

SOCIO-HYGIENIC STUDIES OF DISEASE, LIFESTYLE AND WORKING CONDITIONS OF MEDICAL WORKERS

Ruzimurotova Yulduz Shomurotovna

Samarkand Region, Samarkand City, Samarkand State Medical University,
Assistant at the Department of Public Health and Healthcare Management

Abstract

Health is closely related to the economic development of the country, the conditions and standard of living, education, culture, as well as the way of life of the population. Much depends on the socio-economic situation, dietary restrictions, high psycho-emotional tension, can lead to a decrease in the standard of living. This is manifested primarily in the state of health of medical personnel. Our research allowed us to study the incidence, lifestyle and working conditions of medical workers from a socio-hygienic point of view.

Keywords: socio-hygienic labor factors, nurses, lifestyle.

Introduction

Monitoring the state of health and socio-economic development of medical workers, the system of labor protection in medical institutions are the priority tasks of the field that determine the effectiveness of health organizations, their competitiveness and the quality of medical services to the population. [2]. Deterioration of the state of health, insufficient payment of wages, inappropriate mental and physical costs are the main reasons for the departure of medical workers from the health care system.[6]. In the organization of work in medical institutions, among the shortcomings that have a negative impact on the health of medical workers, non-compliance with social and hygienic requirements for working conditions, exceeding the norm of workload, violations of the work and rest regime of medical workers is common.[3]. The organization of the work process of employees of stationary medical institutions has a number of features related to the use of high-tech medical equipment, round-the-clock work and direct contact with drugs, chemicals and infectious diseases. The increase in the incidence of health care workers is also associated with lifestyle risk factors: insufficient physical activity and poor nutrition, failure to seek professional medical help in time, and a tendency to self-medicate.[4]

The conducted information search showed that currently the problem of increasing the personnel capacity of the medical industry has the status of a national and interdepartmental problem. In modern conditions, only by creating favorable conditions for the work of medical workers, it is possible to reduce the inefficient costs of the field for the training of young specialists, increase the prestige of state health care institutions, and preserve the personnel reserve. their health, economic well-being and professional self-awareness. At the same time, the analysis of the current situation is limited by the lack of reporting data and fragmentary data from special scientific studies, which does not allow generalization of data due to the difference in the methodological approaches used and the studied contingents.[12]



A comprehensive approach to solving the problem implies a comprehensive analysis of indicators of the health status of medical workers, which are formed under the influence of production and economic factors, lifestyle and social-psychological criteria of behavior. The search for the reasons for the deterioration of the state of health and the ways to maintain the personnel potential of inpatient public medical institutions determined the goals and objectives of this study.[10,11].

The purpose of the study:

To evaluate the working conditions and morbidity of medical workers of large multidisciplinary hospitals according to the results of the survey.

Materials and research methods

Nurses of the intensive care unit of the regional blood transfusion center, oncological dispensary, regional hospital of infectious diseases and AIDS center, Republican emergency medical center Samarkand branch, a total of 197 medical workers were studied. 5 subgroups of employees were used for comparative analysis of research data.

Social and hygienic methods were used at the research stages: analytical, statistical, sociological, expert assessments, as well as hygienic methods of assessing working conditions. When processing the received materials, the following was done: Life style and features were evaluated. on the basis of sociological research materials, the working conditions of medical workers and the characteristics of their medical activity were presented.

In order to conduct the sociological part of the research, a 2-part "Questionnaire for identifying risk factors affecting the lifestyle, morbidity and health of nurses" consisting of 36 questions was developed.

