

THE KEY TO REPRODUCTIVE HEALTH

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Abstract

Purpose of investigation: The most fundamental part of maintaining reproductive health of women of childbearing age is to treat and improve the health of future mothers, that is, girls, from a young age. Ensuring the implementation of the decision of the Cabinet of Ministers of the Republic of Uzbekistan No. 352 of May 10, 2018 "On measures to increase the efficiency of obstetric-gynecological and medical care services provided to girls and women of childbearing age" (1,2).

Expected result: As a result of improving the health of girls from a young age, it is possible to achieve the birth of healthy children from healthy mothers.

Keywords: Reproductive health, health of women of childbearing age, reproductive health of young girls.

Introduction

Chirchik city, Tashkent region has a population of 171,608 (as of 2023), of which 86,994 are women. The number of women of childbearing (fertile) age (from 15 to 49 years) was 37,653. During 2023, 3932 pregnant women were registered. 3170 of them were born in the Chirchik perinatal center, 3167 of them were born alive in the Chirchik city maternity hospital. In 36 cases, a birth defect was detected in the mother's womb, and the pregnancy was terminated. In 21 of them, the fetus was lost or died in the mother's womb. 705 moved to another region. During the year, the total number of visits to polyclinics (KTMP, #1,2,3 OP) was 1642, of which the total number of visits to the obstetrician-gynecologist was 3170, 3022 for girls, 439 for children, and 407 for sick teenage girls. 10% of women of childbearing age were taken to the dispensary with genital and extragenital disease. These are only "D" controlled obstetricians and gynecologists in the city. In addition, how many other specialists (endocrinologist, cardiologist, neuropathologist...) received "D" control. These indicators show the extent to which women of childbearing age need preventive treatment. After marriage, women become pregnant without having time for treatment. For this reason, they should be protected from all diseases until they are married, that is, from the period of youth, as far as possible, until the onset of menstruation. For this, all organized institutions (kindergartens and schools...) should conduct annual medical examinations, separate and plan



treatment of the found patients. Then, after marriage, women of childbearing age will have an easy pregnancy and give birth to a healthy child.

Proper organization of the system of primary medical and sanitary care is considered the main part of maintaining the health of the population, because primary medical and sanitary care institutions are responsible for the prevention of diseases, preventive and patronage work among the population, treatment of the population in hospital, morbidity and disability.

Causes the level to decrease.

Urban and rural family polyclinics (from now on Shop. QOP), family and multidisciplinary polyclinics to expand the access to primary medical and sanitary assistance for the population by extending the service hours from 8:00 a.m. to 8:00 p.m. , the establishment and use of well-equipped ambulance substations is essential for public health.

In developed countries, outpatient admission is 80%, and inpatient admission is 20%. Today, in our Republic, the number of inpatient referrals is increasing, and the workload of outpatient doctors is increasing. As a result, the number of daily patients in inpatients has increased. When patients are studied by gender, they receive significantly more referrals. Males turn to medicine only when there are serious changes in their health. Children are also brought to medical facilities only when necessary or for vaccinations.

When we analyzed the medical trips for outpatient admission to the hospital and hospital, it became clear that the main patients are women. If we take into account the impact of women's health on the health of their children in the future, it can be seen that the fate of the future nation depends on the care of healthy women. Obstetricians and gynecologists deal with women's health. When women become pregnant as a mother in the family, until the development of the fetus and the birth of the child, the maternal instinct ignores all the situations in it. During this period, they live only for their children. He does not pay attention to his health. A sick (or immunocompromised, sick) child is born to a sick mother.

If we look at the life of women and girls in society, the menstrual cycle begins at the age of 13-14. Due to various reasons, anemia (anemia) develops in a girl as a result of a menstrual cycle disorder. Due to menstrual disorders, blood is lost periodically, and if it is not replaced in time, anemia becomes worse. A girl reaches adulthood and becomes pregnant, and when she becomes pregnant, they want her to get pregnant quickly, and they do. The fetus receives nutrients, vitamins and minerals from the mother's body for growth and development. When the mother lacks them, where does she get them, as a result, the child is born with various pathological conditions, weight deficiency (hypotrophy), vitamin and mineral deficiency...Creating a healthy environment in the family depends on the parents, first of all, on the spiritual and physical health of the woman. In our country, all necessary conditions are being created to ensure the stability of families. The fact that the family issue is considered at the level of state policy is the concern for the well-being of the future generation, the development of society, and the well-being of the nation. First of all, it is necessary to prepare our daughters for family life in order to form the spirituality of husband and wife who feel responsibility and duty.

More than 200,000 family marriages are registered in our country every year. But can they all have the status of stable families? Some people take it upon themselves to live without marriage, without even thinking about the consequences. This can be seen as a lack of family science. Nowadays, there are opinions that the marriage age of 20-22 for girls and 24-26 for boys ensures the stability of the family. Because those who get married early lack the ability to appreciate the blessing called



family. At this point, it is necessary to emphasize the role of the female mother in forming the medical and legal culture of young people, strengthening family responsibility. Smart, virtuous housewives require knowledge, intelligence, efficiency from our girls. Therefore, our girls should understand well that sufficient information is the most necessary factor in life. First of all, they should understand that being a bride is a duty and responsibility. There are many such women among us, they can teach their children with gratitude. The spiritual image of the family depends on how educated and prudent the husband and wife are. Isn't it true courage to withstand the trials of life, not to forget the responsibilities of fatherhood and motherhood under any circumstances? Besides, it is irresponsible not to be able to have a family in such a peaceful and free time (3)...

