lay down procedural arrangements for refusing of a defender, that, in this case, a person still preserves the right to refuse a defender and this refusal is mandatory for a person directing the proceedings (<http://at.gov.lv/lv/judikatura/tiesu-prakses-apkopojumi/kriminaltiesibas/>).

**Conclusions.** Criminal procedure that takes place in accordance with the procedures of agreement proceedings is a particular institute of criminal procedure with its own specific regulations and exceptions in criminal procedure.

In the case SKK-659/2015, the Supreme Court shares again the opinion, provided in the research carried out in 2005 by the Division of Case – Law and the Criminal Law Department of the Supreme Court Senate.

The decision of the Supreme Court SKK-659/2015 is regarded as a case law and is binding upon lower courts. It concludes that, after the signing of an agreement in the presence of a defender from the moment when negotiations are begun, the accused can further on voluntarily refuse a defender.

## **Influence of High Physical Load Endurance Exercises on the Anthropometric Parameters and Health Status of Military Personnel**

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**Keywords:** *military, musculoskeletal pathology, health disorders*

**Introduction.** Military training is associated with lifestyle change – social, environmental, climate and geographical conditions, biorhythms, nutrition etc., with an increase in physical and psycho-emotional loads. Military personnel comprise a high risk group for health disorders, musculoskeletal pathology and psychological overload. It is very important to provide preventive measures to reduce the risk of health disorders related to specific job and provide necessary medical assistance at early stage.

**Aim.** The purpose of the study is to reveal impact of 10 days long combat training course (CTC) with high physical load exercises in extreme conditions on the anthropometric parameters and health status of participants.

**Results.** We provide evaluation of the anthropometric data and medical cards of 49 military persons of both genders (included 41 males and 8 females) at age 22–29 years (average age 24.9 years). All respondents before the CTC got medical evaluation of health status and permission to participate in CTC. During the course participants had limited dietary supply and rest possibilities, but there was no limitation in water in-take. During the course we fixed changes of body mass (at the beginning, in the middle and in the conclusion of the CTC). In case of health disorders participants of the CTC could attend medical post for medical consultation and help. Analysis of the anthropometric data revealed slight fluctuation in body mass: in the middle of the CTC, BMI decreased for 3% comparing with BMI in the beginning, in the conclusion – BMI decreased for 2.8% (in males for 1.4%; in females – 3.1%). In extreme conditions with high physical and psychological load, chronic health problems aggravated. Analysing medical condition in the group during the combat training course – a larger amount of infections was found (18%, 9 pers.), in most cases upper respiratory tract infections (44%, 4 pers.) and skin fungus (22%, 2 pers.). 6 people complained of musculoskeletal system, half of them had no such complaints and previous medical history of musculoskeletal disorder before training course and half marked significant worsening of previously detected symptoms.

**Conclusions.** Due to professional risk conditions military personnel have to beware of traumas and musculoskeletal disorders, infections and gastrointestinal disorders. Females are in greater morbidity risk. High physical load gives slight fluctuation in BMI.

## Biographical Disruption and Factors Facilitating Overcoming it

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**Keywords:** *biographical disruption, biographical work, social support*

**Introduction.** The concept of biographical disruption describes the influence of significant events on the individual life course cardinally changing its direction and plans. Significant changes that affect an individual are experienced both objectively and also interpreted subjectively in individual biography.

The term *biographical disruption* coined in 1982 by British sociologist Michael Bury describes the experience of chronic illness and the way in which a life-threatening illness breaks an individual's social and cultural experience by threatening the self-identity. Biographical disruption is analysed as the process brought about by a "turning point" (Strauss, 1959) or "fateful moment" (Giddens, 1991) that is the basis for subsequent changes in a person's identity. The empirical research data were obtained by interdisciplinary research project "Creation of a new interdisciplinary research team to investigate breast cancer and to increase the efficacy of therapy and the patient's quality of life" (agreement No. 2009/0230/1DP/1.1.1.2.0/09/APIA/VIAA/070) conducted in Oncology institute of Rīga Stradiņš university. For the study of biographical disruption due to radical social change empirical data are from a longitudinal study performed by the National Oral History project of the Institute of Philosophy and Sociology at the University of Latvia.

**Aim.** To perform a sociological study of the individual and social aspects of biographical disruption due to various causes in order to determine factors facilitating successfully overcoming a biographical disruption.

**Results.** The paper discusses the influence of the inherited breast cancer genes BRCA1 and BRCA2 on the development of biographical disruption. Illness and heightened risk of illness are characterised as mostly individual causes of biographical disruption. The influence of the inherited gene manifests itself as: 1) the individual's own illness, 2) heightened risk of becoming ill. In both situations the biographical disruption is a cumulative process.

The second type of biographical disruption analysed is associated with significant changes in all social systems, including culture, which is the most stable and inert system, based in traditions and collective identity. For this reason, biographical disruption due to social changes is analysed in conjunction with cultural trauma.

**Conclusion.** In studying and analysing the possibilities of overcoming a biographical disruption, the conclusion is that this depends on the individual's own *biographical work*, or *narrative reconstruction* (Williams, 2008), and various types of *social support*.

## Prevalence of Physical Activity, Nutrition Behaviour and Conditions of Overweight and Obesity among 11, 13 and 15 Year Old Adolescents in Latvia

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**Keywords:** *physical activity, healthy eating, overweight, obesity, adolescents*

**Introduction.** Being overweight in childhood and obesity have both immediate and long-term effects on health and well-being. Obese adolescents are more likely to suffer from pre-diabetes, display risk factors for cardiovascular disease and are at greater risk of bone and joint problems, sleep apnea as well as social and psychological problems such as stigmatization and low self-esteem. Healthy lifestyle habits, including healthy eating and physical activity can reduce the risk of obesity and developing related diseases.

**Aim.** To examine the prevalence of physical activity, nutrition behaviour, the conditions of overweight or obesity in age and gender groups of adolescents in Latvia using the data of the 2014 Health Behaviour Study of School-age Children (HBSC) in Latvia.

**Results.** The findings showed the proportion of adolescents who met guidelines of enough daily moderate-to-vigorous physical activity (MVPA) of at least one hour. Only 22% of boys and 15.3% of girls met the criteria of daily MVPA. Daily MVPA decreased between ages 11 and 15 for both males and females. Boys did at least 60 minutes of MVPA per day more often than girls. Gender differences were significant across all age groups. In general, older children were less likely to eat breakfast each day, especially 13 and 15 years old girls. 62.4% of adolescents ate breakfast every day. The prevalence of fresh fruit and vegetable eating per day was low. 26% of adolescents ate fruit and only 25.7% ate vegetables on a daily basis. The daily consumption of fruit and vegetables was significantly higher among girls in all age groups. It decreased significantly with age among boys. The calculation of the proportion of adolescents who were overweight or obese is based on the WHO child growth curve standards. The extent of being overweight and obese decreased as age increased. Boys had significantly higher prevalence across all age groups.

**Conclusions.** MVPA levels were generally low and declined throughout adolescence. The gender gap was significant which suggested that girls need to be targeted in respect of gender-specific interventions. The prevalence of being overweight or obese seems to be increasing, especially among boys. Evidence-based actions need to be implemented to improve dietary practices and to increase physical activity. A systemic approach is needed to address weight and obesity issues among adolescents.

## Woman's Quality of Life in the Age of Transition

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**Keywords:** *woman, quality of life, reproductive system*

**Introduction.** There are 1,108,649 women living in Latvia, 485,538 of those women are over 50 years old but 304,848 women are between the age of 50 to 70.85% of all women experience some symptoms of menopause. The analysis of the quality of life has always been closely related to priorities of a certain period of life. The term "quality of life" entails both objective indicators and subjective satisfaction, as well as individual's ability to build their lives according to their goals. The current necessity of this research was based on the lack of studies concentrated on a particular age group in Latvia.

**Aim.** To study the impact of physiological changes of women's transitional period on their quality of life.

**Results.** Painful menstruation presence was noted in 72.9% of women, 30.6% of who claimed it interferes with quality of life, while 23.5% felt their quality of life was distorted ( $p = 0.01$ ). Heat wave presence was noted in 57.6% of women, 24.7% of them noted it often ( $p = 0.01$ ). Night sweats were noted by 51.8% of women, 8.2% of them claimed it to be frequent and troublesome, but frequent in 9.4% ( $p = 0.01$ ). Fatigue in everyday life was experienced by 41.2% of women, 10.6% of them claimed that it happened frequently and was troublesome, but frequently in 14.1% ( $p = 0.01$ ). Palpitations were experienced by 52.9% of women, 3.5% of them claimed it to be frequent and troublesome, but frequent in 10% ( $p = 0.01$ ). Headache was experienced by 63.5% of women, 8.2% of them claimed it to be frequent and intrusive, as well as 8.2% claimed it to be frequent without being intrusive ( $p = 0.01$ ). A sense of joy in everyday life was experienced by 15% of women, anger by 17.6%, but stress by 29.4% ( $p = 0.01$ ). Irritability was noted in 25.9% of women, 2.4% of them claimed it was frequent and troublesome but 10.6% noted it as frequent ( $p = 0.01$ ). Sadness was noted in 41.2% of women, 3.5% of them claimed it was frequent and troublesome but 11.8% ( $p = 0.01$ ) frequent. Mood swings were noted in 45.9% of women, 24% of them noted it as frequent and troublesome but just frequent in 12.9% ( $p = 0.01$ ).

### **Conclusions.**

1. 54.4% of respondents experience the presence of objective symptoms during the transitional period, which affects their quality of life.
2. 29.2% of respondents experience the presence of subjective symptoms during the transitional period, which affects their quality of life.
3. 64.7% of women consider changes in their reproductive system as positive, 28.2% claimed the changes are negative, but 7.1% gave another opinion (feeling of sadness that the time has come for the change, etc).

## Physiotherapy Programs Efficiency in Patients after Myocardial Revascularization and Heart Valve Reconstruction Operations in First Phase of Cardiac Rehabilitation

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**Keywords:** *physiotherapy, heart surgery, respiratory functions*

**Introduction.** In year 2015 Pauls Stradins Clinical University Hospital Cardiac Surgery centre performed 1,259 heart operations. There is a need for more effective and objectively assessed physical therapy model, adjusted for faster patient return to social environment. Respiratory functional diagnosis before and after the operation helps to analyze patient's functional performance.

**Aim.** To study effectiveness of conventional and innovative physiotherapy program in patients after cardiac surgery in first phase of cardiac rehabilitation.

**Results.** Participants were divided into two groups randomly. While assessing spirometry such dynamical indicators as forced vital capacity (FVC), forced expiratory volume in the 1<sup>st</sup> – second (FEV1), Tiffeneau index (FEV1/VC(%)), peak expiratory flow (PEF) was determined. The study included 123 study participants, whose average age was SD (M = 66.46, SD = 9.45). Of these, 54 (43.9%) were women and 69 (56.1%) men. There were 52 (42.2%) valve replacement surgery, 44 (35.8%) myocardial revascularization and 27 (22.0%) combined heart surgery. There were 64 study participants in the first group, among them 32 women and 32 men. The average age was SD (M = 65.38, SD = 10.03). FVC, SD after the surgery was (M = 69.76, SD = 16.03), FEV1, SD after the surgery was (M = 68.06, SD = 17.08), FEV1 / VC (%), SD after surgery was (M = 101.06, SD = 9.76), PEF, SD after the surgery was (M = 66.76, SD = 20.11). In the second group there were 59 study participants, among them 22 women and 37 men. The average age was SD (M = 67.63, SD = 8.72). FVC, SD after the surgery was (M = 70.11, SD = 14.81), FEV1, SD after the surgery was (M = 68.00, SD = 16.71), FEV1 / VC (%), SD after surgery was (M = 101.00, SD = 11.98), PEF, SD after the surgery was (M = 68.70, SD = 19.11).

**Conclusions.** Using conventional and innovative physiotherapy and comparing postoperative dynamic respiratory performance of the two groups, using independent samples t test and Leuven test, there was no statistically significant difference, proving that the two methods are equally effective.

## The Role and Potential of Local Governments in Providing Social Security

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**Keywords:** *safety, social security, social services, local government*

**Introduction.** Social security provides socially significant guarantees in every individual's life. It is one of the factors affecting each individual's quality of life, well-being and standard of living. Necessity to guarantee individual's social security is very important, because thus he is able to live high-quality and wholesome life. Social security is regulated at international, national and local level. Its implementation is mainly a local responsibility and competence.

**Aim.** The aim of this research is to determine the current nature of social security, explore the situation with its provision and possibilities and to identify local government's role in its implementation.

**Results.** The aim of social policy, including local governments, is to improve living and working conditions of the population and employment, to ensure adequate social protection, to encourage social dialogue and non-discrimination. The Law "On Social Security" prescribes the principles for



the structure and operation of a social security system, the main social rights and duties of a person, the basic conditions for its implementation, as well as regulating the types of social services, including social and instructional assistance, and promoting social fairness and social security. Municipalities are facing objective difficulties while implementing the Law. However, the Riga municipality, while overcoming difficulties in the provision of services, are increasingly using information technologies, making implementation of social measures easier and raising the quality and efficiency of work. For instance, in the information system of municipal social welfare management linkshave been made to 22 external repositories, databases and systems of Riga City Council. Social and health care sector is becoming increasingly important in improvement of Riga residents' quality of life. Riga City Council offers necessary social services, social assistance, providing access to health care, health promotion and preventive measures, including limitation of the distribution of addictions, as well as employment promotion issues, all within the competence given to it.

The aim of social security system is to create a stable and responsible social system, which provides the basic financial security as well as support in solving social problems and in case of decline of person's social functioning abilities, ensure access to health care and health promotion measures.

## Why the Share of Small Amount Pensions is so Substantial in Latvia?

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**Keywords:** *public pension, pension equity, NDC, poverty*

**Introduction.** Along with many other countries that undertook fundamental pension reforms in 1990s, Latvia has undergone essential reform of its old-age pension system in 1995 by introducing the notional defined contribution (NDC) scheme. The pre-reform service record had to be translated into the new schemes and different countries demonstrated different approaches to this issue. Latvia was the only country in the world that extended the NDC – scheme to all working population irrespective of their age.

**Aim.** Until now, the pre-reform employment history makes more than a half in the whole employment history for any Latvian pensioner, so the translation mechanism is a very important factor influencing adequacy and equity of pensions. The original translation formula has been corrected for 5 times but is still in force. The formula is quite unfair and is the root for many inequitable distortions. The article studies the outcome of the formula and compares the approach of Latvian legislators to the methods used for treatment of pre-reform employment histories in other countries.

**Results.** One of the roots of the poverty risk in the age group 65+ lies in the mechanism of translating the pre-reform service record into the reformed NDC pension. The formula is based on two variables: the length of employment until 31/12/1995; and the average earnings of the individual during the period 01/01/1996–31/12/1999 from which social insurance contributions had been paid. For persons with interruptions in employment and those receiving no insured earnings during some period within these four years, their average insured wage is quite low. In a point of fact, those years 1996–1999 were quite hard to Latvian economy and many Latvian individuals suffered from low wages, long-term unemployment without benefits, 'grey under-the-table' salaries, being unaware of the importance of this period for the amount of their future pension.

**Conclusions.** Latvian formula for converting pre-reform service record into NDC needs revision. Among possible options are: increase in the amount of pension supplements and extending of the supplements also to those retired after 2012; removal of 30-year threshold for low wage earners; excluding of non-productive periods from the reference period for calculation of initial notional capital; extending the reference period from 4 years 1996–1999 for a longer one. However, the last two options seem hardly feasible politically because of high administration costs of their implementation.

## Problems in Cognitive Training of Seniors

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Cognitive intervention in healthy older adults has become a hot topic (Razumnikova, 2015; Reijnders et al., 2013). However, problem is a lack of motivation to the development of new knowledge and activities in elderly people.

So, aim of the study was to evaluate age changes in motivational inductors to determine the prospects for attracting retirees to computerized cognitive training.

We created a list of motive inductors based on cognitive-dynamic Nutten approach (Nutten, 2004). Participants (49 women aged  $65.1 \pm 5.8$ , GrO; and 43 women aged  $20.0 \pm 1.1$ , GrY) were asked to rating these statements. Independently from age the minimal rank was selected for “social activity” component, and the maximum of assessment indicated highest value of the cognitive and physical activity. Interaction of factors AGE x BEHAVIOR was due to significantly greater significance of the cognitive and physical activity in the GrO vs. GrY (with a priority in the last GrO but the first in GrY), but less – inductors of emotional state and nutrition. These age-related differences in the profile of the motivational inductors in a situation of “the future” in the absence of the differences in the past, and the trend towards the formation of the increased importance of cognitive and physical activity in “the present” state. Although older people feel a importance of cognitive training but only 32 people out of 120 students of University for Seniors at the NSTU agreed to participate in psychological diagnostics.

To determine the functions of the attention systems (ANT) and memory (working, spatial and interference effect at memorizing objects) were used specially designed computerized techniques. It was found that reaction time positively correlated with age. This effect was especially pronounced in response to congruent stimulus in ANT performing or when determining the stability of attention when needed as quickly as possible and more accurately determine the similarities or differences of shape and colour of figures. Also, age was positively correlated with the number of errors in the spatial memory test.

Therefore, the results suggest the prospects for further psycho-social intervention in the elderly for actual implementation of their potential ideas to achieve the desired goal: high quality of life. However, even among the students of the University for Seniors, i.e. who have a relative interest in acquiring new knowledge, it is difficult to motivate the diagnosis of brain aging processes and even more to systematic cognitive training.