Research Results

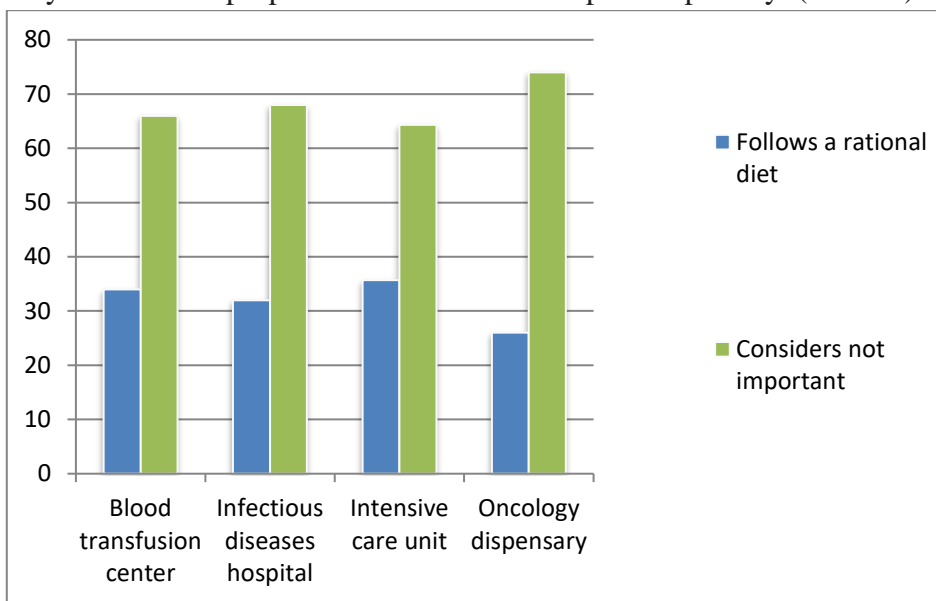
According to the results of the survey, it was found out that there are many nurses of working age: the average age of nurses was 34.2 years. The medical brigades of the Center for the fight against AIDS should be considered the youngest, since the number of employees under the age of 40 was more than half of them - 65%. The proportion of young nurses in resuscitation and emergency departments is 64.3% and 35.7%, respectively.

Studying the marital status of the respondents showed that almost all of the interviewed medical workers were married: 93.5% were officially registered. At the same time, the largest share of married employees is recorded among nurses and laboratory assistants of the blood transfusion center - 98.8%, which characterizes this contingent as the most resistant to professionally and socially determined stresses. Among unmarried nurses - 6.5%, which is related to the young age of this group of respondents.

Material deficiency in the families of the studied contingent is manifested in the low level of household regulation, which takes a lot of time for household chores. Every second healthcare worker spends more than 8 hours a week shopping, cooking and cleaning the house. At the same time, the physical activity of most medical workers has decreased significantly - only 21.8% regularly do physical education and sports, only 19.0% do morning exercises. 61.4 percent of employees are dissatisfied with the quality of their free time, half of them attribute this to lack of money, a quarter to fatigue after work, and a sixth to lack of time. Financial problems are also one of the main reasons for conflicts in the family, their existence was reported by 19.8% of nurses.



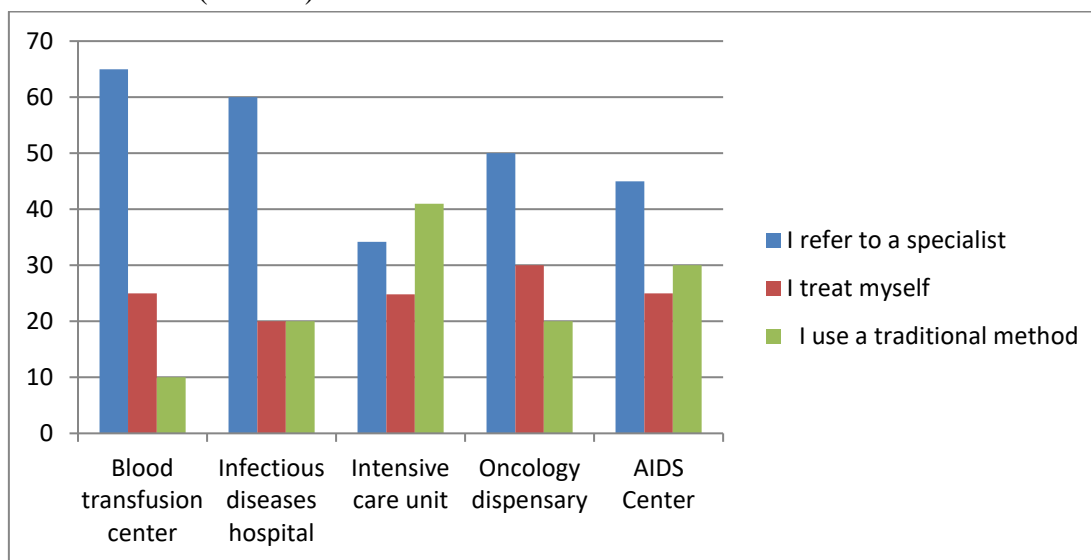
Among the socio-hygienic risk factors for the health of medical workers are rational nutrition, full sleep. According to the results of the research, 2/3 of the respondents have an irregular diet, do not have a full breakfast, and 1/6 abuse caffeinated drinks. At the same time, for 68.9 percent of employees, they believe that proper nutrition is not an important priority. (Table 1)



Almost half of the medical workers state that there are problems with the quality and duration of night rest: 13.4% sleep less than 6 hours a night, 62.1% 6-7 hours, 59.5% complain of chronic insomnia. problems are most evident among the contingent of intensive care unit nurses, which is associated with the specifics of the work, the lack of ability to effectively deal with stress and chronic fatigue.