SOLUTION: When a girl's period starts, the closest person consults her mother, and the mother should worry about her daughter's health. If the menstrual cycle is disturbed, it should be taken to the gynecologist (gynecologist) who is on staff at the multidisciplinary central polyclinic (KTMP). But in the Uzbek mentality, it is considered a shame to bring an immature girl to a gynecologist.

THIS IS EXTREMELY WRONG. If a young girl is regularly checked for anemia related to menstruation, testicles, heart, kidneys, etc., then a healthy child will be born when she becomes pregnant. There are 20,161 girls aged 0 to 18 in Chirchik (as of the end of 2023). 5,359 admissions to gynecology were made in 2023. Going to Kindergartens and schools, finding active menstruating young girls, or bringing them to the right path by their mothers, will lead to the recovery of the nation. In 2022, only 7,555 of the 20,000 girls aged 0 to 18 years were transferred. In 2023, one out of every 4 girls was seen by a urinologist. 3 out of 4 (about 14,500) did not undergo medical examination. This is the beginning of genital and extragenital diseases that young mothers may encounter in the future.

The survey results showed that married Uzbeks usually have three children, and 22 years is the optimal age for the birth of the first child. Also, what do the experts of the Public Opinion Research Center think about the concepts of "reproductive health" and "reproductive rights" citizens of Uzbekistan. Was interested in their attitudes towards family planning and how many children they wanted to have. According to the results of the research, children remain the highest value of the family. 77.8% of Uzbeks supported this point of view. At the same time, it is noted that the number of families with many children is decreasing, but every seventh family has four children, and every tenth family has five or more children. In 2023, a total of 726,800 children were born in the republic. However, among young people under the age of 30, it is popular to have two children. Families over 30 years of age believe that there should be three children. 24.3 percent of urban residents want to have two children, 32.2 percent want to have three children, and 31 percent want to have four children. Among rural residents, this indicator was 23.5 percent, 37.8 percent, and 23.3 percent, respectively. At what age should a woman give birth to her first child, there are different opinions. Although a small part of those who took part in the survey indicated the age of 18-19, it turned out that in general, Uzbeks are in favor of a slightly later age. In particular, 25 percent of the participants indicated the age of 20-25 and 23-25, and almost a third of the citizens indicated the age of 22. According to statistics, the number of women giving birth for the first time in Uzbekistan is steadily increasing. The question of the need to observe at least a three-year break between births gave interesting results. As it turned out, this point of view is supported by half of the country's citizens. However, it became clear that the opinion of the residents of different



regions differed in this regard. According to the results of the survey, women are more concerned about reproductive health in Andijan (72.3 percent), Bukhara (71.2 percent) and Samarkand (66.9 percent) regions. It was found that only 39.2% of the population in Kashkadarya region understood the need for a break between births. This figure is even lower in the capital: only 36% of Tashkent residents gave a positive answer to the above question. Sociologists also define the term “reproductive health” (full physical, mental and social health, which represents the ability of people to give birth to healthy children, guarantee a safe pregnancy, pregnancy and health of the child, health of the mother, planning the next pregnancy, including the possibility of preventing unwanted pregnancy) also tried to find out what percentage of Uzbeks are familiar with it. The results showed that this concept was known to only 36.5% of survey participants, which is significantly less than last year. This indicator was found to be especially low among 18-19-year-old boys and girls. The center also studied public awareness of reproductive rights, the right of men and women to receive information about and use safe, effective, and inexpensive methods of birth control of their choice. It is mainly the right to have or not to have children. 51.6 percent of the respondents expressed reproductive rights as the right to plan the birth of children, and one third as the right to have appropriate medical services and plan the birth of children. According to sociologists, the number of people in favor of avoiding unwanted pregnancy is growing. 48.7 percent of the participants expressed their opinion against artificial termination of pregnancy (4)...

Statistics for comparison	
Republic of Uzbekistan 11 of 1997 of the Cabinet of Ministers APPENDIX 4 to decision No. 133 of March Doctor at outpatient appointment 1 at the rate of 1 month and 144 hours of work defined	Yuvinologist 1 at 1 rate at KTMP a doctor is employed in the staff unit.1working 144 hours a month.
He has to work 36 hours in 11 weeks (6 working days) and is working	
Work 6 hours a day defined	Working 6 hours a day.
One patient in 20 minutes according to the electronic system of KTMP "MEDHAB".set to see.	
18 patients should be seen in 6 hours in 1 day	
Yuvinologist 5616 in 202 that the patient receives baby girls it was necessary.	5359 views.
There are 20,161 (end of 2023) girls aged 0 to 18 in Chirchik	
Of these, 20,161 from 0 to 18 years old (100%) underwent a medical examination in 2023had to pass. 5359 of them passed medical examination in 2023.	
1689 of them were found sick	
A total of 405 yuvinologists in 2023 were taken under the control of the dispensary.	
52 people (12%) had menstrual disorders.	
74 (17%) vulvitis was detected.	
42 (10%) were diagnosed with adnexitid and small pelvic inflammatory diseases.	
112 (27%) ovarian cysts were detected.	
2 (0.4%) lavage bleedings were detected.	
1 (0.2%) mastopathy was detected.	
1(0.2%) amenorrhoea was detected.	
41 (9.9% algomenaria were identified.	
38 (9.2%) sexual organ development defects were detected.	
1(0.2%) external genital tract injury was detected.	
48 (11%) other diseases were detected.	

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