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## Adaptation of Higher Education to Labour Market Transforming Demands: Case Study

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**Keywords:** *higher education, labour market demands, graduation perspectives*

**Introduction.** The number of students in Latvian higher educational establishments (HEIs) decreases each year. At the same time global labour market has a growing demand for highly skilled employees, especially for people with a technology-oriented degree. Nevertheless these study programs include highest student dropout rates and relatively lower graduation rates.

**Aim.** The aim of this study was to evaluate graduation perspective of IT students with imitation model options. Based on previous study results, focus was directed towards the factors that affect the choice of study programs and study motivations. To achieve this goal the model was designed using Imitation Software environment, governed by the criteria that are based on literature, student survey results and study of historical data for the period from 2008 to 2015 of the University.

**Results.** Research survey shows, that main factors that program graduates indicated as the most important are connected to interest in study field, quality of studies and potential job opportunities, while for students that had dropped out of studies more important were factors connected to financial aspects – opportunity to study with state budget funds. Historic data of the University confirms, that IT program graduation perspectives are influenced positively by available vacancies in labour market, graduate employment rates, availability of state budget funded study place and scholarships, as well as interest in study field. However student indicators that are connected with study quality – the proportion of scientific publications and teaching staff mobility factor, influence students' dropout rates negatively.

**Conclusions.** Although the financial factor in the students' survey appeared as significant, the study results show that this indicator of the factor already is relatively high. However, these indicators should not be reduced in the future, because it could significantly increase number of students' dropout rates and program application rates – 73% of students said that they would not have started their studies in the program if they would have to pay for their studies. The main recommendation is to improve situation by investing in marketing activities as well as study quality area. Based on the results of this research, the new financing model for HEIs will have a positive impact on students' graduation perspective, since it includes support to raising the study program quality indicator .

## Pregnancy Nutrition – Situation in Latvia

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**Keywords:** *non-communicable diseases, pregnancy, nutrition*

**Introduction.** Foetal development depends on the nutrient supply during pregnancy, including all the micronutrients present in the mother's bloodstream. Maternal nutrition has a direct impact on the child's health during their adulthood, and this can be a major factor influencing the global epidemic of obesity and non-communicable diseases (NCDs).

**Aim.** To analyse the situation in Latvia and develop practical guidelines for health professionals, to provide reproductive age and pregnant women with harmonised information on nutrition during pregnancy with the main goal to give the new-born the best start in life.

**Results.** There is increase in incidence of overweight and obese population in Latvia which also leads to rise of proportion of overweight and obese pregnant women, increased incidence of gestational diabetes. There is no uniform information on nutritional needs during pregnancy for health care professionals in Latvia. Basing on WHO publication "Good maternal nutrition. The best start in life (2016)", our team developed national guidelines for health professionals "Proper nutrition for women in the reproductive age as a cornerstone for a healthy start in life" where general recommendations on nutrient supply during pregnancy adapted to local Latvian circumstances are implemented.

**Conclusions.** Implementation of Latvian national guidelines would help to decrease spread of NCDs in Latvian population.

## Assessment of Scrub Nurses' Non-technical Skills

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**Keywords:** *non-technical skills, scrub nurse's skills, skills assessment, operating theatre environment*

**Introduction.** In promotion of safe and effective patient care, researchers pay attention to assessment of skills of health care practitioners in work environment. Studies have determined that training of non-technical skills (cognitive and interpersonal) reduces human errors and improves staff ability to perform certain tasks in work environment. For assessment of non-technical skills of scrub nurses, researchers of the University of Aberdeen have developed intra-operative work organization protocol for observation of non-technical behaviour. This system includes taxonomy of non-technical skills (situational awareness, communication and teamwork skills and task management), desirable and adverse behavioural markers, and scale for behaviour assessment.

**Objective.** To establish self-assessment of non-technical skills for scrub nurses and to evaluate their implementation in the process of intra-operative work environment.

**Results.** During the study 15 interviews were conducted and 15 field observations in 4 hospitals were made. The average work experience of nurses was 20 years. Information awareness: scrub nurses obtain the necessary information by listening, recognizing the items from theatre environment (operation, team, equipment and patient). Self-assessments show that information is obtained to a lesser extent via questioning and paying attention to the patient's and equipment's signals. Communication and teamwork: observations show, that nurses adjust their communication to the situation, yet in self-assessment they relate this skill with their work less. In practice, almost all respondents exchange information, thoughts/ideas while working in team-despite that in self-assessment respondents indicate this skill usage less. Task management: observations show that nurses plan their time well, are responsible for the team safety, and can understand the needs of others in tense situations. In self-assessment, the respondents give less importance to this skill.

**Conclusions.** The research data indicates that respondents do not fully recognize the concept of non-technical skills since scrub nurses acknowledge importance of non-technical skills in their everyday work to a lesser extent than it is found out by observations. Yet, importance of non-technical skills at work of a nurse is very high, and the skills are widely used in everyday work. Thus it is important to research these skills further, stressing also their role in creation of secure working climate in teamwork.

## Counselling, Testing, Prevention – from HIV / AIDS to STI

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From HIV / AIDS Counselling, testing prevention to STI in 1987 Germany – Health centres started with a special counselling testing and prevention programme in HIV / AIDS all over Germany. In this time there was a lot of fear and little knowledge of this new infection, no therapy and a high incidence of new infections. After an intensive discussion to deal with this challenge, to help infected persons and not to discriminate HIV Positive Persons, Social workers, psychologists and doctors started with anonym individual counselling and free testing on HIV / AIDS.

HIV positive persons got special help and intensive information. In this time most of them needed psychosocial support, because they were not able to work and often there were a lot of problems in their families and social surroundings. Most of them died in this time or stayed in hospital for a long time.

To avoid new infections, the programme started with school prevention, from age 14 on with discussion and information about infection risks. Since 1995 therapies got more effective, more and more people with AIDS were able to do their jobs and at least today their life expectance is nearly normal and because of low viral load they are not infectious for others. The programme succeeded and the number of new infections continually decreased till 2006. The fear of HIV / AIDS decreased as well,

the money spent for prevention was reduced by government and the number of new infections appeared again. Syphilis and Gonorrhea as sexually transmitted diseases and markers for risky sexual behaviour decreased in the first years of HIV / AIDS and increased since 2000. So in 2006 prevention themes changed from singular HIV / AIDS information to general precautions of STI (Sexual transmitted infections) and sexual health. So today talks about HIV / AIDS and the sexual risks of transmission are widened to Hepatitis A, B, C (and the option of Vaccination against Hep. A and B), syphilis gonorrhea, and to other STIs. Condom use (and ABC rules) for protection is also discussed. Prevention themes should be general information about infections and especially the transmission risks of all STIs.

The author will give some basic information, show epidemiologic aspects of HIV / AIDS and STI and present brochures and preventions material.

## **Cognitive Behavioural Intervention for Social Workers with Emotional Exhaustion**

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**Keywords:** *social workers, emotional exhaustion, cognitive behavioral intervention*

**Introduction.** Contemporary social workers in their services are overstressed, emotionally exhausted and feel underestimate due to the demands placed on social workers, regular necessity to meet the needs of clients with multiple social issues and low professional self-esteem, and secondary traumatic stress at the same time (Lloyd, C., et al., 2002; Wagaman M. A., et al., 2015). Cognitive behavioural intervention for such social workers with feelings of emotional exhaustion (EE), caused by chronic work-related stress is team learning (TL) how to reduce the empathic distress, and stress inoculation training (SIT) with self-management strategies: cognitive restructuring of unpleasant emotional experience, improvement of workplace relations and organizational culture (Vince R., 2001; Meichenbaum D. et al.; 1989; Bowling K. et al., 2010).

**Aim** of the study was to evaluate the effectiveness of using TL and SIT for social workers suffering from chronic EE.

**Methods.** During last two years 31 social workers (females = 21, males = 10; age between 27 and 55, mean duration of professional experience:  $9.2 \pm SD 3.0$ ) suffering three months and more from EE with secondary traumatic stress were consulted and received one month cognitive behavioural intervention by TL and SIT with follow-up assessment over two months. Group A (females = 11, males = 6) received TL and SIT for one month once a week. Group B (females = 10, males = 4) received only TL for one month once a week. Dimensions of EE were measured by the Maslach Burnout Inventory (MBI; Maslach C., et al., 1986). The Davidson Trauma Scale (DTS; Davidson J., 1996) was applied as self-administered test.

**Results.** According to MBI and DTS in social workers with high levels of emotional exhaustion and depersonalization at the beginning of the TL and SIT intervention resulted in health improvement, positive self-esteem and evaluation of social motivation and behaviour at the conclusion of the one month intervention for Group A in 72.7% ( $n = 8$ ) females, in 66.6% ( $n = 4$ ) males, for Group B in 30% ( $n = 3$ ) females, with level of significance:  $p < 0.05$ . High levels of exhaustion were associated with low levels of role performance and sense of personal meaning in the workplace, an absence of job resources (supervisory and co-worker social support), and was significantly reduced by SIT for Group A in 63.6% ( $n = 7$ ) females, in 66.6% ( $n = 4$ ) males.

**Conclusions.** One month TL and SIT intervention for social workers suffering from EE with secondary traumatic stress at work is an effective cognitive behavioural intervention for achieving balance of the work demands.

## Ergonomic and Psychosocial Risks for Employees in Social Care Centers and Preventive Measures

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**Keywords:** *ergonomics, psychosocial risks, social care, employees*

**Introduction.** Social care is one of the leading branches in Europe, including Latvia. Many investigations in the world showed that employees in this branch are subjected to diversity of work tasks, compulsory work postures, time limits and stress. The burnout syndrome is also very actuality for employees in social care.

**Aim.** The aim of this research was to investigate ergonomics risk factors and burnout syndrome reasons for employees in social care centres and to work out measures for the risk minimization.

**Materials and Methods.** The study included 90 social care workers – women aged from  $48.16 \pm 10.077$ . 46.7% of respondents work experience in the profession is 21 year, but for 26.7% of respondents' length of service in the profession is from 11 to 20 years, the other two groups: 6–10 years and 1–5 years accounted for 11.1% and 15.6%. In the research, Maslach and Jackson questionnaire was used and modified (Maslach Burnout Inventory (MBI), 1981) to assess the burnout syndrome. Ergonomic risks assessment was done by the Finnish five-point method, Quick Exposure Check (QEC) and Key Indicator Method (KIM) was used for ergonomics evaluation (Li, Buckle, 1999; David et al., 2005; Steinberg, Caffier, 1998; Kalkis, 2008).

**Results.** The survey results showed that employees, in general, note physically demanding work and forced work postures. 52.2% of employees feel constant pain mainly in the lower back, shoulders and arms or other forms of discomfort in certain parts of the body. 30% of respondents feel it even more the next day, and 17.8% experienced pain or other types of discomfort after holidays. Burnout scale survey with scoreboard indicators and descriptive statistics proves that the average EE (emotional exhaustion) indicator is  $20.36 \pm 5.073$ . DP (depersonalization) scale score showed that the average scale is 9.26 and the standard 4.159. PR (personal achievement reduction) scale results in average score and is  $32.60 \pm 5.085$ . In the overall risk assessment workers themselves subjectively pointed out III severity level (moderate risk), which also corresponds to the objective ergonomics risk assessment of III degree with KIM method. Also QEC method results indicate severe work load on the back, arms and shoulders that corresponds to III and IV risk degree.

**Conclusions.** In Latvia social care centres' employees are exposed to hard physical workload and high level of psycho-emotional stress, as it was proved by the results of the objective research methods as well as by subjective opinion of respondents.



## Midwife Home Visit Impact on Quality of Breastfeeding

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**Keywords:** *puerperal woman, newborn, postpartum period, home visitation, breastfeeding quality*

**Introduction.** Breastfeeding has positive impact on mother's and baby's health, however World Health Organization data in 2015 proves, that less than 40% of all children in the world are exclusively breastfed till six months of age. According to statistical data of the Centre for Disease Prevention and Control in 2014, in Latvia only 17.5% of babies are exclusively breastfed. It indicates the need to evaluate the overall breastfeeding quality.

**Aim.** The aim of the research is to determine effects of midwife's home visitation on breastfeeding quality. Research was conducted by using qualitative research method, and direct monitoring in home visits. Research tool was research paper author developed Breastfeeding assessment tool.

**Results.** Results of research implicate that midwife's home visits have positive impact on breastfeeding quality, because the need of intervention at 10–12 day decreases, meanwhile mothers and baby's wellbeing increases. Also research has concluded that overall breastfeeding quality is incomplete and mother's preparedness to breastfeed their baby is insufficient, and that is the main reason for low percentage of exclusively breastfed babies in Latvia.

## Do All Eggs Have Equal Rights?

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The argumentation of two law amendments of Latvian Parliament in 2015 and 2016 and their public discussions showed that issues entered the list of political communication priorities and ideas relate to people's personal lives and gender. It is about the so-called "Virtue" amendments to the Education Law which were created basing on the need to defend 'traditional' values in the content taught in schools and children's interests. During the discussion, the concept of values and virtue was linked to the traditional family structure and gender roles in a family. The second legislative initiative related to the idea of banning eggs donation from women who haven't given birth yet, in that way making changes in the Sexual and Reproductive Health Law.

What do discussions on these amendments reveal about politicians', media and audience's view on gender equality, actual gender roles and the ability to make decisions regardless of affiliation to the gender? In order to answer these questions, the agenda dedicated to both bills and the attitude of media covering the topics of the biggest national online media were reflected in the study. Two data collection methods were used in the research: content analysis and frame analysis.

The research data show that media offer a reflection of various different journalistic genres covering the topic, dominated by the political agenda. But the media frame is the opposite. It does not adapt the idea of a political party to view on gender, gender roles or patterns of family life, but reflect a conflict between the public and political decision-makers on these issues.

## E-health in Time Management in Rīga Stradiņš University Students: Preliminary Results

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**Keywords:** *time management, e-health, intervention, trans-theoretical model, students*

**Introduction.** Previous research has shown that the quality of students' lifestyle is often limited by their lack of time-management skills, especially because of the challenges how to deal with various distractions (e.g., phone calls, TV, the allure of Web surfing) (Misra & McKean, 2000; Xu, 2013; Tsai & Liu, 2015). Poor time-management skills are frequently cited as a major source of poor sleep quality (Sirois, Eerde, & Argiropoulou, 2015), stress, poor academic performance (MacCann, Fogarty, & Roberts, 2012) and school dropout (Nawrot & Doucet, 2014). Nowadays the world experienced the explosive development of the eHealth, and research shows that it can be very useful tool in supporting self-management (Antypas & Wangberg, 2014). One of the most used health behaviour model in eHealth is trans-theoretical model (TTM), and research shows that interventions based on the TTM tended to have large effects on behaviour (Webb, Joseph, Yardley, & Michie, 2010). Up until now, there has not been significant research regarding the use of eHealth in time management.

**Aim.** The aim of this paper was to assess the preliminary results of the research.

**Materials and Methods.** Participants are students of Rīga Stradiņš University, who volunteered to take part in the research. At the beginning and end of the intervention, students fill in a self-report test on their time management practice.

**Results.** Based on research we predict that time management intervention, which is based on TTM, will help students to move from one stage to next, thereby it will help students better plan their time and improve their quality of life.

**Conclusions.** This research had several limitations, e.g. in some of the interventions tasks we cannot control students' performance; thereby we cannot know whether the student is stuck in one of the stage, or he is no longer participating in the study. Another limitation was the relatively small sample.

## Status of the Profession of Social Worker in Slovakia

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**Keywords:** *the profession of social workers, act on social work 219/2014, status of the profession, motivation factors of the work*

**Introduction.** New act on social work (valid from January 2015) has been adopted to ensure professionalism in the performance of the social work and to raise the status of the profession in society. The act establishes the Chamber of Social Workers and Social Assistants as a professional body, which should contribute to improve the status of the social work profession.

**Aim.** The contribution is focused on the reflection of the status of social work as profession by social workers acting in praxis. The first part of the paper deals with theoretical basis, in which the authors describe the actual legislative norm, and its main parts. The second part is aimed at empirical level, to grasp the perception of the status of the profession by social workers themselves.

**Methods.** The research was realized as quantitative research in which a methodological tool has been designed – a questionnaire of our own design. In the context of data processing was performed descriptive analysis, factor analysis and correlation analysis.

**Results.** Basic results of the survey are review of the professional status, satisfaction rate of the social workers with their work, significant motivation factors of the work as well as its potential risks.

**Conclusions.** The most serious result of the research is finding that the overall assessment of the status of the social work profession has not been positive – more than half of respondents evaluate it as average or worse than average.

## Role of Intergenerational Coping in Family Well-being

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**Keywords:** *normal functioning and dysfunctional family; intergenerational coping*

**Introduction.** In the modern world are still relevant issues of the individual and group “survival”. This survival mostly depends on the experience of all previous generations and transfer of this knowledge to further generations. The important element of generation experience is the coping with life difficulties of some definite social context. Each family consisting of several generations has its own individual and dyadic coping of everyday stress. One of the species of dyadic coping is inter-generation coping. It includes the simultaneous organization of different levels of coping actions of all the members of the family – the representatives of different generations. It is the important inter-group process and determines the direction of a family development in the constructive / destructive continuum (Saporovskaya, 2014).

**Aim.** To study types of intergenerational coping in the family.

**Results.** According to the empirical research (the whole test sample is 571) three types are chosen.

1. Effective and constructive coping. The key characteristic is the orientation of family members – the representatives of different generations for getting the social and psychological support from each other (emotional, cognitive and effective). The coping effect and the relations well-being depends on the conformity of the type of support with age, personal and situational features of the members of the family.
2. Effective and unconstructive coping. It is characterized for the family in which the members are partially or fully unsatisfied with their relations. The key characteristic of this type is the efficiency of individual coping actions but there is the significant differences in the understanding and valuation of any stress situation, absence of joint actions. It leads to the secondary negative coping effects – the growth of emotional and psycho family stress, dissatisfaction with the relations, the development of the chronic conflict.
3. Non-effective and unconstructive coping. The key characteristic is the usage of the similar but non-effective coping strategies by the parents and the children, for example, directed to the emotional reaction and auto aggression (self-accusation). The members of the family have no orientation directed to the cooperation and support in difficult situations. It does not allow them to cope with stress (everyday or acute) and leads to disintegration of the family.