According to the results of a sociological survey, various forms of harmful habits were almost not found among nurses: smokers did not exceed 0.1%.

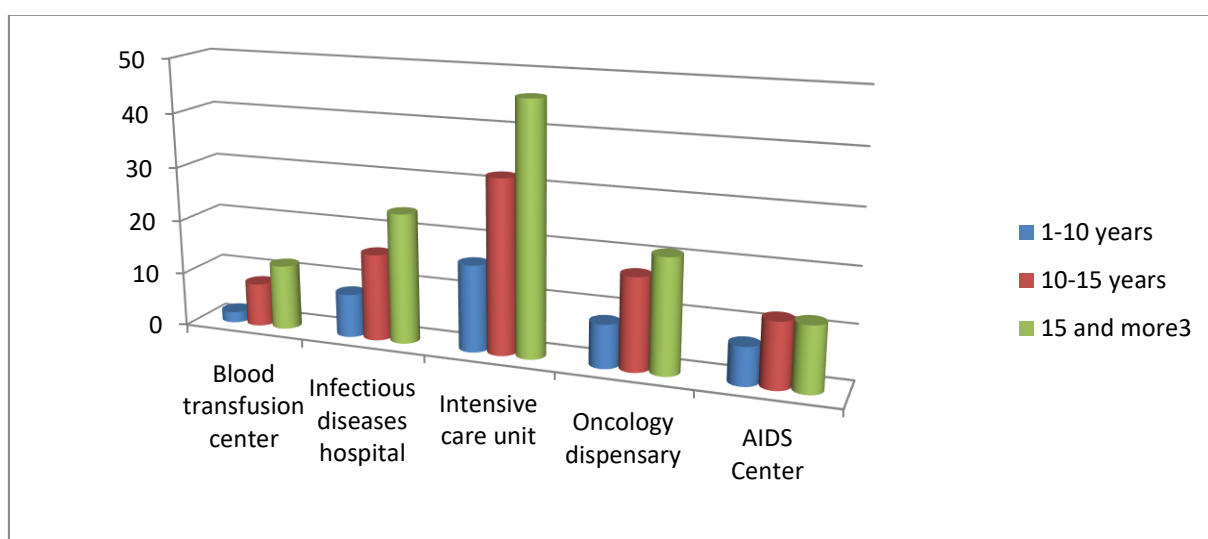
A characteristic feature of the studied contingent is traditionally low medical activity. At the same time, 34.2% of nurses said that they use specialist help for health problems, and 22% said that they self-medicate. (Table 2)



Only 6.8% of the respondents use recreational treatments, 15.1% of the diet, 12.4% of therapeutic physical exercises, 5.3% of sanatorium-resort treatments, and 36.7% of preventive measures.



Many medical workers explain their preventive passivity by lack of time and material resources, not paying attention to proper nutrition, sleep, and physical activity.



The occurrence of chronic fatigue syndrome in the departments by length of service (Table 3)

Conclusion: As a result of the study, the average level of emotional exhaustion was determined in the nurses of the ambulatory service with the day shift work schedule, and the high level of emotional exhaustion was found in the nurses who work around the clock in the inpatient departments. When analyzing the symptoms of emotional exhaustion, according to the level of formation, intensive care nurses have symptoms of emotional stress (37%). (Table 3)

According to the results of the sociological survey, the number of medical workers suffering from chronic diseases was 57.2 for every 100 people surveyed, the identified pathologies included digestive (27%) and allergic diseases (31%), circulatory system, diseases of respiratory organs prevail. This increases the risk of incapacity for work of nurses.

