

Importance of medical prevention in medicine

Asfandiyorov Javodbek Mirzaali o'g'li

Student of the Faculty of Treatment of the Termiz branch of the Tashkent Medical Academy
javodbek01@mail.ru

Xushvaqtov Ilyos Shodiqul o'g'li

Student of the Faculty of Treatment of the Termiz branch of the Tashkent Medical Academy
ilyosbekxushvaqtov1@gmail.com

Sultonmirzayev Xikmatillo Eminjon o'g'li

Student of the Faculty of Treatment of the Termiz branch of the Tashkent Medical Academy
khikmatillosultonmirzayev@gmail.com

Norboyev Baxrom Aliqul o'g'li

Student of the Faculty of Treatment of the Termiz branch of the Tashkent Medical Academy
baxromnorboev994@gmail.com

Mardonov Mirzabek Begzod o'g'li

Student of the Faculty of Treatment of the Termiz branch of the Tashkent Medical Academy
mirzabekmardonov05@gmail.com

Annotation. This article discusses the history of medicine, its past and future. Medicine has set before itself today goals are widely discussed.

Key words: theoretical activity, practical activity, integration, idealization, climate therapy

The President's decision PQ-4891 dated 11.12.2020 "On additional measures to ensure public health by further increasing the effectiveness of medical preventive work" was adopted. The document defines the main directions of medical prevention work: first aid, creation of a comfortable environment (improvement of the ecological situation, people's work, living and recreation conditions), prevention of the production of products that have a negative effect on the health of the population, food products , including flour fortification, salt iodization.

Primary care - vaccination, targeted screening and medical examinations, reasonable work and rest, regular sports, turning physical training into a daily lifestyle, observing personal hygiene rules, healthy and fit proper nutrition, elimination of excess weight and obesity, fight against harmful habits, taking measures to improve human health, education, increase the medical culture of the population.

Secondary care - development of a set of measures to eliminate specific risk factors that can lead to the emergence, exacerbation or recurrence of diseases caused by a decrease in the immune status, extreme stress, adaptive deficiencies under certain conditions. output and its implementation, as well as coordination of activities of medical and sanitary facilities.

District (city) departments of the center for supporting a healthy lifestyle and increasing physical activity of the population are allowed to be located in the buildings of multidisciplinary central polyclinics. In addition to the promotional activities carried out by their employees, medical and preventive services (consultations, examinations, etc.) are provided to citizens.

Associations of volunteers (including retired doctors, teachers, intellectuals, etc.) are organized in neighborhoods, pre-school educational organizations, general education schools, and higher and secondary special educational institutions. .

The Coordinating Commission on Disease Prevention and Public Health Issues was established under the Cabinet of Ministers and its tasks were defined. Its composition and the procedure for organizing its activities were approved, as well as the tasks of ministries and agencies at the republican, regional and district levels were distributed. The Ministry of Health is the working body of the Coordinating Commission. Implementation of the decisions of the coordination commission is mandatory for state and economic management bodies, local executive authorities and other organizations. A. Kadirov. History of medicine. "Uzbekistan national encyclopedia". Tashkent. 2005. 63.

In fact, prevention is measures to prevent the disease. Accidents and sudden illness are often observed in very unfavorable conditions for providing first aid, in the absence of necessary drugs, wound dressing material, transport immobilization means in the absence of assistants, and in conditions where the light does not fall well. Accordingly, in such cases, the activity of first aiders is of great importance. They perform first aid according to their ability and opportunity. To save the life of a person who is injured or suddenly ill, they implement a complex of measures that are taken as far as possible under these conditions. It is necessary for everyone to know how to provide first aid, and for a medical worker to know the symptoms of injury and illness thoroughly and to be able to provide medical aid up to a doctor. The following principles should be followed when providing first aid. The second group of events is medical assistance. It can be performed only by medical personnel or people who have studied the main symptoms of sudden illnesses and injuries and are trained in providing first aid. In the complex of first aid measures, it is very important to bring the injured person to the treatment facility, because qualified doctors will help there.

List of References:

1. A. Kadirov. History of medicine. "Uzbekistan national encyclopedia". Tashkent. 2005. 63.
2. Internet resources.