**Conclusions.** The intergeneration coping has its positive and negative effect on the family development. The question of the negative effects of intergeneration coping is open for the present moment and needs the additional research.

**Acknowledgment.** The research has been made under the financial support of RFSH No. 14-06-00842.

## Secondary Orphanhood as a Factor of Child's Lifestyle Development

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**Keywords:** *secondary orphanhood, child`s lifestyle development*

**Introduction.** The problem of Secondary orphanhood – return of a child from alternative family to a social institution, is extremely sharp in Russia.

Secondary orphanhood is caused by a number of social and psychological factors:

- Conflicts between alternative parents;
- Lack or dipyridamole of inner parents' motivation, unwillingness of alternative parents to adopt a child;
- Breaking alternative parents and their own children's relationship;
- Lack of skills in successful overcoming of difficulties;
- Lack of alternative parents' special pedagogical and psychological knowledge about orphans' characteristics;
- Unwillingness of alternative families to conduct a dialogue with social services' specialists.

The consequence of return a child from alternative family to a social institution is a psychological trauma, loss of trust to the surrounding world, destructive attachment development.

**Participants.** Secondary orphans (children at the age from 7 to 13) foster children of Kostroma social institutions (Russia).

**Method.** Non-standard observation, interview, testing.

**Results.** The main behavioural characteristics after children's return are emotional insensitivity, isolation, reverie, alienation; bad mood, disinclination to socialize with coevals and institution stuff. Children mostly use coping strategies. Stay alone, isolated (avoiding communication, immersion into their inner world); sry, grieve (emotional acting out through pain and suffering); try to forget (suppression, displacement of trauma situation). These strategies perform functions of departure, emotional estrangement from traumatic situation. They give an opportunity to reduce the acuity of such emotions as anger, anxiety, and guilt but have very strong delayed impact. Coping strategies of this group are typical for children in the early stages when they experience the state of acute trauma caused by losing the family. Formation of coping strategies system connected with expressive behaviour activation in socially unapproved forms is a delayed impact: autoaggression, external aggression (physical or verbal), protesting behaviour.

**Conclusions.** Being formed as coping strategies with a subjective result, these models are fixed in child's individual experience and it causes the development of deviant behaviour forms as a lifestyle component.

**Acknowledgment.** The research has been made under the financial support of RFSH No. 15-16-44004.

## Maternal and Child Health Care

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**Keywords:** *maternal and child health care, abortion, post abortion syndrome, welfare*

**Introduction.** Living in the world of diversity we observe different challenges which society faces today. Various modern transformations of the family institution and gaps in the system of health care have become a stalking-horse for a very important and vital problem: the absence of protecting the life of unborn babies, in other words – the problem of abortion.

**Aim.** The aim of our investigation – to prove how much maternal and child health / life suffer from abortion and how abortion affects the quality of life of a family and the whole society.

**Results.** Achieving our goal we got the following results. Having analyzed the laws which regulate the permission for abortion in Ukraine and Latvia we got to know what the real picture of this situation in both countries is like. We found out that abortion is a terrible factor, which, firstly, influences the health of women of reproductive age, often leads to infertility and post-abortion syndrome, and, secondly, as a result, many families are being destroyed, the number of population decreases, and it ultimately affects the standard and quality of life in the country. We made sure that the lack of proper understanding of all the responsibility to society by officials who allow abortions legally, by all medical personnel, who perform abortions, the lack of strict moral values among doctors-gynaecologists, whose prerogative should be to save the life of an unborn child, but never kill an innocent baby, causes decline in the welfare of society.

**Conclusions.** Our survey proves that we should pay more attention to the problem of abortions, as the key problem, the consequences of which find reflection in the welfare not only of a family, but the society or country as a whole. Looking for a way of making life happy, rich and worthy, we should remember one simple thing: human beings should not do evil, should not kill innocent babies. Instead, they should be guards of their life, all together do everything possible to prevent abortions in order to make our life better. Then for sure, our world will become better.

## Health Procrastination: Experience of 35–44 Years Old Men

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**Introduction.** The focal concept of this study is health procrastination. Currently delays in seeking help from medical practitioners are an increasing problem in Latvia, especially among 35–44 years old men. Any failure in primary and secondary prevention creates a number of negative consequences, for instance, longer and more complex treatment; lower recovery prognosis as well as higher treatment costs. Nevertheless, aforementioned group often avoids medical treatment. The understanding of its experience adds the qualitative dimension to the procrastination studies as well as contributes to the health policy development in Latvia.

**Aim.** The aim of the study was to understand the experience of 35–44 years old men in terms of their health related to procrastination behaviour in qualitative terms. Semi-structured in-depth interviews with 48 men in age of 35–44 years were conducted. Data were analysed using inductive thematic analysis.

**Results.** Emerging dominant themes are: delay of health behaviour, time management, motivation, consciousness, task aversion, effort, short-term vs. long-term thinking, gains and losses assessment, and time discounting.

**Conclusions.** There are three main concepts – personality traits, discounting and task characteristics – that bring together the experience of health procrastination in the case of this group.

## Non-formal Education of Youth: Social Competencies in Drama and Dance

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**Keywords:** *social competence, theatre education, dance education, non-formal education*

**Introduction.** Non-formal education is essential and dominating learning manner and method within the field of youth work that aims at education of an intelligent person, capable of responsible and creative resolution of their problems and active participation in public life as well as at development of social competencies of young people. Young person's abilities, skills and knowledge – social competence helps them to adapt to the environment, educate flexibility to deal with problems, to develop interpersonal and intercultural relations, develop tolerance to different-looking and other-thinking person.

The question will be analyzed in this article – how artistic activities (role playing, dancing) develop self-confidence, openness and empathy, respect for another opinion, creative thinking, the ability to make decisions and to meet conflicts, also motivate Youth to be an active community member.

**Aim.** The main aim of the article – to reveal the artistic expression (drama, dance) methods, which develop the young people's social competence and promote self-education. Two quantitative studies were carried out and more than 200 young people were interviewed at different Drama and Dance studios in Vilnius.

**Results.** The results of survey showed that the majority of young people in dancing classes have the opportunity to get rid of internal constraints, fears and complexes, learn to express themselves, to reveal itself to the audience, to develop the artistic experience, patience and physical abilities. Dance developed emotions, encouraged positive thinking, gave a favourable space to test themselves and feel real potential. Dancing youth learned to take responsibility for the overall result, they discovered new hobbies and interests.

The examination of the impact of drama expression to social competence of young person, research disclosed development of trust in other people, possibilities to express different opinion, education of conflict resolution skills which nurtured effective and positive communication competence. The majority of respondents agreed that in drama workshops they developed a sense of respect for dissenting views, their capacity to listen to the interlocutor, to speak on various topics.

Analyzing the theatre education and dance classes methods it was usually referred to creative tasks, improvisation, reflection, discussion method, group work.

**Conclusion** indicated the importance of non-formal education and artistic expression accessibility for all youth groups: further investment into the young people's social life develops proactive, socially responsible and creative personality. Drama and Dance is one of the most popular and acceptable forms of non-formal education which allows developing an independent, active and motivated youth.



## Impact of Psychosocial Training Program on Resilience and Burnout among Students of Health Care Professions

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**Keywords:** *psychosocial training program, health care students, resilience, burnout syndrome, burnout prevention*

**Introduction.** Burnout syndrome among students is associated with lower quality of life, increased risk of depression, and worse academic performance. Psychosocial training focused on increasing of the social and coping skills might play a positive role in burnout prevention. A positive change in interpersonal skills is mediated by participation in group activities facilitated by a trained professional; activities cover issues of self-perception, non-verbal communication, social skills (active listening, assertiveness, conflict management, handling of critics, aggressiveness in communication), decision making process, cooperation, stress management and coping techniques, professional identity, and relaxation techniques.

**Aim.** Study aim was to investigate the effect of comprehensive psychosocial training program on the level of burnout and resilience among students of health care professions. Quasi-experimental design was used, 97 students ( $20.2 \pm 1.49$ ; 95.9% females) of psychology, nursing and midwifery were participated in research (50 students in experimental group taking part in psychosocial training, and 47 students in control group). School Burnout Inventory (SBI) was employed to measure burnout, and Baruth Protective Factors Inventory (BPFI) was used to assess resilience levels.

**Results.** The effect of psychosocial training on the level of burnout syndrome and resilience was analyzed using the comparison of the pre-test and post-test levels in both experimental and control group. Analysis of variance and LSD post hoc tests found statistically significant decrease of the burnout levels in the experimental group of students after the psychosocial training (95% CI: 5.26; 11.94). On the other hand, no significant differences in burnout levels before and after training were found in the control group of students. Similarly, significant increase in resilience (95% CI: -7.92; -1.70) was found in the experimental group after the training, while in the control group no significant changes in the resilience were observed.

**Conclusions.** Results shown that psychosocial training is a method with a positive effect on the burnout syndrome and resilience among students of health care professions, thus being a relevant and suitable method of burnout prevention. The ability to manage stressful situations and coping with stress associated with the study requirements might significantly predict the stress managing competencies later in the professional life. Burnout prevention programs should be incorporated in school curriculum in the health care professions.

## Actual Questions of the Substitute Family Care in the Czech Republic with a Special Attention to the Process of Preparation of Foster Families

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**Keywords:** *substitute family, foster families, foster care*

**The aim** of the article is to describe the system of the substitute family care in the Czech Republic and to introduce a foster care as one of the institutes of the substitute family care. Authors paid attention to a foster care and to a temporary foster care in the context of professional preparation of foster families. The professionally led preparation in the Czech Republic is legally regulated by the regulation performing some law provisions of the social and legal children protection.

**The research goal** of this study was to ascertain a retrospective experience of foster families that they had with the preparations they had carried out before having taken a child in their foster care and also within the process of having the child in their care. For an ascertainment of detailed and authentic respondents' statements was used a qualitative approach, a method of data collection was a semi-structured interview and data analysis was inspired by an embedded theory.

**The results** of the analysis indicate that respondents find their professionally led preparation insufficient and this opinion is stronger by respondents who had been foster parents for longer time. During their preparations respondents lacked especially topics of relationship bonds.

## Evaluation of VEGF and CD34 Protein Expression in Facial Tissue of Children with Cleft Palate

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**Keywords:** *cleft palate, vascular endothelial growth factor, human hematopoietic stem cell membrane glycoprotein CD34*

**Introduction.** Cleft lip and palate (CLP) is indeed public health concern in Latvia, where the incidence of cleft lip / palate is between 1.2 and 1.4/1,000 live births. Clefts which affect the lip, alveolar bone and palate, can be unilateral or bilateral. Vascular endothelial growth factor (VEGF) belongs to the family of signal molecules, which forms the blood-vessels during the time of embryonic development and wound healing, as well as ensures vascular homeostasis in the human body, and is able to inhibit apoptosis. CD34 was proved to be a direct oral mucosal vasculogenesis characterizing factor. There are no exact data in literature on the importance of involvement of these proteins in the facial cleft morphopathogenesis. Soft tissue samples were obtained from patients with complete bilateral (CB) CLP ( $n = 16$ ) and complete unilateral (CU) CLP ( $n = 24$ ) during corrective plastic surgery, and unaffected control subjects ( $n = 7$ ). VEGF and CD34 expression was assessed by immunohistochemistry.

**Aim.** The aim of this study was to evaluate the expression of VEGF and CD34 in facial tissue of children with CLP.

**Results.** Comparing CU CLP tissue samples, acquired from patients during cheiloplasty, with those of CB CLP tissue samples, we discovered that the average relative amount of VEGF positive structures in more severe cleft cases was decreased ( $p < 0.05$ ). In our study, in all cleft cases we found rich CD34 presence in lamina propria blood vessel wall cells. There were more CD34 positive endothelial cells in cleft patients tissues obtained from cheiloplasty, rather than in the control patient tissues ( $p < 0.001$ ).

**Conclusions.** Bilateral cleft-affected soft tissues are characterized by VEGF presence, which indicates to the initial lack of ischaemia in the tissues and, perhaps, is connected with a changed neovascularization and re-epithelization. CU CLP and CB CLP affected soft tissues are characterized by pronounced CD34 expression, indicating to the local potential of increased vascular cell formation.

## Relationship between Limb Kinesthesia and Local Stability of the Spine in Patients with Chronic Non-specific Back Pain Syndrome

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**Keywords:** *proprioception, kinesthesia, joint position sense, local stability, chronic back pain*

**Introduction.** Topicality of the research is based on the wide distribution of chronic non-specific back pain syndrome among the working-age population regardless of various treatment Methods. A study on limb kinesthesia in relation to local stability of spine and manifestation of pain for patients with chronic back pain would help to understand the complex functional state of the given patient group.

**Aim.** To analyse the relationship between limb kinesthesia and local stability of the spine in patients with chronic non-specific back pain syndrome.

**Methods.** Study design: cross-sectional study. For assessment of patients the following elements were used: general data collection protocol; evaluation of pain intensity using the Visual Analogue Scale; assessment of limb kinesthesia: determination of reposition precision of a 90-degree flexion angle in shoulder, elbow, hip and knee joints; evaluation tests for the local stability of spine. The study included 100 patients (88 women, 12 men) with chronic non-specific back pain, who met the selection criteria for the study. The average age of patients was  $45.9 \pm 11.6$  years, and it ranged from 19 to 64 years.

**Results.** All participants of the study were found to have diminished limb kinesthesia, as well as practically all patients (except for one) involved in the study were found to have disorders of local stability of spine. The study results showed plausible ( $p < 0.05$ ) correlations between kinesthesia of upper and lower limb and local stability of spine. The results also showed plausible ( $p < 0.05$ ) relation between limb kinesthesia and pain intensity and duration, and these correlations were significantly determined by pain localization.

**Conclusions.** Limb kinesthesia is plausibly related to the local stability of spine and manifestation of pain for patients with chronic non-specific back pain. Results of the study show the need of further research on therapeutic effect of limb kinesthesia improvement for patients with chronic back pain syndrome.

## Effectiveness of Hyperbaric Cryotherapy on Breast Cancer Related Lymphedema Reduction

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**Keywords:** *breast cancer-related lymphedema, physiotherapy, hyperbaric cryotherapy*

**Introduction.** Breast cancer-related lymphoedema (BCRL) is a major complication of post-breast cancer surgery and radiotherapy, the lifetime risk of BCRL among breast cancer survivors is about 30% of all patients. BCRL presents as a chronic swelling of the arm which can be accompanied by pain, skin changes, decreased joint range of motion and recurrent infections, affecting patient's quality of life. It has lifelong physical, psychological, and social consequences (NICE clinical guideline, 2014). In BCRL treatment several types of conservative therapy methods are combined, to receive better and long-lasting effect. During hyperbaric cryotherapy skin temperature decreases rapidly, stimulating cutaneous receptors at very low temperatures, together with high pressure and vibration from jet microcrystals of carbon dioxide. This stimulation induces a thermal shock reaction that activates four important effects: analgesic, vasomotor, anti-inflammatory and myorelaxant (Chatap G., 2007; Desbrosse F., 2003).

**Aim.** To evaluate effectiveness of hyperbaric cryotherapy (using as a separate procedure as well as in combination with therapeutic exercises, and in comparison with therapeutic exercises alone or no intervention) on breast cancer related lymphoedema reduction and upper limb functioning restoration for patients after mastectomy.

**Materials and Methods.** 30 patients with breast cancer related lymphoedema took part in this research (20 patients in research group and 10 in control group). All patients were examined using: structured interview; pain visual analogue scale; lymphoedema volume measurement and Shoulder Pain and Dissability Index (SPADI). In the first stage of the research, patients received only hyperbaric cryotherapy sessions, while control group had no intervention; in the second stage participants in both groups received therapeutic exercises (in research group in combination with cryotherapy, but in control group without any other intervention).

**Results.** Research results show that hyperbaric cryotherapy procedure significantly have reduced the amount of lymphoedema and pain intensity ( $p < 0.05$ ), as well as shoulder functions were significantly improved in comparison with no intervention. The study results confirm the efficiency of combined therapy (hyperbaric cryotherapy and exercises) for better results in BCRL symptoms reduction (pain and lymphoedema volume) ( $p < 0.05$ ) in relation to exercises alone, but upper limb function improvement for both groups were equivalent ( $p < 0.05$ ).

**Conclusions.** Hyperbaric cryotherapy is an effective physiotherapy method to reduce BCRL symptoms (pain and lymphoedema volume) and to improve upper limb function. Combining hyperbaric cryotherapy with therapeutic exercises produced relatively better treatment results than using only one therapy method, thus justifying preference of combined therapy in BCRL treatment.

## Factors Related to Good Asthma Control in Latvian Asthma Patients in 2015

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**Keywords:** *asthma, treatment adherence*

**Introduction.** Good treatment adherence has been related to good asthma control in general. However, the relation between beliefs about asthma medication, cognitive and emotional factors and good asthma control has not yet been assessed in Latvian patients.

**Aim.** To investigate whether beliefs about asthma medication, cognitive and emotional factors are related to good asthma control in a sample of Latvian asthma patients in 2015.

