

THE ROLES OF NURSES IN FOSTERING A HEALTHY LIFESTYLE IN THE FAMILY

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Abstract

In all developed countries, the need for qualified nurses is high. The main task of medicine is to preserve human health, prevent diseases, prolong human life, and rehabilitate. Our main assistants in maintaining health are nurses. The main link in the activities of multidisciplinary nurses is the organization of primary health care. Promoting a healthy lifestyle - teaching healthcare, providing first aid, conducting medical procedures, caring for bedridden patients - in general, nurses are the main protectors of patients. Promoting a healthy lifestyle begins with the family. A family nurse implementing a healthy lifestyle support program should be able to assess the family as a system, identify its cultural and ethnic characteristics, diet, harmful habits and risk factors, and the health of the family and its members.

Keywords: Family, nurse, sport, lifestyle.

Introduction

The most important factor in ensuring the stability of the country's social development is public health, and the health status of the population can be assessed based on the quality and effectiveness of state policy in the social sphere. A healthy lifestyle is an active activity aimed at maintaining and improving health. Lifestyle is the basis of public and individual health, and its formation, along with the protection of public health and especially children's health, is the most important task of state policy.

Promoting a healthy lifestyle and strengthening the health of patients is one of the main tasks of medicine. Currently, attention is being paid to increasing the role of medical workers in the formation of a healthy lifestyle for the population, and especially children. First of all, factors that negatively affect health, namely, non-compliance with hygiene rules, medical and ecological illiteracy, non-compliance with the regime and daily routine, improper nutrition, work, rest, consumption of alcoholic beverages, smoking, low physical activity (hypodynamia), psycho-emotional changes and others can cause diseases and health problems.



**Purpose of the research**

Determination of the place and role of the mid-level nurse in increasing the medical culture of the population and forming healthy lifestyle skills in the family, as well as the development of recommendations aimed at its improvement.

Research methods

During the research, statistical, mathematical, and analytical research methods are used. Implementation of the Healthy Lifestyle Program in Foreign Countries. In analyzing the activities and achievements of mid-level medical personnel in the field of healthcare, literature and Internet resources are used. Use of a questionnaire to analyze the activities of nurses in the field of polyclinic services. Improvement of the activities of medical workers in the formation of a healthy lifestyle among the population. By analyzing the data obtained on the main risk factors for the development of diseases in patients, it is possible to identify the main directions in the information component of the program. Information messages and training seminars should include the following thematic sections: rational nutrition, the impact of harmful habits on health and the fight against them, the benefits of physical education and sports, a rational work and rest regime for each family member. Among the respondents, the topic of stress relief, the harm of smoking, and alcohol attracted the greatest interest. In our opinion, this high indicator is associated with the desire of parents with this type of harmful habits not to discredit themselves in front of their children, to get rid of them. Therefore, it is necessary to involve psychologists or narcologists in the development of programs on this topic. In addition, it may be recommended to assign a medical psychologist to staff for individual work with parents. The study revealed the high effectiveness of information and visual aids (posters, wall newspapers, health corners). The information contained in them is read with pleasure by patients applying to the polyclinic. In this regard, the use of these facilities is carried out not only in medical institutions, but also in medical and preventive institutions, educational institutions, and schools (i.e., health improvement).

To assess the effectiveness of health-themed programs, it is important to consider four factors: 1) indicating that the threat is dangerous, frightening; 2) explaining that people are not protected from it (for example, real and vivid evidence of the connection between smoking and lung diseases); 3) the need to understand that this threat can be prevented with the help of certain types of a healthy lifestyle (for children, it can be presented in the form of games, fairy tales, sketches, videos for teenagers, propaganda on the Internet, lectures for adults, and television broadcasts); Holding special promotions, such as "Health Days," with coverage in the mass media. Announcement that on these days patients can take a free clinical blood test, take a blood sugar test, undergo an electrocardiogram and receive a pediatrician's consultation, and listen to a lecture on a healthy lifestyle.

Medical workers should be a vivid example of a healthy lifestyle. For this, it is advisable to develop economic incentives.

Being healthy should be beneficial. Today, public opinion is not on the side of healthy people, but on the side of patients. Because a sick person is surrounded by care, sympathy, and pity. He has been provided with polyclinics, sanatoriums, and many other conveniences. It is important to develop economic incentives for participation in sports events, and in rare cases, to provide material





incentives for sick employees. Nurses in the city. They should actively participate in health holidays, sports events, and competitions. As the main direction of promoting a healthy lifestyle, it is recommended to make wider use of interaction on the Internet, as they have prospects. It should be understood that work on the formation of a healthy lifestyle in the family is a long-term, continuous system of education and training aimed at working with various groups of the population, the effectiveness of which can probably be assessed only after a few years. Of course, these recommendations for the formation of a healthy lifestyle are developed for the work of a specific medical institution, although the aspect of this problem is much broader than medical topics.

Only the joint efforts of the state, public organizations, the education and healthcare systems, and, finally, the conscious actions of citizens themselves will contribute to the effectiveness of work on the formation of a healthy lifestyle among the population.

Conclusion

Having theoretically and methodologically studied and analyzed the literature on this topic (more than 30 sources), we can conclude that it is problematic and relevant. When studying the problem of forming a healthy lifestyle, we first of all considered the essence of the concept of health, since its significance plays a key role in the development of the nurse's work direction. The theoretical foundations of nursing activities in promoting a healthy lifestyle, lifestyle in the family, and methods of their formation were studied. Especially in the health of preschool children, the formation of physical and mental foundations is of decisive importance. At this stage, it is very important to form in children the foundation of knowledge and practical skills about a healthy lifestyle, the need for conscious regular physical education and sports.

In the course of the work, we analyzed the effectiveness of nursing staff's work on the formation of a healthy lifestyle, conducting a survey among patients. It can be noted that, in general, patients are satisfied with nursing programs for the formation of a healthy lifestyle, but they admit that they do not always follow these recommendations.

Therefore, the preventive activities of nurses aimed at preserving and strengthening family health should be broad and diverse, and should be aimed not only at assisting the doctor, but also at covering all medical and sanitary activities. Nurses should help patients take responsibility for their own health and understand the importance of maintaining health and disease prevention.

The main directions for the formation of a healthy lifestyle in the family should be: - formation of systematic knowledge and habits in preschool children on the main directions of a healthy lifestyle (rational nutrition, timely sleep regimen);

- creating conditions for strengthening and maintaining children's health; (ensuring physical activity, stimulating interests) - introducing family members to the values of a healthy lifestyle; (each family member should be responsible for their own health, follow hygiene rules, alternate mental work with physical labor, and organize a quality diet) The role of a nurse is very important in forming a healthy lifestyle and strengthening the health of sick and healthy people.





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