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Prehosp Disast Med 2001;16(2):s26.

Postoperative Stress Reaction in Cases of Women with Gestosis.

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Introduction: The problem of intensive therapy of gestosis remains urgent in obstetrics. Here, both gestosis and surgery can be stressful agents that cause a definite reaction of the endocrine system.

Methods: The glucocorticoid function of the adrenal cortex and the thyroid reaction of 404 women (age 16–38 years) was assessed. The patients were allowed to give birth by means of Caesarian operation, and then were separated into two groups: Group I had severe gestosis; and Group II had moderate gestosis. The level of gestosis was determined on the basis of our own Vitlinger scale. Each group included two subgroups: (1) treatment with dexamethazone (0.5 mg/kg/day) intramuscularly, or (2) no dexamethazone. The aim was to determine the number of blood eosinophils and basic metabolism one day before the operation, and at 1, 4, and 7 days after the operation.

Results: The number of eosinophils was less during any stage in those subgroups of patients who received the dexamethazone than for those who did not. Basic metabolism was more indicated in either of the subgroups using dexamethazone.

Conclusion: Administration of glucocorticoids (dexamethazone) avoids glucocorticoid insufficiency that is related to failure of stress hormones (particularly adrenal glands cortex hormones), ensures a complete adaptive reaction from the combined stresses of both gestosis and surgery, and prevents depression of thyroid activity and its concomitant decrease a basic metabolism.

Key words: eosinophils; gestosis; glucocorticoids; metabolism; obstetrics; stress reactions; thyroid function

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Prehosp Disast Med 2001;16(2):s26.

Verification Criterion of Preeclampsia: Creation of Autoantibodies

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Introduction: The problem of searching for new methods of the earliest diagnostics of gestosis aimed at the coordinated correction of consequences of disturbances remains a central issue in obstetrics. In this work, an attempt was made to estimate the viability of a range of organs by determining a titer of specific antibodies.

Methods: The comparative inspection of 13 healthy women (age 18–30 years), and 18 patients with the severe form of gestosis (age 19–32 years) were carried out. Determination of the specific antibodies titer carried out one day before the operation and at 1, 4, and 7 days after the operation.

Results: The investigation indicated that a moderate increase or absence of specific antibodies in small titers (1:16–1:32) up to the 4th postoperative day. This is a reflection of moderate autosensitization. Women with gestosis had increases of antibodies in high titers (1:128–1:256) in one day, at days 1 and 4 after the operation. This proves the hypersensitization with the threat of transition to autoimmune depression. It was determined that gestosis causes the expressed degenerative processes covering mainly liver, kidneys, lungs, and retina.

Conclusion: The use of the specified methods allows early diagnosis of the organ disturbances.

Key words: autoantibodies; gestosis; preeclampsia; sensitization

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Teaching the Teacher Disaster Medicine

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The Faculty of Yaoundé has conducted a course in Disaster Medicine since May 2000. This is the result of cooperation between the Samu Social International and the University of Yaoundé. Cameroun has a unique situation because of its economical and social background. Cameroun has had many disasters that affected the whole population. The authorities realised that they had to both prevent as well as respond to disasters. For this reason, the course has had priority and is conducted by representatives from all French faculties involved in Disaster Medicine

Key words: Cameroun; disasters; Disaster Medicine; education; faculty; teachers; training

Prehosp Disast Med 2001;16(2):s26..

Organization of an Emergency Service in Africa: The Case of Yaounde

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Should services be adapted to the needs of the local population, and are we managing the services correctly? We found it necessary to create a local network working in Yaoundé. The result of this network is that they have become the central organisation.

Key words: emergency services; needs; organization; network

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