**Methods.** Beliefs about asthma medicine, cognitive and emotional factors related to asthma were determined in a cross-sectional, self-administered survey of patients attending outpatient pulmonologist practices. The validated Beliefs about Medication Questionnaire (BMQ) and the Brief Illness Perception Questionnaire (brief IPQ) were used. Asthma control was assessed using the asthma control test (ACT), a validated five-item scale that reliably assesses asthma control over a recall period of four weeks. The total sample size was 352 patients. Logistic regression models were used to predict good asthma control.

**Results.** Good control of asthma medication (OR 1.44; 95% CI 1.27–1.64), confidence that asthma medication improves illness (OR 1.2; 95% CI 1.06–1.35) were related to a good asthma control whereas the more symptoms experienced (OR 0.62; 95% CI 0.54–0.70) and the more asthma affected the patients (OR 0.68; 95% CI 0.61–0.76) the less likely good asthma control. Beliefs in necessity of asthma medication were also statistically significantly related to good asthma control.

**Conclusions.** Beliefs of necessity of asthma medication, cognitive and emotional illness perception factors correlate well with good asthma control.

## Impact of Different Physical Activities on Executive Functioning

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**Keywords:** *physical activities, executive functioning, aerobic physical activities*

**Introduction.** Research indicates that such low intensity physical activities as walking, increase brain volume and improves working memory (Colcombe, et al., 2006; Voss, 2013). It has also been found that interventions including such disciplines as Nordic Walking have greater impact on cognitive function than home-based exercise (Ebersbach, et al., 2014). Several research conducted on relations between physical activity and cognitive functioning have mostly been focused on aerobic physical activity interventions (Erickson, et al., 2014). There have been research on comparing two different interventions, e.g. walking and stretching (Erickson, et al., 2010) or exercise intensity (Benedict, et al., 2013), however, the relation between different types of physical activities have yet to be researched.

**Aim.** The aim of this paper was to determine whether the impact of physical activities on executive functioning differ across different physical activity domains.

**Results.** There were overall 18 participants, aged from 65 to 76 ( $M = 71.6$ ,  $SD = 4.17$ ). Participants were divided into three groups-participants with low physical activity, participants with life-style that includes moderate intensity aerobic activities and participants with life-style that includes both – aerobic and strength training. At this stage of the research, more substantial data has yet to be found; however, preliminary data does not indicate significant differences in executive functioning across aforementioned three groups.

**Conclusions.** The topic on impact of different types of physical activity on executive functioning has yet to be researched more thoroughly. This research had several limitations, e.g. we did not differentiate the longevity of the physical activity. Another limitation was the relatively small sample.

## Factors Influencing Binge Drinking among Young People

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**Keywords:** *alcohol, youth, binge drinking*

**Introduction.** Smoking and alcohol use prevalence rates for Latvian 15–16 year old students have traditionally been among the highest in Europe. This is shown by international comparative study ESPAD (European School Survey Project on Alcohol and other drugs) data. In 2015, it was found that the rate of alcohol use among students in Latvia has significantly decreased – 11.4% of all students have used alcohol at least 20 or more times during last year. Comparing with previous ESPAD round in 2011 value of this indicator is decreased about on half. The prevalence of 15 year olds who have been drunk at least once in their life also is decreased for 21.0% or from 65.0% in 2011 to 44.0% in 2015.

**Aim.** The aim of this study is to identify the factors determining binge drinking among young people in Latvia. The 6<sup>th</sup> wave ESPAD data was used for the analysis ( $n = 8074$ ). The factors determining binge drinking or use of 60 grams or more absolute alcohol in one drinking episode were analyzed using factorial design analyzes and OLS regression.

**Results.** 42.5% 15 year old students have consumed alcohol in risky way at least once in the last 30 days by drinking 60 or more grams of absolute alcohol in one drinking episode. Compared with the year 2011 the prevalence of binge drinkers slightly decreased for about 6.0%.

In order to determine factors influencing risky alcohol consumption, data analysis was organized in several stages. At the first stage the factorial analysis of certain issues related to personality traits, self-esteem issues that characterize the rules and respect for individual experience and behaviour was done, but at the second stage it was calculated how of the individual factors influence risky alcohol use by using regression analysis method.

In factorial analysis that describes self esteem 10 measurements were included, at the result two factors were obtained. Besides, in the factor analysis that describes the rules and compliance with the law 6 statements were included, which conducted the analysis resulted in two dimensions or factors. Deviant behaviour of young people was characterized by 10 aggressive behaviour variables. The factor analysis for these indicators gave a result of two aggression dimensions. While traumatic personal experience, which includes 8 variables, resulted in three factors explaining 66% of the total variation among these variables.

Analyzing the relationship of these factors with risky use of alcohol it can be concluded that the above mentioned individual factors explains the risky dinking for around 6%. The logistic regression model of these factors show that risky alcohol use is associated with deviant behaviour and emotional experiences, as well as physical violence experience and nihilistic attitude towards compliance with the law, but is not associated with a high level of self-confidence or relativism.

**Conclusions.** The analyzed data show that risk assessment of the drinking has a direct impact on binge drinking – the higher is the risk rating, the lower is the frequency of alcohol consumption risk. Also such factors are related with high-risk alcohol consumption: low self-esteem, depression, insecurity and suicidal tendencies. It is essential that risky alcohol use is highly related to the psychological problems of young people, indicating that in the prevention activities great emphasis need to place on young people's mental health, identification of students at risk and specific programs or activities for high risk groups.

## The Dynamics of Value System in 1998 and 2015: Longitudinal Research in Latvia

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**Keywords:** *values, value hierarchy, youth values*

**Introduction.** Values may change during life because a person obtains new life experience and competencies. In the past decade many of Latvian psychologists studied people's values and their relationships with different factors like cultural, political, social, economic changes and other factors (Karpova, 1994; Jirgena, 1999; Jirgena & Mārtinsone, 2005; Ļevina, Mihailova, Mārtinsone & Gintere, 2015; and others). Since 1994 Latvia has gone through different social-economic changes like crisis, economic growth, assumption to NATO and EU and acceptance of euro currency. These changes can influence participants' values after seventeen years. Participants in 1998 were 11<sup>th</sup>–12<sup>th</sup> form students age 16–18 and in 2015 the same people have become seventeen years older being at the age of 33–35 ( $M = 33.90$ ;  $SD = 0.61$ ).

**Aim.** To conduct a comparative longitudinal research on individuals' values in 1998 and 2015, firstly when they were young and then in adulthood, in order to answer the following questions: what values were in 1998; what values were in 2015; what differences in values had appeared comparing 1998 and 2015 in same persons.

**Materials and Methods.** J. Fantalova questionnaire "Compliance level between "important" and "achievable" values in different aspects of life" (Фанталова, 1992; translated in 1998) and "Rokeach Value Survey" (1973, translated in 1998).

**Results.** Most "important values" in 1998 were "Happy family life", "Love" and "Friends", but in 2015: "Happy family life", "Health" and "Love". Most "achievable values" in 1998 were "Cognition", "The beauty of nature and art" and "Self-confidence", in 2015: "The beauty of nature and art", "Cognition" and "Active life". The most important "instrumental values" (Rokeach, 1973) the same in 1998 and in



2015 were "Responsibility", "Honesty", "Cheerfulness". Then comparing 1998 and 2015, significant changes appeared in "Health", "Self-confidence", "Wisdom", "Active life", "Freedom", "Interesting job", "Friends" and "Learning" were some values increased but some decreased in adulthood, in 2015.

**Conclusions.** Significant changes might appear because of different factors that influence participants' lives like biological ageing, success in career, need for stability and other factors. Later in their life participants might become more realistic about career and relationships that influences a decrease in the value "Interesting job" and "Friends" but increase value of "Family". Overall not many values changed their priority in participants' lives and the most important ones still are "Family", "Love" and "Health" in adulthood the same as in adolescence.

## Postural State of Preschoolers on Territory of Ružomberok and Martin, Slovakia

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**Keywords:** *postural state, disorder, preschoolers, prevention*

**Introduction.** In present life condition children have very poor movement in general. The life-style of modern population defined by lack of motion and sedentary way of life significantly contributes postural disorders, which are a serious problem in present time. We can find postural disorders in each age, even in preschoolers. Postural disorders can cause serious back bone deformities, vertebral pain and movement problems. That is why it is important to follow and evaluate postural state in each age, especially when human body grows and forms physiologic posture.

**Aim.** On sample of 111 preschoolers, ages 5–7, who attended preschool on territory of Ružomberok and Martin, Slovakia, the estimate of postural state was done by method of aspeky in three views: frontal, lateral and back. The point of investigation was postural state study, apropos state of some body parts (state of the backbone curvature, forwarded head, shoulder anteversion, protruding shoulder blades, pelvis deformation and flat feet), which are according to Hromadkova the most problematic parts of posture. Data collection was conducted using aspeky and results were processed using MS Excel.

**Results.** The 48.65% preschoolers have physiologic posture, 36.94% preschoolers have initial postural disorders and 14.41% preschoolers have serious postural disorders.

**Conclusions.** The results of the study show that less than 50% of preschoolers have physiologic posture and it requires undertaking of the relevant activities to prevent increase in postural disorders in preschoolers.

## Anthropometric Parameters for Women in Age from 40 to 65 Years Old in Latvian Population

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**Keywords:** *menopause, anthropology, BMI*

**Introduction.** Menopause is a natural process of aging women from 40 to 58 years. Analysis of the anthropometric parameters allows providing characteristics of the body composition that are related with the metabolic activities.

**Aim.** To detect anthropometric characteristics (weight, height, chest circumference, waist circumference, hip circumference, blood pressure) of female body aged 40 to 65 in the population of Latvian. Study group included 30 women. Respondents of the research group are divided into three

subgroups: 1<sup>st</sup> – from 40 to 44ys (N = 11), corresponding to the age of premature menopause; 2<sup>nd</sup> from 45 to 54ys (N = 11), corresponding to the age of menopause; 3<sup>rd</sup> from 55 to 65 ys (N = 8), corresponding to the age of late-onset menopause.

**Results.** The value of body mass in the 1<sup>st</sup> subgroup changes from minimal value 54 kg to maximal value 90 kg, the average value of body mass was  $67.6 \pm 3.4$  kg, the average value of height was 165.0 cm, and BMI average value was 24.8. We found out that the respondents of the 2<sup>nd</sup> subgroup showed tendency of increasing average value of body mass about 12.5%. The average value of body mass for respondents of the 2<sup>nd</sup> subgroup was  $76.7 \pm 4.7$  kg variation inside subgroup from minimal value 61 kg till maximal value 110 kg. The average value of BMI for the respondents of the 2<sup>nd</sup> subgroup was 27.9. The data of body mass for the respondents of the 3<sup>rd</sup> subgroup varied from minimal value 58 kg till maximal value 95 kg. The average value of body mass of the respondents of the 3<sup>rd</sup> subgroup was  $72.9 \pm 4.5$  kg. The value of BMI for the respondents of the 3<sup>rd</sup> subgroup increased to 29.2, that is about 17.7% more comparing with the respondents of the 1<sup>st</sup> subgroup. We also fixed tendency of increasing the circumference: above breast halo, under breast halo, waist circumference, hip circumference with the age in the subgroups.

#### Conclusions.

1. The research group have BMI above standard value. The tendency of increasing BMI that characterized natural processes of aging and hormonal changes in a female body during this period affect the metabolism. The overweight problem is more significant for women at the age from 55 till 64 years.
2. The health status evaluation reveal tendency to increase parameters of blood pressure in subgroup of menopausal and postmenopausal women that is connected with estrogen role.

## “Student as a Consumer” in Latvian Higher Education

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**Keywords:** *higher education, higher education management, consumer law protection, student as a consumer*

**Introduction.** When receiving different services there is a transaction between legal entities which is fixed by a certain type of document – mostly civil agreement, including conclusion of study agreement for higher education.

One of the entities is a consumer, which nowadays is understood as a subject of a special relationship with a special protection. When emphasizing consumer rights` relation with civil law, it should be noted that the relationship between a consumer and a service provider is established on the basis of civil law transactions. It follows from the above that a student is also considered a consumer if he or she has concluded a study agreement for higher education. But is everything so simple? There still is a debate on whether the student is actually considered to be a consumer both in Latvia and abroad.

**Aim.** To find an explanation of the term “the student as a consumer” in legal context on the basis of the results of analysis of legal acts of the Republic of Latvia. To expand a discussion on the topic with the involvement of a number of experts of higher education of Latvia as well as students, in particular, graduate students in Law.

**Results.** On basis of analysis of the information available in literature, opinions, their reasons and identification of experience of other countries to address the issue, and experts` and students` opinions as well as the legal acts of higher education of the Republic of Latvia, a specific and substantiated explanation of a term “the student as a consumer” will be offered.

**Conclusions.** The results show that currently in the context of legal acts of the Republic of Latvia there is no consensus on whether the student is considered to be a consumer. The results of the analysis of only legal definitions show that the student is considered to be a consumer. However the authors conclude that there is a necessity for a more precise legislation, which would clearly determine that in the context of consumer protection the student is considered to be a consumer.

## Health Literacy as a Challenge for Health Education

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**Keywords:** *health literacy, health education*

**Introduction.** Concept of health literacy indicates a meaningful association between education, literacy and health. The scientific literature demonstrates a well-established correlation between education and health literacy; education and health outcomes; health literacy and health outcomes. Education has been defined as a fundamental asset for health promotion and for maintaining or improving persons' health. Health literacy has a mediating role between education and health, but health education is supposed to lead to health literacy. Health literacy is known as a complex concept, it has multiple definitions, underlying meanings and conceptual models. Diversity of health literacy concept can be a challenging motivator for health education.

**Aim.** In-depth study of scientific literature was conducted to highlight link between health literacy and health education and to emphasize health literacy challenges for health education.

**Results.** In theoretical literature can be identified at least 5 challenges of health literacy for health education:

1. Health literacy is conceptualized as a learning outcome of health education and therefore offers a framework for defining learning outcomes of health education. However, demands for more extensive and integrative definition of health literacy challenge health education to be more diverse.
2. Initial narrow conceptual model of health literacy now is replaced by broader model, which includes not only functional health literacy, but also interactive and critical health literacy, media and citizenship literacy. All these levels should be included in health education.
3. There is a shift from individualized health literacy and individual behaviour-oriented health education to more comprehensive understanding of social determinants of health. Health education should comprehend social context of health decisions and health behaviour.
4. Health literacy requires more active individual participation in health education activities instead of passive receiving of health related information diffused in a top-down approach. It should employ methods that allow interaction, critical reflections and development of personal competencies.
5. Because of cultural context of health literacy, health education must be aware of community culture issues regarding health.

**Conclusions.** Enhanced health literacy definitions and conceptual models require more complex, comprehensive, socially oriented, culture sensitive, participatory health education.

## Satisfaction with Happiness in Families with Children in the Czech–Latvian Comparison

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**Keywords:** *welfare, contemporary family, hapiness*

**Introduction.** Happy family is an important basis for a welfare and health in society and brings a good opportunity for a successful education and development of children. Stability and an appropriate functioning of a family system help to find a balance in differentsituations which bring difficulties and challenges for its family members. In this paper, special attention is also put to an analysis of what families miss in their family life that does not allow them to be happy.

**Aim.** To study the important areas which influence a feeling of happiness in the family. The analysis tries to find out the most important socio-demographic indicators linked with family contentment in both countries and to compare them as well as find out if social systems in both countries meet the needs of contemporary families, help them to solve successfully their problems and support them to live a satisfying family life.

**Methods.** Quantitative and qualitative methods. This paper is based on the data from questionnaires carried out in Latvia and the Czech Republic in families with dependent children. In Latvia, there were 383 respondents who represented 383 families from different regions and local communities. In the Czech research sample there were 1307 interviewed respondents / families.

**Results.** According to the study, four main groups from answers could be identified:

- 1) Material and financial prosperity (enough money, good housing, good job of parents, assurance of employment, no debts, etc.;
- 2) Good relationships in the family – love, friendship, tolerance, responsibility, reliability, respect, good communication, trust, etc.;
- 3) Family cohesion, doing things and spending of leisure time together – (having a partner or two parent family, enough time for being together);
- 4) Healthy family (health of all members, no sickness).

**Conclusions.** Results describe situation of families in Latvia and Czech Republic in general. The data shows the level of expressed satisfaction with family life and important areas that influence feeling of happiness. In both countries we have found out that description of happy family contained very similar expressions like – happy family is a “family with material and financial prosperity“, “family with satisfying relationships“, “family as a cohesive unit with possibility doing things together and spending their free time together“ and “family as a healthy family“. In Latvian case, material and financial prosperity were quite strongly stressed in respondents’ answers: an impoverished family cannot be happy.

## Centre for Disease Prevention and Control Activities Promoting Healthy Diet and Healthy Lifestyle

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**Keywords:** *healthy diet, healthy lifestyle, public health policy*

To promote healthy diet and lifestyle habits the Cabinet of Ministers has approved a medium term policy planning document Public Health Strategy for year 2014–2020. The main public health policy aim of this document is to prolong healthy life years of Latvian population and to prevent untimely death, maintain, improve and restore health. Main activities to help reach the aim are reducing health inequalities, reducing risk factors of non-infectious diseases, including promotion of healthy diet and physical activities, prevention of smoking and alcohol use, etc., and improving health care accessibility.

The Centre for Disease Prevention and Control of Latvia is responsible for co-ordination of health promotion measures in national and regional level, as well as for informing of the society on issues affecting health, including healthy diet and healthy lifestyle. The Centre for Disease Prevention and Control has organised public information campaigns and educational events, as well elaborated informative materials (brochures, posters, info-graphics, leaflets, etc.) to inform general public on healthy diet and healthy lifestyle issues. Promotion of healthy diet and healthy lifestyle to reduce risk factors of non-infectious diseases is one of the public health priorities within the European Structural Funds program for time period till the year 2020. Activities for health promotion and disease prevention will be developed nation-wide and locally (at municipal level). The European Structural Funds program aims to improve access to health promotion and disease prevention services for all Latvian citizens, especially territorial, poverty and social exclusion at risk population in the implementation of local measures.

