

**INCREASING THE EFFICIENCY OF MEDICAL PREVENTIVE WORK AND
ENSURING PUBLIC HEALTH**

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Abstract: This article discusses the issues of increasing the effectiveness of medical preventive work, its impact on public health, the main stages of prevention and modern approaches. The ways of forming a healthy lifestyle of the population, preventing diseases and improving the quality of medical services through preventive measures are analyzed.

Keywords: Prevention, public health, healthy lifestyle, disease prevention, medical service, health care system.

INTRODUCTION

Today, preventive work remains one of the priorities in the field of healthcare. Preventing diseases is much cheaper and more effective than treating them. Medical preventive measures play an important role in ensuring a healthy lifestyle for the population. Primary, secondary and tertiary preventive measures should be systematically organized to strengthen public health. This article examines the practical importance of prevention, existing problems and ways to solve them.

Starting from January 1, 2021, regular screening examinations have been introduced in citizens aged 40 and older to determine the risk of cardiovascular diseases (for example, hypertension, heart attack, stroke, diabetes mellitus and other risk factors).

Also, district (city) branches of the Center for the Development of a Healthy Lifestyle and Physical Activity of the Population were allowed to operate on the territory of multidisciplinary central polyclinics. Employees of these centers not only promote a healthy lifestyle, but also offer the population various medical and preventive services, including consultations and medical examinations.

Volunteer teams are being formed in neighborhoods and in preschool educational institutions, schools, and higher and secondary specialized educational institutions to promote the widespread introduction of a healthy lifestyle. They include retired doctors, teachers, intellectuals, and other active citizens.

In addition, a Coordination Commission for Disease Prevention and Public Health has been established under the Cabinet of Ministers, and its main functions have been determined. The composition and procedure for organizing the activities of the Commission have been approved, and tasks in this area have been distributed between state bodies and departments at the central and local levels. The Ministry of Health has been designated as the working body of this commission. The decisions of the Coordination Commission are binding on all state and economic management bodies, local executive authorities, and other relevant organizations.

In accordance with the Presidential Decree “On Additional Measures to Ensure Public Health by Increasing the Efficiency of Medical Preventive Work”, a number of innovations have been introduced to protect the health of the population.

Starting from January 1, 2021, citizens aged 40 and older will undergo systematic screening examinations to determine the risk of cardiovascular diseases (for example, hypertension, heart attack, stroke, diabetes mellitus, and other factors).

Departments of centers for attracting the population to a healthy lifestyle and increasing physical activity will operate in the buildings of multidisciplinary central polyclinics at the district and city levels. Here, public health specialists will provide citizens with services such as consultations and preventive examinations.

Also, societies of volunteers — including retired doctors, teachers, and intellectuals — who will actively participate in promoting a healthy lifestyle will be organized. They will assist in establishing preventive work in neighborhoods and educational institutions.

In 2021, 2 billion soums will be allocated from the republican and local budgets for the activities of centers for supporting a healthy lifestyle of the population. It is planned to allocate at least the same amount of funds in the following years.

“Health Hour” and other special programs on health will be broadcast on central and regional TV channels.

A Coordination Commission for Disease Prevention and Public Health will be established under the Cabinet of Ministers. It will carry out the following tasks:

- Ensure the high-quality and timely implementation of all measures within the framework of the Resolution;
- Develop social and preventive approaches based on sanitary and hygienic, epidemiological and individual measures;
- Organize the unification of enterprises and institutions of various forms of ownership into a single system for the protection, promotion and promotion of health;
- Create an interactive monitoring system for assessing the health of the population and introduce modern IT and innovative technologies;
- Organizes population studies and research on disease risk factors based on international standards.

The Ministry of Health is designated as the working body of this commission. The decisions taken by the commission are binding on all state, economic management and local authorities.

CONCLUSION

To summarize all that has been said, Medical prevention is inextricably linked not only to the healthcare system, but also to all sectors of society. Preventing diseases is always more effective and economically beneficial than treating them. Public health can be ensured through the widespread implementation of preventive measures, increasing the population's interest in a healthy lifestyle, and using modern technologies. Therefore, prevention should be a top priority in health policy.

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