

ANALYSIS OF THE ACTIVITIES OF HEALTH CARE INSTITUTIONS: PROSPECTS FOR THE APPLICATION OF PSYCHOLOGICAL KNOWLEDGE

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ABSTRACT:

This article analyzes the activities of health care facilities, the importance of psychological services in health care, the priorities of medical and psychological services, the main directions of medical psychology, the activities of psychologists in medical institutions.

Keywords: Physical health, mental health, diagnosis, prevention, correction, psychological rehabilitation, NLP, gestalt therapy, mental illness dynamics.

INTRODUCTION:

As we know, one of the important features of a state is its ownership of its citizens. When the state is strong and confident in its future, when it has a society of organized people made up of physically, mentally and spiritually healthy people. 'is being treated. We can prove this with just one example. In Tashkent region in 2011 there were 5.5 thousand doctors in the field of medical services, and last year their number was 5.8 thousand. The number of paramedics in 2011 was 23.5 thousand, while last year the figure was 30.6 thousand. Also health institutions are equipped and provided with modern equipment and technologies. At this point, we focus on the responsibilities of the health department.

- Defines the main directions of health care in the territory under its jurisdiction, ensures the

interaction of state public structures and other structures in their implementation.

- Organizes the provision of primary health care to the population, ensures that everyone has access to it, monitors the quality of medical services - compliance with medical and sanitary standards.

- Provides emergency medical care to the population in the area under its jurisdiction. • Develops maternity and childhood protection services, provides forensic medical examination.

- Supervises the qualification and professional level of the management staff, ensures the staffing of medical institutions with highly qualified personnel and professional development of doctors, pharmacists and nurses. [1]

In addition, under the leadership of the President of the Republic of Uzbekistan Shavkat Mirziyoyev on further improvement of the health care system, improving the quality and efficiency of medical services, improving the health of the population, strengthening the quality and efficiency of medical services, providing quality medicines a number of decisions and orders are being issued.

As mentioned above, we place a high level of emphasis on physical health. However, the mental level of health is still often overlooked. In this regard, the Minister of Health of Russia, Colonel-General Yu.L. Shevchenko, in response to a question from reporters "Which health should be taken care of first - mentally or physically?" If a person

lives in fear and anxiety, he will break down on his own ... "Many leading medical experts agree. Modern formal medicine classifies about 80% of all diseases as psychosomatic, starting with mental disharmony. [4]

International experience shows that the prevention, treatment of infectious diseases, rehabilitation of patients from diseases such as physical, neurological, neuro-psychological and chemical drug dependence are associated with qualified medical and psychological services. The introduction of psychological services is as important as water and air to alleviate the burden on health care providers in the diagnosis and treatment of patients.). But thousand It is unfortunate that the social significance of medical and psychological care is underestimated. is lacking. Currently, the activities of medical psychologists are not legally regulated, and their status remains unclear. In the developed countries of the West, medical psychologists are first trained in universities, and then trained and certified in the field of activity, both in hospitals and in medical psychology, professional and social services. International experience confirms that medical psychologists should work in all areas of clinical and therapeutic prevention, in each of which specific tasks are addressed. Taking into account the real situation in local medicine, it is necessary to highlight the following priorities in the development of medical and psychological services:

1. Creation of medical and psychological services for children and adolescents;
2. Development of collective medical and psychological care;
3. Organization of medical and psychological rehabilitation services for patients with somatic, neurological and psychological pathology;
4. Organization of emergency medical and psychological care.

The creation of medical and psychological services for children and adolescents, early detection of high mental retardation is aimed at early detection and treatment of hereditary diseases, physical and mental illnesses, pathogenic relationships in the family, pubertal crises, deviant behavior. [3] The main directions of a medical psychologist are:

- Solving diagnostic problems.
- Neuro - assessment of the structure and degree of mental illness. Diagnosis of mental development.
- Study the patient's personal and social environment.
- Assess the dynamics of mental illness.
- Expert work.

In health care facilities, a medical psychologist is involved in psychodiagnostic and psychotherapy activities and is a specialist who participates in the general treatment process. Medical care is provided by a team of specialists.

The activities of a psychologist in a medical institution are focused on:

- a. Increase mental resources and human flexibility.
- b. Harmonization of mental development.
- C. Health.
- d. Prevention and psychological rehabilitation.

In the above areas, the medical psychologist performs the following activities:

1. Diagnosis
2. Prevention
3. Correction
4. Rehabilitation
5. Counseling
6. Expert
7. Scientific research, etc.

The role of the medical psychologist in the health care system is to create a favorable mental environment in the institution for effective and quality cooperation of medical staff with patients. [3]

The hospital is always a place of stress and discomfort for a person. This means that not only patients but also medical staff in the hospital need psychological help. This pathology develops to increase a person's adaptive capacity and to cope with a stressful situation. To prevent this syndrome in employees, psychologists

- Encourage health workers to study to assess their personal skills and understand their limits.
- Improving communication and awareness of patients.
- Help healthcare professionals understand "blind spots" when communicating with patients.

Psychologists also work with staff in the form of individual and group counseling. That is, they also conduct thematic trainings for employees: trainings on professional communication, ensuring emotional stability, training for effective group relationships. [2] Psychologists help their patient in the form of useful advice or uses different methods of psychotherapy (cognitive behavior - actions, art - therapy, NLP, gestalt - therapy, etc.), taking into account the patient's problems. In conclusion, we can say that psychologists are as necessary to health facilities as water and air. In my opinion, we need to pay attention to one more thing, the "doctors". In our opinion, the doctor should treat both the patient's illness and the heart with a sweet word and look at his psyche. In fact, do doctors perform

these functions? That is, in such a difficult situation, is it possible to pay attention to the mental image of the patient at a time when he is puzzled about the causes, factors, consequences of treatment of a major disease? In our opinion, 90% do not. However, modern formal medicine classifies about 80% of all diseases as psychosomatic, starting with mental disharmony. Great scientists in the field of medicine have also said that mental health is more important than physical health. In addition, the results of the study show that personality traits are an important factor influencing health. VIGarbuzov summarizes the data of different authors and groups the characteristics of a person who diagnoses various psychosomatic diseases. This means that the joint work of a psychologist and a doctor with medical knowledge, who knows all this, can achieve a correct diagnosis and treatment possible.

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