## Development, Adaptation and Application of a Rehabilitation Technology – Art-based Assessments of Art Therapy: an Overview of the Current Situation in Latvia

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**Keywords:** *art therapy, art-based assessment, assessment tools, test adaptation*

**Introduction.** Assessment of clients'/patients' physical, emotional, cognitive and social skills and abilities is one of the most important and crucial steps in art therapy. Such assessment is done using several tools – an interview, observation, tests, questionnaires, as well as art-based assessment tools (Medicīniskās tehnoloģijas, 2010; Upmale, Mārtinsone, Krevica, Dzilna, 2011). Currently there are 27 art-based assessment tools known to art therapists worldwide, but only 7 such instruments (The Formal Elements Art Therapy Scale, FEATS, Gantt, Tabone, 1998; Birds Nest Drawing, Kaiser, 1993; Diagnostic Drawing Series, Cohen, Hammer, Singer, 1988; Draw a Story; Silver, 1988, 1993, 2002; Silver Drawing Test of cognition and emotion, Silver, 1975/2002; The Bridge Drawing, Heys & Lyons, 1981) adapted for usage in Latvia, one art-based assessment instrument at the moment is still being developed.

**Aim.** The aim of this study is to give an overview on the current situation of art-based assessment in Latvia, focusing on the adaptation and it's results of The Bridge Drawing (TBD) assessment tool.

**Results.** Results indicate

- 1) Adequate scores for item difficulty indices in most of the TBD scales ( $M = [1,4-2,6]$ );
- 2) High correlation between the independent expert ratings in number of TBD scales;
- 3) Statistically significant correlation between the test and retest results in 7 TBD scales;

- 4) Statistically significant correlation ( $p < 0.05$ ,  $p < 0.01$ ) between 9 TBD scales and 9 COPE-LV problem-solving strategies questionnaire scales, between 3 TBD scales and 2 EAT-26 scales, and depression scale of DASS;
- 5) Statistically significant differences in TBD of clients with symptomatic eating disorders in scales “Energy Expended” ( $Z = -1.97$ ,  $p = 0.05$ ), “Logic” ( $Z = -2.04$ ,  $p = 0.04$ ), “Solidarity of Bridge Attachments to Ground” ( $Z = -2.43$ ,  $p = 0.01$ ), “Bridge Construction” ( $Z = -3.11$ ,  $p = 0.00$ ) and “Matter Under the Bridge” ( $Z = -2.03$ ,  $p = 0.04$ ).

**Conclusions.** The psychometric data of TBD generally shows high item difficulty indices, as well as high inter-rate correlation, and test-retest reliability. There is a statistically significant correlation between number of TBD and COPE-LV scales, suggesting that TBD can be used to determine problem-solving strategies. Various differences in TBD of clients with symptomatic eating disorders and depression can be observed. TBD can be used as an assessment instrument tool in art therapy in Latvia

## Basic Principles of Visual Plastic Art Therapy in Medical Rehabilitation

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**Keywords:** *art therapy, medical rehabilitation, art therapy methods, principles, multi-disciplinary rehabilitation*

**Introduction.** Being a part of a multidisciplinary team alongside physical therapists, occupational therapists, speech-language therapists and other health care professionals, and holding a status of a functional specialist, art therapists in Latvia are becoming more recognized and involved in medical rehabilitation settings and patient care. Work with patients who have had stroke, head injuries, brain injuries, spinal cord injuries, rheumatoid arthritis and other medical conditions is a complex process, requiring attendance of various specialists, including art therapists.

**Aim.** The purpose of this study is to give an overview of the basic principles of art therapy in medical rehabilitation settings, and to discuss the role and benefits of art therapists in such settings and within the multidisciplinary / interdisciplinary team.

**Results.** Results indicate that art therapy in medical rehabilitation settings can be effective in alleviating patients' emotional intensity (Thompson, 2016; Bardot, 2008; Liebmann, 2008; Mackenzie & Rakel, 2006) and anxiety (Howie, 2016; Reynolds & Lim, 2007) due to medical condition and being hospitalized, cultivate self-esteem (Reynolds, Nabors, & Quinlan, 2000), and improve cognitive (Rosner, 2016; van Lith, Fenner, & Schofield, 2010; Kim, Kim, Lee, & Chun, 2008), interpersonal, as well as physical (Nainis, Paice, Ratner, 2006; Cox, 2016; Weisbrot, 2013) functioning.

**Conclusions.** Art therapy can be beneficial for patients during medical rehabilitation by improving not only psychological, emotional and interpersonal functioning, but also promoting physical and cognitive abilities.



## Anxiety Indicators for Women in the Postpartum Period

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**Keywords:** *postpartum, anxiety, vaginal birth, caesarean section surgery*

**Introduction.** Postpartum anxiety is stated to be one of the most common psychotic disorders in Canada (Simpson et al., 2014). It is estimated that women face postpartum anxiety in 17 to 20 per cent cases in Georgia (Farr et al., 2014). There are no researches done on the indicators of postpartum anxiety this far in Latvia, although Škuškovnika (2004) during her dissertation recognized statistically significant higher values within the research sample (20–25 years old respondents). Situations, which are dangerous and said, provoke state anxiety (S-anxiety), but trait anxiety (T-anxiety) show anxiety like person's acquired behavioural disposition.

**Aim.** Was to evaluate postpartum anxiety indicators of women who have had the vaginal birth and women that have had the surgery in Riga regional medical institutions that provide obstetric services.

**Results.** Respondents – 100 women (50 – with vaginal birth; 50 – with caesarean section surgery) were surveyed by 2 instruments: the demographic survey and the State-trait anxiety inventory, STAI Form Y-1 (Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983; adapted in Latvian by Škuškovnika, 2004). The women aged 19–43; 33% of them were 26–31 years old, 32% were 32–37 yrs., 22% were 19–25 yrs., but only 13% were 38–43 yrs. 79% of respondents live in Riga city. Employed – 84%; in registered relationships – 61%. The results reflect the statistical difference between State anxiety indicators (S-anxiety) of women that have had the vaginal birth ( $M = 35.38$ ;  $SD = 9.98$ ) and women that have had surgery ( $M = 37.20$ ;  $SD = 9.41$ ) were not found ( $p = 0.304$ ). Indicators of Trait anxiety (T-anxiety) show that there was no statistically significant ( $p = 0.059$ ) difference for women that have had the vaginal birth ( $M = 36.92$ ;  $SD = 7.81$ ) and women that have had surgery ( $M = 39.24$ ;  $SD = 7.56$ ), however, it should be noted that the average anxiety scores were higher after surgery.

**Conclusions.** Both groups of respondents (vaginal birth and caesarean section surgery) have no statistical differences of anxiety indicators. There are no statistical difference between anxiety indicators and demographic scores. The conclusion shows the operated women confronted by higher anxiety indicators than vaginal birth.

## Interaction between Symptoms of Depression and Signs of Violence among the Teenagers

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**Keywords:** *violence, depression, teenagers*

**Introduction.** In 1996 during the 49<sup>th</sup> World Health Assembly the resolution was declared that defined violence as an important and increasing problem concerning society's health all around the world. Lots of researchers are working on this topic, but in these papers more often deal with pupils of secondary school and those who live in full families. In this research paper the target audience includes the orphanage students. The spreading of negative experience during the childhood depends on the environment teenagers live in. A person, who has grown up in a full family, cannot imagine how the orphanage children live.

**Aim.** The main aim of this research is to find out the symptoms of depression and signs of violence within the two boarding school children.

**Results.** In general, for data analysis 40 questionnaires were filled by respondents. In this survey 12 girls and 28 boys took part. The average age of respondents is 14 years.

1. 83% of respondents have ever endured the emotional violence, 15% have not, 2% did not want to answer.
2. 70% have been physically threatened by other teenager, or threatened physically other teenager themselves; 27% of respondents have never suffered from physical violence and have never taken part in the process of violence; 3% did not want to answer.
3. 50% of respondents have never suffered from sexual harassment; 38% declared having gone through sexual harassment; 12% did not want to answer.
4. 63% of respondents have suffered from verbal violence, the answers of 35% of respondents were negative and 2% did not want to answer.
5. Boys suffer more from physical violence (60%) than girls (32%). Girls have more experience of sexual violence (50%) than boys (1%), also the suffering from emotional violence is defined more among girls (80%) than among boys (30%). The experience of verbal violence among girls is also wider than among boys.
6. 70% of respondents have not felt changes of mood recently.
7. More than 50% of respondents have answered that they have sometimes suffered from a little insomnia lately, but 20% have suffered from insomnia.
8. 80% of respondents have problems of concentration.
9. 90% of respondents have never thought about the suicide and are satisfied with the life.
10. The level of appetite has a little bit decreased lately for 55% of respondents.
11. 42% of respondents answers that they are irritable.

#### **Conclusions.**

1. Within the results of research the signs of violence were detected.
2. Symptoms of depression were also found.
3. The majority of respondents did not have any thoughts about suicide.
4. Respondents mostly suffer from emotional violence.
5. Almost all respondents suffer from humiliation by friends or classmates.
6. Respondents do not have any changes in the mood, also taking in account the fact that they have an experience of violence.
7. Boys rather than girls suffer from physical violence. On the other hand, more girls than boys suffer from emotional violence.
8. Comparing the results of this research with the results of research performed by the Centre for Disease Prevention and Control (CDPC) in 2012, it is possible to summarize that students of two boarding schools suffer from all types of violence three times more often than the teenagers of secondary school.
9. Results of the research reveal a tendency, that all respondents, who suffer from any type of violence have at least two symptoms of depression. According to this fact it is possible to confidently conclude that one of the consequences of violence is depression symptoms.

## **Accessibility Problems in Home Environment for Seniors in Latvia: Experience from the Research Project Innovage (Wp2)**

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**Keywords:** *seniors, accessibility, housing*

**Introduction.** Studies on relations between health and environment indicate that accessibility positively influence healthy life expectancy, as accessible home environment and neighbourhood support mobility, daily activities and social participation in old age. One of the tasks in the EC 7<sup>th</sup> framework research project innovage (2012–2015) is aimed at the development of an IT tool to support seniors' involvement in decisions about their housing options and help them to become active partners in choice and supply of housing.

**Aim.** Study aim is to explore senior's opinions on accessibility in their physical home environment. Interview records and notes from two study stages were analyzed. Participants, at the first stage 8 seniors and at the second stage 10 seniors, represented variety of living conditions, family situations and functional abilities. Participation in the study was voluntary and the participants had right to withdraw from the study at any stage.

**Results.** Usually, seniors consider barriers in home environment late, when functional abilities decrease substantially. The most common places where environmental barriers appear are sanitary spaces, kitchen and housing entrance. Despite the environmental barriers and functional limitations, seniors remain in their homes. This is mainly because of the fact that in Latvia do not exist traditions to seek options for relocation, as well as there are no policies and services supporting this. In few municipalities options exist to adjust home environment but it implies only in case of severe disability for persons using wheelchair. Usually, the need for adjustment of environment for seniors is replaced by care services, thus meeting also the needs for seniors' socialization. Regarding possibilities to adjust home environment strong prejudices exist (bath vs. shower, disadvantages of living on the first floor, etc.). Seniors admitted that they lack knowledge and experience on housing adjustment, but emphasized that the environmental accessibility in a wider context, including the neighbourhood and services, is essential.

**Conclusions.** The close cooperation with participants facilitated the researchers' understanding of the seniors' complex views and needs regarding their home environment and related issues which are important for developing housing policies for senior citizens in Latvia. Despite the specified accessibility problems in home environment, the seniors evaluated usability of their homes generally high.

## **Risks of Deprivation and Social Exclusion of Rural Disadvantaged Adolescents**

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**Keywords:** *risk of social exclusion, disadvantaged youth, rural schools*

**Introduction.** Education and training is a fundamental component of the quality of life; education plays an important role in determining levels of human capital of a young person and in general has an impact on economic growth of the rural area. Therefore, understanding the importance of accessibility, availability and affordability of education of disadvantaged rural youth has a crucial importance to understand the risks of social exclusion of disadvantaged youth in rural areas. The risks of social exclusion of disadvantaged youth residing in remote rural areas of Latvia during rapid economic and demographic changes are becoming more evident.

**Objective.** The objective is to analyze the impact of several factors that affect the risks of social exclusion of youth, such as influence of educational opportunities (availability, accessibility and affordability of education) in remote rural areas and impact of parental migration and family problems.

**Methods.** Research methods – desk research, which includes educational and social policy developments (2005–2015), demographical and educational statistics (2005–2015), secondary data analyses, and analyses of qualitative interviews with disadvantaged youth, teachers, parents / foster parents, guardians and institutional representatives.

**Results.** Educational and employment opportunities and realities in remote rural areas, the importance of education and qualification, and risks of social exclusion due to lack of qualification are discussed.

Disadvantageous family background as a risk factor of social exclusion of youth is discussed. The groups analyzed are: disadvantaged family background, youth under guardianship or in step-parent / foster families, children / youth left behind.

The author discusses the influence of several factors that affect the risks of social exclusion of disadvantaged youth, starting from the poor educational motivation and poor outcomes, which are related both with school closure and level of human capital in disadvantageous families, and impact of

parental migration and family problems on the educational path and social and psychological well-being of adolescents. The paper discusses the educational realities and risks of two disadvantaged groups of adolescents in rural areas and discusses the risks of social exclusion for those groups (aged 15–16). The groups analyzed are: adolescents from disadvantaged family backgrounds (living in a family-like setting) and adolescents / children left behind (Euro orphans).

The author analyzes the consequences of closing a rural school, based on time spatial everyday trajectories, household interpretations of changes and problems arise from school closure, which are related with decreasing accessibility and affordability of education and training. Remoteness is increasingly becoming an important element of arising new problems in rural areas, involving relevant aspects of life.

**Conclusions.** School closure is closely related to increasing risk of social exclusion among adolescents from disadvantaged families. Disadvantaged youth faces the complexity of adaptation to structural changes. Some of the complexities of rural life and problems appear from a more human centred and everyday perspective.

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## Conditions for the Lawful Exercise of the Right of Self-defence in International Law

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**Keywords:** *anticipatory self-defence, armed conflict*

**Introduction.** The UN Charter sought to establish a normative order and to maintain international peace and security. According to the Article 51 of the UN Charter nothing in the present Charter shall impair the inherent right of individual or collective self-defence if an armed attack occurs. The Article 51 does not propose a legal definition of the conduct which is considered as the commencement of such an attack. As a result different interpretations of this norm have been arisen and continue to change in response to new situations and threats.

**Aim.** In General Treaty for Renunciation of War as an instrument of National Policy (Kellogg-Briand pact) the Contracting Parties condemned recourse to war for the solution of international controversies among them. However the war of self-defence is not prohibited by the Treaty.

**Results.** The Article 51 of the UN Charter states that the force can be used in self-defence only in relation to an armed attack. The International Court of Justice in the Nicaragua case (1986) determined that an armed attack must raise to certain “scale and effect”, that is why not all attacks can be qualified as armed attacks. In the Case Concerning Oil Platforms (2003) The International Court of Justice pointed out that the burden of proof of the fact of showing the existence of such an attack rests on the state which justifies its own use of force as self-defence. It is clear that the use of force is lawful when the force is used as a response to the armed attack which has taken place. But is the use of force as self-defence lawful, when the actual attack has not yet occurred? The scholars often mention imminence as a criterion that justifies use of force in self-defence.

In the UN Secretary – General’s High – Level Panel on Threats, Challenges and Change was mentioned, that the threatened state can take military action as long as the threatened attack is imminent. The criterion of imminence correlates with the Caroline formula (1842), according to which self-defence can only be exercised in situations where the need to respond is instant, leaving no moment for deliberation. Some scholars argue that imminence means the clear and present danger of an attack of an adversary, which is highly likely to occur. The others draw attention, that the reference to the imminence of an attack is more the attempt to predict the future.

## Evaluation and Expansion of Service Pension Policy in Latvia from 1996 until 2016

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**Keywords:** *service pension, pension policy, professional capacity*

**Introduction.** After recovery of state independence the reorganization of state social insurance system independent from the former USSR was launched. During the reforms the decision was adopted to provide service pensions only for those employees, who are employed in kind of work that is accompanied by loss or decrease in professional capacity for work. From 01/01/1996 the pension system based on social insurance contribution was established. In 1997 the decision on termination the further development of service pension was adopted. Service pension guarantees were provided only for military persons and officials in the System of the Ministry of the Interior Affairs. In the period from 1998 until 2008 the scope of service pension beneficiaries was extended and from 2015 new categories of employees try to acquire rights to the service pension.

**Aim.** The aim is to analyse the evolution and expansion of the service pension policy during 1996–2016 by explaining the factors that influenced the formation and reformation dynamics of existing pension service system.

**Results.** The loss or decrease of professional capacity for work as the reason for service pension granting gradually and irreversibly loses the argumentation – the state provides a lot of support mechanisms through the social insurance system, lifelong learning measures and vocational programs. The proceeded evolution and expansion of the service pension policy was / is feasible due to the political support. In several sectors the service pension implicitly forms as if “postponed remuneration” for an irreproachable service / work for a long period of time.

**Conclusions.** Initially the aim of service pension was to provide certain income replacement rate for employees, who are employed in kind of work that is accompanied by decrease of professional capacity for work. However during the expansion of service pension policy the purposes of the pension have changed and diversified. The criteria of service pension system are considerably favourable than these in general state pension system causing discussion both on validity of a criterion and the scope of persons and possibilities to expand beneficiary scope providing additional social guaranties also for other employees in different sectors. During expansion of service pension policy significance of political support increase.

