

THE IMPORTANCE OF PREVENTION IN MEDICAL PRACTICE

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Abstract

Pay special attention to prevention in reducing morbidity, mortality and disability. Preventive medicine is a complex of medical and social measures aimed at protecting and strengthening the health of the population, preventing the occurrence of diseases, and eliminating risk factors for their occurrence. Preventive medicine is named one of the priority areas of medical science, the formation and development of which is primarily determined by the systematization of concepts included in its subject and content. This article presents modern interpretations of the main definitions of preventive medicine.

Keywords: Preventive medicine, disease prevention, health, risk factors, health promotion, diagnostics.

Introduction

Medicine is a system of scientific knowledge and practical measures combined for the purpose of recognizing, treating and preventing diseases.

Preventive medicine is a branch of medicine that deals with the health of individuals and groups of the population to protect, maintain and improve health and well-being, as well as prevent diseases, disability, and premature mortality. Preventive medicine carries out its activities through the implementation of various preventive programs. Effective prevention is understood as such a program, as a result of which there will be a decrease in morbidity by a certain planned amount. The purpose of such integrated programs is to combine the efforts of both an individual and state and public structures in strengthening the health of the nation and preventing diseases. The components of medical prevention activities are compensation for external controllable risk factors, improvement of human protective and adaptive capabilities, and advocacy. Preventive medicine uses the elimination of risk groups among an almost healthy population and the implementation of appropriate measures as the main tool in carrying out its activities, aimed at countering risk factors for the development of diseases. Currently, the main (destabilizing) risk factors are associated with a catastrophic drop in the standard of living of most of the population. Disease prevention is an activity and approaches that reduce the likelihood of their occurrence or disorders in individuals and contribute to interrupting the pathological process or slowing down its progress, or reducing the level of disability. Medical prevention represents



certain types of activities that have a medical component. This system of actions includes general preventive measures, primary, secondary and tertiary prevention. General preventive measures provide for a set of social and sanitary measures aimed at forming a healthy lifestyle, optimizing working and living conditions, protecting and improving the environment. Primary prevention is a system of social, medical, hygienic and educational measures aimed at preventing diseases by eliminating the risk of their occurrence and development, as well as increasing the body's resistance to adverse environmental factors. Primary prevention is aimed at preserving the health of healthy people, excluding factors that can cause pathological changes. Secondary prevention provides for a set of medical and social measures that ensure the stabilization of the pathological process and the prevention of the progression of chronic diseases. It can also be aimed at early detection of diseases. The third level of prevention (tertiary prevention), which focuses on the stage of diseases when irreversible disorders occur and all efforts are aimed at minimizing them and reducing disability. All forms of prevention are closely interrelated and their implementation is expected at the home, industrial, social, and state levels, both individually and collectively. Preventive medicine, as a section dealing with health, should address issues of its diagnosis, forecasting and management, as well as the formation of motivation for lifestyle correction and the implementation of wellness programs.

The main levers of health management.

1. Proper nutrition (rational, balanced, age-appropriate). Currently, 43% of people eat delicious but unhealthy food.
2. Sufficient physical activity. Only 812% of the population pay attention to this aspect.
3. Natural and preformed factors.
4. Psychoemotional correction.
5. Special methods of influence.
6. Pharmacology of health.
7. Realization of spiritual needs.
8. Socio-economic well-being.

Conclusion

It is necessary to ensure that prevention occupies a leading position in medicine. The lever for prevention is the education of hygienic skills and health education, the implementation of which is assigned to the importance of prevention in the medical practice of medical workers at various levels. This can include conversations at the bedside of patients in medical institutions and in families, thematic lectures, visual media, demonstrations of specially prepared films, the organization of thematic radio and television shows. The basis for the education of hygienic skills is the concrete implementation of various hygienic, preventive programs. Domestic healthcare has sufficient resources to fulfill the tasks of preventive medicine. The key to preserving the life and health of citizens of Uzbekistan is a preventive model of modern healthcare aimed at preventing the development of diseases in the period from infancy to old age and senility, increasing the life expectancy of the population, forming attitudes to a healthy lifestyle and creating safe environmental conditions, education and training, professional activity.



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