REFERENCES

1. Sutirina O.M. Morbidity rate of additional medical examinations of medical staff of a large multidisciplinary hospital / O.M. Sutirina, I.A. Kamaev // Socio-hygienic monitoring of population health: collection of scientific works. - Ryazan, 2010. - Publication. 14. - S. 245-248.
2. Rizaev J. A., Ruzimurotova Y. S., Khaydarova G. A. THE IMPACT OF SOCIAL AND HEALTH FACTORS AT WORK AND AT HOME ON NURSES'HEALTH //Вестник магистратуры. – 2022. – №. 2-1 (125). – С. 10-12.
3. Рuzимуратова Ю. Tibbiyot sohasida faoliyat ko'rsatayotgan hamshira ayollarning sog'lig'iga ta'sir etuvchi shart sharoitlar va omillar //Общество и инновации. – 2021. – Т. 2. – №. 4/S. – С. 270-281.
4. Shomurotovna R. Y., Ismoilovna A. M. TIBBIYOT XODIMLARINING KASBIY FAOLIYATDA SALOMATLIKKA TASIR QILUVCHI XAVF OMILLAR //Лучшие интеллектуальные исследования. – 2023. – Т. 10. – №. 3. – С. 160-164.
5. Shomurotovna R. Y., Ismoilovna A. M. SOG'LOM OVQATLANISH TAMOYILLARI //Ta'lim innovatsiyasi va integratsiyasi. – 2023. – Т. 11. – №. 3. – С. 134-137.



6. Shomurotovna R., Muminovna A. Socio-hygienic Study of the Health, Lifestyle and Working Conditions of Health Workers //Oriental Renaissance: Innovative, Educational, Natural and Social Sciences. – 2022. – Т. 161. – №. 2. – С. 165-170.
7. Sharofitdinovna N. P., Shomurotovna R. Y. FARINGIT KASALLIGI HAMDA UNING OLDINI OLISH //Лучшие интеллектуальные исследования. – 2023. – Т. 5. – №. 1. – С. 169-174.
8. Ризаев Ж. А., Рuzимуротова Ю. Ш., Тураева С. Т. Влияние социально-гигиенических факторов труда и быта на здоровье медицинских сестер //Scientific progress. – 2022. – Т. 3. – №. 1. – С. 922-926.
9. Юлдашева Ш. А., Нуритдинова П. Ш. ЭКОЛОГИЧЕСКИЕ ПРОБЛЕМЫ, ВЛИЯЮЩИЕ НА ЗДОРОВЬЕ ЧЕЛОВЕКА //World of Scientific news in Science. – 2024. – Т. 2. – №. 2. – С. 131-136.
10. Parvina N.Sh. Promotion of a healthy lifestyle among the population // Экономика и социум. – 2022. – No 1(92). – P. 151-157
11. Ruzimurotova Yulduz Shomurotovna . Sog'liqni saqlashni tashkil etishda gerantologiyaning dolzarb muammolari 2024 - Т. 40. – №. 2. – С. 111-114. https://scholar.google.ru/citations?view_op=view_citation&hl=ru&user=a9D9VtcAAAAJ&citation_for_view=a9D9VtcAAAAJ:WF5omc3nYNoC
12. Nuritdinova , P. S., & Kushmatova , D. E. (2022). The role of nursing staff in the formation of a healthy lifestyle of children. Евразийский журнал медицинских и естественных наук, 2(5), 122–128.
13. Parvina Sharofitdinovna Nuritdinova. (2023). Features of forming a healthy lifestyle in students. World Bulletin of Public Health, 21, 191-193.Retrieved from <https://scholarexpress.net/index.php/wbph/article/view/2598>
14. Teshaboeva K., Israilova S., Qurbonov A. Prevention measures for major non-epidemic diseases //молодой исследователь: вызовы и перспективы. – 2021. – С. 97-99.
15. Dustova G. K., Kurbanov A. A. Samarqand viloyati aholisi orasida covid-19 kasalligidan keyingi bemorlarga kuzatilgan kasallikning asorati va kasalliklarning o'ziga xos kechish xususiyatlari //Eurasian Journal of Medical and Natural Sciences. – 2023. – Т. 3. – №. 2. – С. 186-189.
16. Mamasoliyeva Shokhista Abdugapparovna, & Kurbanov Anvar Alamovich. (2023). Mechanisms for Increasing the Economic and Organizational Efficiency of the Management of the Medical Service Sector. Texas Journal of Medical Science, 18, 150–153.
17. A'lamovich K. A., Rabbimovich N. A. Markaziy asab tizimi va kasalliklari //Journal of new century innovations. – 2023. – Т. 25. – №. 2. – С. 14-18.
18. A'lamovich K. A., Rabbimovich N. A. Kamqonlik kasalligining kelib chiqishi, profilaktikasi va davolash usullari //tadqiqotlar. – 2024. – Т. 30. – №. 3. – С. 140-143.