## Shaping of Personality of Russian Youngsters during the Pre-perestroika and Post-perestroika Periods of Development of Society

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**Keywords:** *perestroika, personality psychology, stress, arbitrariness, values of self-actualization*

**Introduction.** Socio-political and socio-economic changes in the society largely define a developing personality. The comparison of test results obtained from different generations of respondents can provide additional information about the relationships between personality and society.

**Aim.** To conduct a psycho-diagnostic evaluation of the changes in basic personal characteristics of young students in the context of Russian society development.

**Results.** The comparison of two groups of medical students (both groups are identical: the second study year, Department of General Medicine, Yaroslavl State Medical University, testing of 1992 (n = 243) and 2016 (n = 197), 16PF and POI techniques) reveals two main tendencies. The first



tendency is the increase of the general level of tension (16PF scales: C, I, O, Q4 – all the quantitative indices have increased,  $p < 0.01$ , Student t-test). The second tendency is a significant growth of the efficiency of personal characteristics providing self-regulation and voluntary behaviour (16PF scales: E, G, H, Q3 – all quantitative indices have increased,  $p < 0.01$ , Student t-test; POI scale: SAV, quantitative index has increased,  $p < 0.01$ , Student t-test).

**Conclusions.** The respondents from the first group were carried and born in 1972/73. Prenatal maturation, babyhood, junior school, and early adolescent age (all periods are extremely important for the development of personality) took place in the epoch of high stableness and succession in the development of society. The respondents from the second group were carried and born in 1998/1999. Figuratively speaking, the society “was making its first steps” in the new historical reality. The samples are separated by a generation. The second group (testing of 2016) reports a high level of neuro-psychic tension during social and psychological adaptation and, respectively, the growth of efforts in developing voluntary regulation of social behaviour. Evidently, there is the value of self-actualization in the new reality.

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## Perestroika and Personality: Transformation of Gender Stereotypes amongst the Youngsters in Russia

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**Keywords:** *perestroika, personality psychology, stress, gender differences, self-regulation, self-actualization*

**Introduction.** Comparing the results of psycho-diagnostics of personality (in the groups that emerge at various stages of social development) and analyzing them with account for gender differences of respondents can provide an important information on tendencies in the changing of behavioural stereotypes in the society.

**Aim.** To conduct a psycho-diagnostic evaluation of the changes in basic personal characteristics of young students (boys and girls), caused by the perestroika processes in the Russian society.

**Results.** The comparison of two groups of medical students (both groups are identical: the second study year, Department of General Medicine, Yaroslavl State Medical University,  $n = 120$  (60 boys and 60 girls) in the testing of 1992 and 2006, 16PF and MMI – J. Nuttin techniques) reveals at least two main tendencies in gender differences. The first tendency is the advance increase of female adaptive capabilities compared to male. Thus, there has been a statistically significant change (increased values) in 12 16PF factors in girls and only in 8 16PF factors in boys. The changes in girls involve substantially enhanced dominance (E,  $p < 0.001$ ) and efficiency of self-regulation (Q3,  $p < 0.001$ ). The second notable tendency is a considerable review of values (J. Nuttin) in the “perestroika generation”. The values of self-actualization (SR,  $p < 0.001$ ), work (R,  $p < 0.001$ ), and social motivation (C,  $p < 0.01$ ) are increased in both boys and girls. However, the girls have significantly lower indices of self-analysis (S,  $p < 0.01$ ) and value of passive recreation (L,  $p < 0.001$ ), while the boys show the increased value of cognitive and research motivation (E,  $p < 0.05$ ), as well as “transcendent motivation” (T,  $p < 0.001$ ).

**Conclusions.** The respondents from the first group were carried and born in 1972–1973. Prenatal maturation, babyhood, junior school, and early adolescent age took place in the epoch of high stability and succession in the development of society. The respondents from the second group were carried and born in 1986–1987, just after the beginning of “perestroika” in Russian society. The second group reports a higher level of need in independent, positive activity, and these tendencies are clearer in girls. We can forecast further correction of gender stereotypes in Russian society in the XXI century.

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## Quality of Life in Patients with Bone Tumor

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**Keywords:** *quality of life, personality, coping, bone tumour*

**Introduction.** Last decades scientific research of health related quality of life (QoL) is developing fast worldwide. QoL concept pays attention to emotional experience of disease in patients, particularly to personal sense of possibility to satisfy actual needs and possibility of full social functioning in spite of disease specific limitations. Studies of QoL in patients with bone tumour aim at research QoL in children and adolescents with bone sarcoma. There are also studies aimed at comparative analysis of QoL in patients with bone tumour underwent limb sparing surgery and amputation. While issue of QoL in adults with bone tumour focused on psychological factors of QoL is not discussed.

**Aim.** To reveal the basic aspects and personality factors of QoL in patients with bone tumour.

**Materials.** According to the goal of the basic aspects of QoL research general group (n = 120) was split into four groups depending on diagnosis: osteosarcoma (n = 41), giant cell tumor (n = 31), chondrosarcoma (n = 30) and bone metastases (n = 18).

**Results.** The study revealed that patients with bone metastases assess their health significantly worse than other patients. Apart from that, patients with osteosarcoma evaluate their general health higher, than patients with giant cell tumour. Social functioning in patients with chondrosarcoma is higher than in patients with bone metastases and patients with giant cell tumour. Patients with chondrosarcoma have higher physical functioning and less restricted in daily activities than patients with bone metastases. Patients with bone metastases have the most intensive pain among all patients: patients with bone metastases characterize their pain as more widespread and have more functional restrictions due to bone incision. Moreover, the study revealed personality significant influence on QoL related to bone tumour. Such characteristics in structure of personality as high degree of self-consciousness, personal resources, cooperation and disposition to positive revaluation in difficult situation correspond to higher QoL. Otherwise low personal resources and slight problem solving behaviour, low degree of self-consciousness and high social dependence correspond to decrease of QoL in patients with bone tumour.

**Conclusions.** Patients with bone metastasis have lower QoL compared to patients with primary bone tumours. Patients with giant cell tumour have the worth quality of life among patients with primary bone tumours. Furthermore the results revealed differences in QoL parameters associated with personality characteristics in patients with bone tumour.

## Healthy Living Attitudes of Vocational School of Health Sciences Students and Factors Affecting

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The health professionals are an important group of role model to both students studying at health departments and to public for the formation of a healthy society. It is necessary for the health providers to be aware of the importance of promotion of health, and demonstrating appropriate health behaviour as a model to the individuals for the development of positive attitudes in society. One of the main objectives of Health professional education to bring in the students the knowledge, skills and attitudes that will allow both themselves and the individual's protection of health and its development. This attitude usually was gaining in the vocational training, and during the University education years.

This study was conducted to determine the attitudes and behaviours, having sufficient knowledge, their skills towards health promotion and related factors affecting them of the Vocational School of Health Sciences Students, which would provide health care services to individuals in future.

The sample of this descriptive study was 702 students who accepted participation to the survey of 1200 students studying at Turgut Özal University Vocational School of Health Sciences. Data was collected by the personal information forms including demographic characteristics and Penders' Health Promotion Lifestyle Scales. The data was analyzed by utilizing SPSS – Statistical Package for the Social Sciences Version 21.0 software computer program and the correlation between the variables was analyzed by chi-square and Mann-Whitney U tests.

30.5% (n = 214) of the students who have participated in the study were male and 69.5% (n = 488) were female. The mean age of the students was  $21.86 \pm 4.04$ . According to the Body Mass Index (BMI) of the students 12.2% of students (n = 85) were thin and 72% (n = 502) were normal and 13.9% (n = 97) were overweight and 1.9% (n = 13) were fat. According to the findings of the study the average of the obtained HPLS II scores of students were found to be  $126.91 \pm 20.08$  from the maximum obtainable scale of 208 and minimum obtainable scale of 42. The total scores by gender were found for women to be significantly higher than men (p = 0.049). When total score increases students were also considered having healthier life-style.

## What Affects Beliefs about Health Behaviour?

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**Keywords:** *perceptions, health behaviour, health care, specialists*

Health behaviour is an activity that is carried out for the purpose of preventing or detecting diseases and improving health. Empirical studies indicate that health beliefs impact health behaviours (Epton et al., 2013; Williams, 2012; Bodecs, et al.; 2011; Conner, 2002). According to Moscovici theory, the link between perceptions and behaviours is not unidirectional and behavioural acts affect the formation of a new idea (Moscovici, 1976), and it can be concluded that not only the health perceptions affect health behaviour, but also *vice versa*: health behaviour can affect formation of new health perceptions. Focus group survey was conducted within the study of health professionals' perceptions of health behaviour and communication to patients.

The aim of the survey was to find out the different health professionals' opinions about what affects the perception of health behaviour, and health behaviour. 14 health professionals from different sectors took part in the survey. It discussed trends the specialists have observed in patients' health behaviour, perceptions of factors affecting health behaviour, and differences between specialists' and patients' perceptions of health behaviour.

In general, experts note positive trends in patients' health behaviour; they see the important role of health care specialists in promoting health behaviour and formation of perceptions about health behaviour. There were also noted barriers to health behaviour: passive attitude towards healthy activities exhibited by family or health care specialist itself; myths about health in the Internet environment and society, and other. It can be concluded that the perception of health behaviour is influenced by several factors and more research should be carried out on the importance of these factors.

## Registration of Midwife Care Activities during Intrapartum Period

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**Keywords:** *midwife, childbirth, care and documentation during childbirth*

**Introduction.** A midwife's care process consists of several stages – education, medical manipulations and support to both physical and emotional levels. The World Health Organization issued detailed guidelines for midwives on the most important care activities to ensure adequate care.

**Aim.** The aim is to find out what midwife care activities are carried out in the process of childbirth, and which of them are fixed in documentation.

**Methods.** The author used a qualitative research method with the author's developed research tool – observation protocol.

**Results.** Results suggest conclusion that there is a lack of midwife's care reflection in birth documentation which might give an idea of the importance of midwives' provided care in delivery process. After drawing conclusions, the most important proposal is to develop a protocol of care activities that needs to be carried throughout childbirth process to ensure quality of midwife's provided care and to improve midwifery prestige as a profession.

## Investigation of Propensity for Violence of High School and University Students Having Nursing Education

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Acts of violence of the individuals after experiencing outrage is inevitable, who were exposed to violence or witnessed the violence within the family or school environment, or perceiving violence as a normal behaviour. The Violence by the World Health Organization's definition (2002), is the threat or use of physical force to oneself, to another person, or for a particular community or group, which may result in injury, death, physical damage and some developmental disorders or deprivation.

This investigation was planned for the investigation of propensity for violence and to evaluate the factors affecting the tendency to violence of high school and university students having nursing education in comparison. The comparative study was conducted with the students of Nursing School of the University in Ankara and Health Vocational School of Nursing. A questionnaire form of the Violence Tendency Scale (VTS) including socio-demographic characteristics and friendship approaches was used in the study.

The mean age of university-level nursing students surveyed was  $21 \pm 1.518$ , which 95 (93.1%) were female, and 7 (6.9%) were male.

The following data was determined by the survey: 97 of the students (95.1%) were not prone to the violence (by having between 9–18 points of VTS), whereas 5 of the students (4.9%) were prone to the violence (18–27 points); 91 of the female students (95.78%) were not prone to the violence, whereas 4 of the female students (4.22%) were prone to the violence; 6 of the male students (85.71%) were not prone to the violence, whereas 1 of the male students (14.29%) were prone to the violence. Between 18–23 years old 93 students (94.9%) were not prone to the violence, whereas 5 students (5.1%) had a tendency to violence, and all of 4 students (100%) having 24–28 years of ages were found not prone to the violence; 43 students (93.47%) having a friend in opposite sex (dating) were not prone to the violence, whereas 3 students (6.53%) had a tendency to violence; 54 students (96.42%) without having a friend in opposite sex (not dating) were not prone to the violence, whereas 2 students (3.58%) had a tendency to violence.

When the violence occurred within the family members, it was determined that one of those (50%) who had violence within the family members was not prone to the violence, whereas the other one (50%) was found prone to the violence; 96 of those (96%) who did not have violence within the family members were not prone to the violence, whereas 4 students (4%) were found prone to the violence.

## **Development of the Russian Version of the Work Rehabilitation Questionnaire (WORQ). Preliminary Evaluation of the Social and Vocational Status of Patients with Traumatic Spinal Cord Injury**

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**Introduction.** Spinal cord injury (SCI) is the leading cause of disability, and it represents a significant societal problem because of its increasing incidence and the high cost associated with the treatment of the patients.

According to scarcely available epidemiological studies in Russia, the incidence of spinal trauma in large Russian industrial cities is 5–6 per 100 000, with 8000–8500 new SCI cases every year. Disabled persons with traumatic spinal cord injury (TSCI) are mostly young people. Spinal injury causes severe impairments in daily living activities and functioning. It affects both family and vocational ties.

The evidence of work activities and vocational status of this category of disabled persons in Russia remains investigated very little. During recent years, health specialists in other countries have been using the Work Rehabilitation Questionnaire (WORQ) to explore those issues. Therefore, the need for Russian version of WORQ has emerged to investigate the social and vocational status of patients with TSCI.

**Study Objectives.** Development of the Russian version of WORQ; preliminary evaluation of the social and vocational status of patients with traumatic spinal cord injury.

**Materials and Methods.** The Russian version of WORQ developed by multidisciplinary team of the Federal State Budgetary Scientific and Practical Centre for Medical and Social Evaluation and Rehabilitation of Disabled Persons in Novokuznetsk, Ministry of Labour and Social Protection of the Russian Federation (the Centre) was used in this study. Cross-cultural adaptation of WORQ into Russian was made upon an initiative of and in close collaboration with PD Dr. Reuben Escorpizo, Clinical Assistant Professor, University of Vermont USA (Department of Rehabilitation and Movement Science), Research scientist at the Swiss Paraplegic Research. According to the “3-steps Cross Cultural Adaptation” the process of adaptation includes following 3 steps:

- 1) Translation: Forward translation; Independent translation by two translators (T1 and T2), preferably of different background; one can be non-health professional (e.g. linguist, teacher); Must document comments and rationale; Translation of the instrument instructions, items, and responses;
- 2) Synthesis: T1 and T2 meet to discuss the original instrument and their translations; Document synthesis, issues, and resolutions; Producing a new version of the instrument; and
- 3) Expert Committee Review: methodologists, health professionals, language professionals, and translators from Step 1, and 2–3 patients (diverse patients are required: paraplegia/tetraplegia, complete/incomplete lesion); patients need to pre-test translated version; Need all the comments from all versions; Development of the final version, understood by a 12 year old.

In order to develop the final version, we had to make sure the equivalence between English and Russian versions was retained. So, a linguistic analysis was performed to gain semantic, idiomatic, experiential and conceptual equivalence. An interim report, including all semantic changes caused by differences between Russian and English culture in general and in languages specifically, was also developed.

Eventually, the Russian version of WORQ, which was published on [www.myworq.org](http://www.myworq.org) on January 2016, was used to investigate the social and vocational status of the patients with TSCI.

**Results.** Since January 2016, 133 patients undergoing treatment course in the Neurosurgery Department of the Centre have participated in the study; among them 102 (77%) were male, and 31 (23%) – female; the average age was  $32.5 \pm 0.7$  years; time duration after injury –  $6.8 \pm 1.3$  years.

There were 126 (95%) patients with disability group I, 3 (2%) patients with disability group II, and 1 (0.7%) patient with disability group III. The other 3 patients (2%) had no disability group.

The degree of impairment of the spinal cord conduction was assessed by American Spinal Injury Association Scale (AIS): 44 (33.1%) patients had AIS A, 46 (36.6%) – AIS B, 29 (21.8%) had AIS C, and 12 (9%) patients had AIS D.

The Questionnaire consists of 2 parts. Part 1 consists of socio-demographic and work-related questions. Part 2 of series of questions about person's functioning. Following points were used in this study: age, gender, marital status, current work status, current / last job, family support.

While analyzing study results, the study group was divided into 2 following subgroups: 1) with absent or severely impaired spinal cord conduction (AIS A and AIS B) – 90 (67.7%) patients; and 2) with partially impaired conduction (AIS C and AIS D) – 43 (23%) patients.

While analyzing the marital status, it was found that 36 (27.1%) patients were legally married, 22 (16.5%) patients were divorced, another 2 (1.5%) patients were separated, 72 (54%) patients were never married, and 1 (0.7%) patient was widowed.

Social ties due to family relationships were strong in the majority of patients, and only 4 (3%) patients reported the absence of or poor family support.

Investigation of the level of education has revealed the following information: fifteen (11.3%) patients have completed basic general education (9 classes); 28 (21%) patients have completed secondary level of education (11 classes); 59 (44.4%) patients have completed secondary vocational education; and 31 (23.3%) patients have completed university education.

Of all the examined patients, 20 (15%) had a job: 16 of them (80%) were self-employed, and another 4 (20%) were employed. One (1%) patient was retired, 1 (1%) patient was student/in training, one (1%) patient was a homemaker. Nineteen (95%) worked on modified or light duty, and 1 (5%) worked part-time.

There was an equal correlation regarding working status among female – 10 (50%), and male – 10 (50%). Average age among female was  $31.3 \pm 2.2$  years, among male –  $34.1 \pm 1.7$  years.

It was found that disabled persons who keep working have following level of education: 5 (25%) patients have completed secondary level of education (11 classes); 9 (45%) patients have completed secondary vocational education; 6 (30%) patients have completed university education.

Working disabled persons held following positions: PC operator – 3 (15%) persons; self-employed – 9 (45%); dispatcher – 2 (10%), translator – 1 (5%), assistant manager – 1 (5%), voice teacher – 1 (5%), mechanic – 1 (5%), salesman – 1 (5%), driver – 1 (5%).

**Conclusions.** The usage of WORQ allows an assessment of the main components of the social and vocational activities of patients with TSCI. Patients with TSCI commonly have secondary vocational education (44.4%) or university education (23.3%). 15% of patients hold a job, and 97% of patients report strong family ties.

## Anxiety and Depression Rates among the Unemployed Citizens of Latgale Region

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**Keywords:** *anxiety, depression, unemployed*

**Introduction.** The issue of unemployment has always been among the priority aspects in the formation of the state politics and it is especially topical in the countries with free market economy. In 2015 the number of the unemployed in Latvia reached 98 thousand people. The largest proportion of the unemployed in Latvia was identified in Latgale region – 18.6%. The results of numerous epidemiological researches show that lasting unemployment (at least 1 year) increases the risk to receive various psycho-emotional traumas that are more often manifested as depression and anxiety.

**Aim.** To determine anxiety and depression rates among the unemployed in Latgale region; to determine anxiety and depression rates among the unemployed in Latgale region in relation to the duration of the assigned status of the unemployed.

**Materials and Methods.** There were 100 participants.

Research questions: how high are the anxiety and depression rates among unemployed people in Latgale region? How do anxiety and depression signs appear among people with different unemployment duration?

**Methodology.** Quantitative studies, two types of instruments were used: Spielberg's self-assessment anxiety test and Beck depression scale. Data were analyzed using mathematical statistics methods in SPSS program.

**Results.** Having analyzed the evaluation of situational anxiety, the average number of obtained points was  $46.47 \pm 9.4$  standard deviation (SD). Minimal number of points is 23, whereas maximal evaluation was 68. Half of the research participants (50%) showed high rates of situational anxiety, less than a half (48%) – had average rates and 4% of respondents had low level of anxiety. Similarly to the evaluation of situational anxiety, the average rate of personal anxiety was  $48 \pm 9$  SD. The minimal number of points was 24, whereas the maximal rate was 74. The analysis of correlations did not reveal statistically credible connection between the respondents' age, education level, duration of the unemployment status and anxiety level (in all cases  $p > 0.05$ ). Carrying out the analysis of correlations between manifestation of depression signs and anxiety level among the respondents, having applied the test for non-parametric rates, a statistically credible dependence was revealed: the higher the anxiety level is, the more explicit the depression signs are.

**Conclusions.** According to the obtained data, more than a half of the unemployed who participated in the research admit having depression signs (57%) and high anxiety level (57%), which is probably connected with low level of income and factors of the social environment.



## A Comparison of Labor and Birth Outcomes of One-to-one Midwifery Care and Standard Hospital Care in Low Risk Primiparas

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**Keywords:** *midwife-led care, birth outcomes, clinical interventions*

**Introduction.** There is a rising concern about frequent unnecessary medical interventions in the birth processes and high caesarean section rates. There is no data proving better birth outcomes with the use of different monitoring technologies during birth. Comparative studies indicate a lower rate of clinical interventions in labour and higher rates of spontaneous vaginal birth in midwife-led care. No similar studies have been conducted in Latvia.

**Aim.** To determine the main differences in labour and birth outcomes between one-to-one midwifery care (MC) and standard hospital care (SHC) in low risk primiparas.

**Methodology.** Quantitative, retrospective, comparative study with 208 low risk primiparas (104 in each group). MC group received individual midwife-led care, SHC group – standard hospital care. Main outcome measures were mode of birth and clinical interventions.

**Results.** MC resulted in a significantly higher rate of spontaneous vaginal birth (90.4% vs. 80.8%,  $P = 0.048$ ) and a higher median cervical dilatation upon admittance to the hospital (3.75 cm vs. 2.5 cm,  $P = 0.014$ ). MC resulted in fewer Cesarean Sections than SHC (5.8% vs. 13.5%,  $P = 0.06$ ). The incidence of instrumental (operative) vaginal birth was proportionately similar in both groups (3.8% vs. 5.8%,  $P = 0.5$ ). There were no significant differences in the incidence of either of the following: induction of labour, labour stimulation with oxytocin, usage of epidural analgesia, episiotomy, perineal lacerations and the length of labour between both groups.

**Conclusions.** Midwife led care is associated with higher rates of spontaneous vaginal birth. Fewer women in midwife led care experienced instrumental vaginal birth and caesarean section. Women in midwife led care were less likely to experience labour induction, labour stimulation with oxytocin and episiotomies. Also they were admitted to the hospital with higher cervical dilatation.

## Organization of Multidisciplinary Medical Rehabilitation Service in Latvia

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**Introduction.** The last twenty years of medical rehabilitation are characterized by rapid changes in its organization. It is related to 1) the development of medical technology which has resulted in a new treatment options and a reduction of overall treatment time; 2) evidence-based understanding of the development of human functioning – gradual implementation of the International Classification of Functioning (ICF) in practise and research; 3) increase of public awareness, regulations and information technology range. Therefore, the organization of medical rehabilitation services is changing from principle “complete the treatment, start rehabilitation” to principle “start rehabilitation as soon as possible”. It requires to review the rehabilitation professionals cooperation with 1) representatives from other medical specialties to actively participate in acute period treatment process at Intensive Care Units, Stroke Units etc.; 2) general practitioners who take over the health care of patients after the acute phase; 3) local and national social services, as well as NGOs, which basically provides integration into society for functionally limited (“disabled”) persons.

**Aim.** Our report aims to discuss the potencial of multidisciplinary rehabilitation team in Latvia’s rehabilitation system, as well as the role of Physical Medicine and Rehabilitation physicians in this multidisciplinary team.

**Matherials and Methods.** Analysis of literature [1, 2] and other available information – survey for physicians and health care organizers, results of Ministry of Health work group for multidisciplinary medical rehabilitation and compared situation in Latvia and elsewhere in the world.

**Results.** We found that

- 1) information about human functioning and ICF is not sufficient between PMR physicians in Latvia;
- 2) the idea for a need of multidisciplinary team in cases of debilitating diseases requires greater responsiveness among professionals and managers of medical institutions;
- 3) social services have a different practice of cooperation with health services (including general practitioners).

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## Changes in Muscular Strength Based on Full Cervical Flexion

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**Keywords:** *muscle strength of the upper extremities, spinal cord, cervical region flexion, work environment*

**Introduction.** Often flexion of the head (this position is typical for a person working on mobile phone or iPad) is resulted in the change of the strength of the limb muscles. This fact cannot be explained by geometry of vertebral column. We are trying to clarify the nature of this phenomenon and establish certain parameters, in order to better understand it. The study involved 80 healthy volunteers (49 women and 31 men), 19 to 30 years old. In our study we have used the MicroFET2 Hand Held Digital Muscle Tester in accordance to the manufacturers recommendations, in order to determine the strength of the muscles of the hand and arm. The results were then used to analyze the difference in the strength of the muscles innervated by the spinal cord cervical region with the head maximally flexed and for the same person sitting in the vertical position of head. Our statistical results were obtained by using IBM SPSS software package Statistics 20.

**Aim.** The goal of this research was to find out the possible reasons of changes in muscle strength in targeted muscles of the arm and hand after the full flexion of the head.

**Results.** The results show statistically significant changes in three of four muscles we tested (*m. deltoideus*, *m. biceps brachii*, *m. triceps brachii*) when the maximum strength values are obtained for the cervical spine in the vertical position and when the head is in full flexion. We have established that the potentially affected areas of the functional changes in the spinal cord are the C5, C6 and C7 segments, which are responsible for the corresponding muscle innervation (C5 – for *m. deltoideus*, C6 – for *m. biceps brachii*, C7 – for *m. triceps brachii*).

**Conclusions.** We can conclude that there is strong relationship in the change in some of the observed muscles (*m. deltoideus*, *m. biceps brachii*, *m. triceps brachii*) between vertical position and full flexion of head. The results of our study support the hypothesis that the changes in the strength of these muscles are related to the mechanical distension of the spinal cord, which leads to changes in blood supply to the spinal cord.

## Employability Barriers to Women Returning to Work after a Parental Leave

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**Keywords:** *women, parental leave, employability*

**Introduction.** Women with children are one of those social groups that have a high risk of social vulnerability. Balancing of household duties and child care between duties and responsibilities in employment has become a topical issue to many families when woman-mother returns back to work after parental leave. According to the statistics 3.3% (2,653 people) of the total number of registered unemployed people in Latvia are women after parental leave, 29.3% of them were youth. Often woman-mother is not able to be an effective employee at work. The reason is a complex of factors including social, personal and work relationships in creating the employability problems.

**Aim.** Aim of the research is to explore employability barriers of a woman with a child after a parental leave with an intention to find innovative solutions for promotion of employability of a woman with a child.

**Methods** used are – secondary data analysis, questionnaires, semi-structured interviews, focus group discussions (n = 200).

**Results.** A tendency was observed that most of the women after parental leave return back at labour market when a child reaches age from 1.5 to 1.7 years. This time also coincides with a period when a woman's place is no longer protected by the legislative framework. 20% of respondents claimed about the fear of losing their jobs because they would not be able to combine a child-care and duties in the workplace. Feelings of uncertainty in relations to the job retention or finding new jobs in the labour market would be a reason for 33% of respondents not to have another child. As the reasons for insecurity the respondents mostly mentioned: unfavourable treatment and discrimination from the employer; intolerant attitude in case the child is sick and the mother must take the sick-leave. 12.4% of respondents approved that they had to change their jobs due to incapability to combine job with child care. Tight work schedule, excessively long working hours and insufficient free time to devote to the child, inadequate social security, work too far from home are the reasons which often compel women to take decision: "to be or not to be" also in a paid work relationships.

**Conclusions.** Caring for children and household duties often are decisive factors and become serious barriers limiting a woman-mother employment options. Employability in the labour market after parental leave often is in conflict with the unsolved social problems. The last five years have not significantly reduced the discriminatory treatment towards women-mothers in their work environment. The research data leads also to the conclusion that employers with more interest in support an employee – a woman with a child, are in those enterprises where the corporate social responsibility is observed, and therefore employability barriers are detected less. As the labour relationships are influenced by complex of social factors, nonetheless, social support services are of high importance to maintain employability capacity for women with a child. Mediation as an intervention method in work environment could be one of the ways to help balance household and child care with work and enterprise interests.

**Acknowledgment.** The paper has been supported by the National Research Program 9.6.2. EKOSOC-LV.

## Price of a Human Life: Medical, Legal and Social Aspects

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**Keywords:** *a human, price of life, investigation methodology, values*

**Introduction.** Price of human life has never been sufficiently valued, and a man as a value has not been sufficiently explored and protected. It is not logical, though, the lesser is the human life evaluated, the more frequently and more lethally it is threatened, the more commonly and more widely are developed approaches and methods for the determination of the cost of a man, like a material and social substance. Wide studies are being carried out in different countries on the mean value of a statistical life. Determination of human life's material values are also recognized as immoral ones, since it is one of the highest and even indefinable value, however, determination of the price of a human life is important in legal proceedings, identifying the compensation for inflicting bodily injury or in case of death; for life and social insurance; developing and implementing human security measures; planning and realizing health care and law enforcement measures.

**Aim.** The aim of the study is to recognize methods of determination of the price of human life, and to define the possible price of it.

**Results.** By recognizing the price of human life, one can use different methods (method of resource use; statistical methods; method of determination of human capital; survey method, etc.). In medicine, jurisprudence, economics, informative technologies and social service fields, the price of human life can be calculated on the basis of priorities and specificity of a certain field of activity. In some countries special investigation methods are used. For instance, in Great Britain they use QALY index – a human year of life in good health (£ 30 thousand). The price of human life in EU is determined by 3.1 million EUR, in the USA – 4.8 million USD. By EU calculations – decrease in life expectancy in case of death – one year bears losses of 73,000 EUR, related also to a human's age. The price of a human life in Latvia is: 320,600 EUR (229,000 Ls according to calculations of “Harmonised European Approaches for Transport Costing and Project Assessment”); 323,400 EUR (231,000 Ls – CSDD calculations on national losses inflicted due fatalities in transport accidents). The price of a human life is determined correspondingly to one's age, gender, level of education, acquired qualification and social status.

**Conclusions.** It is possible to choose different methods for determination of the price of human life. By using them, with the consideration of a human's age, level of education and other parameters, we can define the mean or also a definite price of human life. Yet, does the calculation of the price of a human life make a person more valuable? Is the society, by declaring a person as a fundamental value, properly and sufficiently protecting and taking care of this value?

## Employment of Medical Doctors in Latvia

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**Keywords:** *health workforce, medical staff*

**Introduction.** Health workforce problems in Latvian include – aging of medical staff, shortages in key specialists, and inequalities in geographical distribution, unbalanced qualification, and unsatisfactory remuneration system. Lack of health care workers in Latvia and their low salaries forces them to extend their standard working hours, or to practices in multiple workplaces, which can lead to burnout.

**Aim.** The aim of this study was to clarify how many of doctors are working in more than one working place or position and to explore how demographic factors (age, gender), specialty, time from graduating and size of medical institution affects residents' and doctors' additional work.

**Methods.** Data from Register of medical persons and medical support persons was used.

**Results.** In year 2015 all 9036 registered doctors took 18,299 positions, of which 77.4% (95% CI 76.8–78.0%) were related to the primary specialty. The number of physicians working in additional work increases from 53.2% (95% CI 52.5–54.4%) in 2011 to 55.0% (95% CI 54.3–55.7%) in 2015. The average number of posts per physician has increased – in 2011, in 2012 it was 1.9, while in 2013, 2014, 2015 – 2.0 ( $p < 0.001$ ). The correlations showed that gender, age, time from graduating, specialty and number of doctors employed in medical institution affects number of residents and doctors working in basic and additional work.

**Discussion and Conclusions.** Generally, the trend indicates that the number of doctors and residents who work in a number of positions at the same time has tendency to increase. Work overload and reduce organizational support negatively affect workers productivity as well. This is a serious risk of health care quality and burnout of staff. Increased salaries could contribute to attracting young specialists and the minimization of the burden.

**Acknowledgment.** Research was supported by the State research program 5.2. EKOSOC- LV.

## Breast Feeding in Latvia and Sweden: a Comparative Study

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**Aim.** The aim of work was to compare characteristics of breast feeding in Latvia and Sweden.

**Methods.** The quantitative method – survey was used. The survey was elaborated in Latvia and Sweden. 244 respondents (140 from Latvia and 104 from Sweden, aged from 18 to 36) participated in the study. All participants had 2.5 till 3.6 yrs. old children.

**Results.** The obtained results showed that 64% respondents in Latvia and 78% in Sweden – attended prenatal courses. It was found that useful and detailed information about breast feeding during these courses gained 63% respondents in Latvia and 52% in Sweden. Of the respondents, 67% Latvia and 46% in Sweden got more detailed information from medical staff during the first breast feeding in hospital do it for longer period.

**Conclusions.** It was concluded that in both countries a female mainly receives necessary information about breast feeding from internet recourses. Only some respondents mentioned medical staff as the main information source. The obtained data revealed that in Sweden babies were breastfed for a relatively longer period comparing to Latvia. It was concluded that for improving the situation with breast feeding more detailed and scientific information about breast feeding must be given by medical staff.



## Quality of Life of Drug Users in Western Slovakia

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**Keywords:** *drugs, drug user, health, quality of life, WHOQOL BREF*

**Introduction.** Using drugs is a serious problem in a society. Drug users are a vulnerable group of social workers' clients who faces many risks. Specifics of using drugs are numerous health risks, violence, threat of social exclusion, legal issues, stigma significantly affects the health of the individual drug user, changing social world and negatively affects social structures such as family and work environment.

**Aim.** The aim of our research was to determine the quality of life of drug users in terms of their own perception. We therefore did not compare them primarily with the majority who are not using these substances, but we analysed the quality of life from their own perspective. In particular, we aimed to investigate the main dimensions of quality of life such as health, economic situation and social ties.

**Materials and Methods.** We used a standardized questionnaire WHOQOL BREF. The field-work phase of the research was realized from September 2015 to December 2015. We used a snowball sampling for collecting data. Data recording was carried by self-administration. We used the statistical program SPSS for data evaluation.

**Results.** We found that every major domain (physical health, psychological, social relationships and environment) was evaluated worse by women than men. Our respondents rated their quality of life significantly lower than the standard population. Research showed the highest standard deviation in the psychological domain in women and in social relationships in men. The highest standard deviation between men and women was in the domain of physical health. The results surprised us. Our respondents received far less in quality of life scores compared to the general population, but gained score was higher than expected due to the length of drug using, way of use and type of used drugs.

**Conclusions.** Our results can help social workers who work with drug users. They can better manage their work, offered services and their cooperation with other professionals to help social workers clients.

**Acknowledgment.** This research was prepared as a part of project "The Identity of Social Work in a Context of Slovakia" [APVV-0524-12] funded by the Slovak Research and Development Agency.

## Loyalty to the Profession Depending on Seniority for Customer Service Consultants in the Bank

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**Keywords:** *loyalty to the profession, customer service consultants, seniority*

**Introduction.** Employee's loyalty is one of the most important factors in the organization. Employees are a vital resource for nearly all organization, especially since they represent a significant investment in term of locating, recruiting, training let alone salaries, healthcare, plans, bonuses etc. The management of many organizations develops their training programmers, benefit packages, performance appraisal and work system based on their company policies. The study included 169 customer service consultants with seniority from 3 months to 10 years and over who are working in one of the bank branch network all over Latvia. Respondents filled questionnaire: adapted J. Meyer, N. Allen and A. Smith's "Survey of loyalty to the profession". The obtained data were processed using a t-criteria for two independent samples.

**Aim.** The aim of research is to investigate loyalty to the profession depending on seniority for customer service consultants in the bank.

**Results.** The results demonstrate that there is no statistically significant difference in the employee's loyalty between employees with different seniority in the organization. The research findings show that staff loyalty in branch network is 69%, which proves that employees are more loyal than not. The research results demonstrate that the majority of customer service consultants (80%) want to work in their profession. The lowest figure is normative loyalty scale (51%), which points to the fact that employees do not express the feeling obliged to work in that capacity. Sense of duty can arise from a variety of factors, such as the knowledge that the organization has invested time and money in employee training. Affective loyalty is 74%, which indicates the employee's attachment to their workplace.

**Conclusions.** Employees feel a strong emotional bond with the organization. Customer service profession is identified by the organization's objectives and values, so that the employee really wants to work for a particular organization. Emotional relationship with the organization is considered as a very important aspect.

## Computer and Internet Use by Older Adults within the Context of Health Literacy

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**Keywords:** *older adults, the Internet and computers, technology use, health literacy, care*

**Introduction.** Employee's loyalty is one of the most important factors in the organization. Employees are a vital resource for nearly all organization, especially since they represent a significant investment in term of locating, recruiting, training let alone salaries, healthcare, plans, bonuses etc. The management of many organizations develops their training programmers, benefit packages, performance appraisal and work system based on their company policies. The study included 169 customer service consultants with seniority from 3 months to 10 years and over who are working in one of the bank branch network all over Latvia. Respondents filled questionnaire: adapted J. Meyer, N. Allen and A. Smith's "Survey of loyalty to the profession". The obtained data were processed using a t-criteria for two independent samples.

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## Primary Law in Medicine, Their Legal Nature

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**Keywords:** *fundamental rights, survival, legal reliance, health financing, the right to life, social rights, emergency assistance, availability of resources, life dogma, primary law, rights of the child, healthy and sick persons*

**Introduction.** Work will examine the problems arising from the thesis that the economic opportunities by no means incompatible with the person's primary law – the right to life and equality of treatment. It will be actively maintained hypothesis that claims that the country's economic opportunities and funding may not restrict or reduce a person's right to life and health. In this aspect it will also study, in addition to analyzing the role of the constitutional court. Therefore will be reflected in particular the constitutional court examined the merits and details of the attic to the health and safety of the trust and predictability of legal criteria.

The author makes a connection and point to the fact that the adoption of such, here the Supreme Court decision, successive constitutional court for a preliminary inaccurate claim and interpretation of the country's economic interests, could people also take away or deny the right to life only after the consideration that they are of no use and financially expensive to maintain.

**Aim.** This statement may initially waste too limited and vague, but he wanted or did not want to come to a conclusion when making such assumption of logical analysis, as well as the work of a broader outline.

In addition it will be studied factor that see right through the economic and financial prism is the same as to follow the principle – the end justifies the means.

Where the goal is based solely and only recital “as they're politically correct to divide the state budget,” as little as possible to pay for human survival, but the reverse is of fundamental human rights risks, expectations and breach of the principle of safety.

Which would also apply to the fundamental human rights – health and the maintenance of security and legally sound rules design, uniform application and interpretation of the executive and judicial level.

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Which would also apply to the fundamental human rights – health and the maintenance of security and legally sound rules design, uniform application and interpretation of the executive and judicial level.

**Methods.** Describing and researching the topic and its various effects on public life in general is mostly applied and implemented techniques that include peer discourse, different shots of thematic research. A significant place is taken by a different law and the author of several findings and conclusions of the comparison, the relevant article of jurisprudence analytically practical assessment.

Therefore it should be noted and highlight the historical, empirical and legal axiology methods in its systematic aspect. No less important is the intention of the legislature clarification, which runs through the interpretation methods in both work as a whole and certain parts of it, especially when dealing with the relevant Constitutional Court case. Through a system of methods for managing and viewing it is sought after for various different requirements Finding correlations and interconnections clarification. Author, all other things, is used for analytical distributive knowledge method that facilitates various sources and included the collection of knowledge and the main regularities of the definition, which results in the courts of materials processing research.

**Conclusions.** Research work described problems relating to the Constitutional Court case number 2008-37-03 and the judgment of the Administrative Regional Court Case No. A42561808 AA43-1260-09 analysis. More specifically, the child's right to reimbursement of medicines (state-subsidized), which medical genetics clinic doctors consultation was diagnosed "gaucher disease" (morbus gaucher). The disease is chronic and life-threatening. In the absence of appropriate therapy, the patient experiences any damage to the bones, increases in liver and spleen, decrease of white blood cells, red blood cells and platelets may cause pulmonary hypertension and other serious health problems. The disease progression and affecting the bone marrow, the bones become fragile and they can rust, it means that a growing child it causes irreversible damage to the skeletal and bone, the child may stop growing. Moreover, if the start of bone deformities, they are making a very big pain, children become disabled and mutilated teenage agony of dying. If the illness is not treated, a long and painful process leading to death. "So, this ruling legal analysis itself will collect them legal criteria and conditions under which, or the execution of which, in two ways, it is possible either to ensure the child's health and life, or on the contrary refuse thus actually deciding children's downfall.

The Constitutional Court of the values does not speak, it creates a dangerous precedent, reflecting the state power uncertainty and inability to defend and stand up for human core values, which creates any man fear, insecurity, as a logical reaction to the unknown law, which is rooted in the fact that without the implementation of the basic values of the settings in the form law a variety of applications and interpretation of the public administration, an executive in the person of its final conclusion can not provide human fundamental constitutional rights.

## **The Psychological Mechanisms of the Text and Pictures Understanding by the Students with Mental Retardation**

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**Keywords:** *text and pictures understanding, eye tracking, students with mental retardation*

**Introduction.** In interdisciplinary research there are a few studies using the method of eye tracking which is devoted to studying perception and understanding of images and texts. And there are no any investigations devoted to the students with mental retardation.

**Aim.** The aim of this study was to identify and compare the characteristics of the recognition and understanding of verbal and nonverbal stimuli in the form of a text and drawing images of various degrees of definition applicable to students with mild mental retardation (project "Physiological and neurolinguistic aspects of the recognition process of verbal and non-verbal patterns" funded by the Russian Science Foundation, 2014–2016 years).

**Results.** The objects of the comparative study were graduates of schools with a varying degree of the intelligence decline. In accordance with the International diseases and behavioural disorders classification (the 10<sup>th</sup> ed.) official clinical diagnoses of the subjects were F83 – mixed specific disorders of psychological development and F70 – mild mental retardation.

85 subjects were participants. A preliminary study involving 25 students of 1–4 courses of the psychological faculty of St. Petersburg State University aged 18 to 25 years were conducted. In the empirical study 60 people aged 15 to 19 years, both school and universities students with different level of intellectual development were interviewed. Among them there were 20 normally developing school students, 20 students with mixed specific developmental disorders and 20 students with mild mental retardation. There were 49% boys and 51% girls.

The study revealed specific features of perception and understanding of the texts and images of different degree of visual complexity by students with mild mental retardation. In the analysis of the visual information, they preferred to focus on the emotional aspect of the content both of the texts and pictures. In the subjective interpretations of the test material they attracted their life experience. In the analysis of the events in the presented images, they use the concept of “security”.

**Conclusions.** Students with mild mental retardation demonstrated a lower level of cognitive development and volitional activity when viewing a stimulus of a high degree of visual complexity. A specific feature in the perception and understanding of the texts and images by these students is the lack of cognitive orientation on the procedural side event analysis.

## Missed Nursing Care and Teamwork in Hospitalized Patients in Latvia: a Pilot Study

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**Keywords:** *missed nursing care, teamwork, satisfaction with work*

**Introduction.** For nurses daily work organization is very complicated and consists of nursing care, interpersonal communication, which is definitely necessary in health care process. Research shows, that teamwork among healthcare providers is essential for patient safety (Kalisch, Lee, 2010). Kalisch, Landstormand Williams (2009) defined missed nursing care as any aspect of care that is required by the patient and that is missed (partially or as a whole) or delayed.

**Aim.** The aim of the study: to find out nurse's viewpoint about missed nursing frequency and reasons, and explore teamwork correlation with missed nursing care.

**Methods.** Two research tools were used: Missed nursing care survey (B. Kalisch et al.) and Nursing Teamwork Survey. Data analysis was made with SPSS, version 20.

**Results.** The study was performed in one of the largest hospitals in Latvia. In research took part 150 respondents, of which 140 fully filled surveys. Time period for research to collect the surveys, was from the February 1, 2016 till March 31, 2016. Respondents were from surgical and therapeutic wards.

In research took part 94 (67.1%) respondents from surgical wards, and 46 (32.9%) respondents from therapeutic wards. There was found that the most often missed nursing activities are – patient and/or family emotional support (54%), participation in interdisciplinary care conferences (47%), patient education on the disease, analyses and diagnostic tests (46%) and patient bathing and skin care (45%). Assessment of the data shows that patient's care assessment, for example, vital signs, skin and wound care, and the general health observation, aren't missed or omitted. Majority of study participants admit, that important causes for missed care are – material and labour resource inaccessibility. There was found that teamwork is related with missed nursing care.

## Community Role for Empowerment of Older Adults

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**Keywords:** *empowerment, community, older adults*

**Introduction.** Demographic convergences of the recent decades have affected population's age structures and resulted in the ageing of the society in Lithuania. While in 1970 older adults constituted 17.7% of all population in Lithuania, in 2000 this number equalled to 20.2%, i.e. the ratio of older adults has grown by 2.5%. On the basis of long-term social prognosis, it is estimated that by 2025 the number of older adults in the society will make as much as 23%. The growing societal share of older people creates an imperative to keep reviewing and adapting for the newly emerging needs and societal resources in the areas of social security, economics, education, and health care. Rapid alterations around, emerging emotional and social insecurity urge older adults seek a source of safety and trust – a community. Older adults appear in need of assistance which they expect to receive from the community. The existing reality of life draws more attention to the community facilities for empowerment of older adults. Adult ability to change, acquire new knowledge and skills, adapt to the alterations around and engage actively in the community actions for self-empowerment play important role in the social well-being of older adults. The researchers emphasize that the individual adaptation score at the older age remains high on the condition that the individual finds the aim in life, overcomes frustrations, deals with conflicts and achieves reasonable satisfaction. Having integrated into society the older adults feel happy, stay self-confident and outgoing, show self-esteem and are willing to take some productive activity.

**Aim.** The paper discusses the role of community in the empowerment of older adults, building of suitable environment for developing inner qualities of older adults and stabilizing outer conditions for continuous provision of diverse knowledge, stretching personal outlook, promoting learning and updating of skills.

**Results and Conclusions.** The survey analysis in Lithuania reveals that community plays critical role in the empowerment of older adults for letting them maintain and develop their skills, eliminate social exclusion, take an active part in community actions and strengthen social contacts. Older adults understand that active participation in social life strengthens self-support initiative and this widens social, cultural and economic resources. Successful use of community facilities empowers older adults and enhance their quality of life.

## Educational Activities for Older People as a Part of Social Work

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**Keywords:** *ageing, educational activities, social workers*

**Introduction.** The ageing of the society changes the structure of the societal needs in the essence; meeting those needs poses challenges to the social institutions and social workers alike. Social workers employed at old people's care houses and day care centres recognize that the key goals of their organizations increasingly tend to see activating their inmates through educational activities apart from provision of social and health care, which, undoubtedly, constitutes substantial part of their work. Research carried out allows us to state that the growing population of the older people gives impetus for the building of a new more favourable environment, for diverse services in stationary and in communal institutions and centres. Lithuanian social workers today take care not only of the diversity of social services to older people through organizing and coordinating educational programmes.

**Aim.** This article aims at highlighting the value of educational activities for the human quality of life and educational practices of social workers in gerontology.



**Results and Conclusions.** In the implementation of the Lifelong Learning Programme international project “Innovative Management and Educational Practices in Elderly Centres” in the period 2013–2015 a focus group research was carried out to identify the expertise of Lithuanian social workers in organizing educational activities for older people. Research data showed that social work practice in gerontology, particularly in organizing educational activities, suffers from the lack of identification and is recognized with difficulty. Social workers in organizing educational activities enter the process of trial and error; they learn to identify and to invent educational activities for improving older people’s life quality. However, survey participants feel the need for recommendations for organizing educational activities for older people with special needs. Organizing of educational activities often rests on personal search of social workers, their creativity, learning from their own and their colleagues experience within the limits of their institutional experience.

## Perinatal Outcomes of Multiple Birth Conceived Through in Vitro Fertilization Compared with Spontaneous Multiple Birth

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**Keywords:** *in-vitro fertilisation (IVF), multiple births, perinatal outcomes*

**Introduction.** Pregnancies that occur after assisted reproduction procedures constitute high-risk pregnancies. Studies have been done worldwide to analyze the outcome of in vitro fertilisation (IVF) pregnancies. Literature data shows that the multiple births and delivery complications are much higher from IVF pregnancies than the average. In Latvia IVF births have increased from 147 cases in 2007 to 263 in 2014 (an average 1% from all deliveries).

**Aim.** To compare the maternal and perinatal outcomes of twin pregnancies conceived by IVF in comparison with spontaneous twin pregnancies.

**Materials and Methods.** Data from population – based Medical Birth Register was used. The analysis includes data on 661 newborns from IVF multiple births and control group – 3607 newborns from spontaneous multiple births (2007–2014). Odds ratios (OR) with 95% confidence intervals (CI) were estimated. Multiple regression model, adjusted for mother age, number of birth, birth weight and congenital anomalies.

**Results.** 2.5% (n = 4268) of newborns are born as a result of multiple pregnancy (2007–2014). Of all IVF newborns 39.5% (n = 661) is a multiple pregnancy births versus 2.2% (n = 3607) from spontaneous pregnancies ( $\chi^2 = 76.9$ ;  $p = 0.001$ ). There is statistically significant increase of multiple births from IVF pregnancies – an average 2% per year ( $p < 0.01$ ). The higher odds of low birth weight (OR = 1.2; 95% CI 1.0–1.4;  $p = 0.05$ ) and congenital anomalies (OR = 1.6; 95% CI 1.1–2.4;  $p < 0.05$ ) having IVF multiple birth. Maternity characteristics showed that mothers in the IVF group were significantly older than those in the control group ( $\geq 35$  years) (OR = 2.1; 95% CI 3.8–2.6;  $p < 0.001$ ) and primipara births (OR = 4.1; 95% CI 3.7–4.6;  $p < 0.001$ ). Adjusted higher odds for IVF multiple births were observed just for 2 factors: maternal age (OR = 4.0; 95% CI 3.2–4.9;  $p < 0.001$ ) and primipara (OR = 6.3; 95% CI 5.1–7.8;  $p < 0.001$ ). There are no differences by congenital anomalies and low birth weight between groups after factor adjustment.

**Conclusions.** Multiple births conceived by IVF have similar outcomes to spontaneously conceived multiples in the perinatal period, although the rates of congenital anomalies after IVF just slightly higher than control group. Special attention is needed to monitor these high risk pregnancies. To avoid multiple pregnancies after IVF is a challenge in assisted reproduction.

## Disability Management in the Workplace: Problems and Trends in Latvia

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**Keywords:** *ability to work, disability management, Latvia, workplace*

**Introduction.** People with disabilities are a largely untapped employment resource in many countries. EU level about 47% of people with disabilities are employed, compared with 72% of employed people without disabilities, in Latvia – 4.5% of people with disabilities are employed. As the statistical facts and figures show, there is a problem of inadequate employment among people with disabilities and there is a negative tendency in it.

**Aim.** The authors of this article are concerned with how developing disability management in the workplace could open the possibilities for work for people with disability and can be matched with the opportunities of increasing the employment rate according to the European Disability Strategy (2010–2020) objectives as well as fighting against social exclusion and practical implementation of the United Convention on the rights of this group of people in Latvia.

**Results.** The results of the study are based on the authors' survey and study the analytical review of the secondary resources about and interviewing of employers in order to clarify disability management problems. Interviews of experts and studies of literature on the topic show that a considerable number of disability management problems is possible to solve. Unfortunately, Latvian companies generally play a passive role in recruiting disabled people, especially those that have never hired a disabled person. They believe that Latvian public associations and foundations should be the first to offer disabled people a job option.

**Conclusions.** Within this context, the employers' feeling is that state institutions do not consider people with disabilities as a prospective labour force. The authors consider that disabilities management in the workplace has been evaluated in keeping with the European Disability Strategy 2010–2020 objectives, and can be matched with opportunities of increasing the employment of disabled people. For this reason, a level playing field of a contribution from the state side and updating of the employers' and managers' knowledge and competencies would be evaluated.

## Ethics of Social Work and Social Pedagogy with Convicted Persons

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**Keywords:** *convicted people, social work and social pedagogy, social rehabilitation, social re-education, deviant behaviour*

**Introduction.** Convicted people as clients of helping professions – social work and social pedagogy – are among current social and political situation major social challenges. These individuals, in their daily lives, are requiring an assistance of professionals from several reasons. First, in their social rehabilitation and re-education, and, second, in relation to social protection from their deviant behaviour.

**Aim.** The authors set themselves the objective to answer the question how social workers and social educators intervene in different institutional contexts, on what ethical categories and principles put a particular emphasis within selected ethical theories and methods which are applied in practice with the convicted.

**Results.** An important factor of changes in this process of social rehabilitation and re-education is professional ethics applied from retributive to restorative judiciaries.

**Conclusions.** Social work and social pedagogy as helping professions have certain options how to effectively help clients eliminate or remove problematic behaviours.

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