

Some Aspects of Researching Quality of Life in Pediatrics

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Abstract. The article is devoted to a discussion of the most important aspects of studying the quality of life in children as an independent approach to assessing child health at the present stage. The work examines the main features of the methodology for assessing the quality of life of a child, presents the areas of children's healthcare in which the use of the method of assessing the quality of life in children is the most popular and promising today and in the near future.

Keywords: quality of life, method, assessment of quality of life, children and adolescents, patient-centered care.

Introduction

Currently, to solve a variety of issues in the field of children's healthcare, it seems extremely relevant and promising to use the method of assessing the quality of life. This approach, developed more than twenty years ago by Russian experts on the basis of standard international methodology, has today received recognition from the domestic pediatric community, and has been widely used over the past decade in scientific research focused on the study of children's health; and in recent years, the use of information about the quality of life of a child in clinical practice has become increasingly popular when addressing issues related to the management of pediatric patients with various diseases, as well as in preventive pediatrics.

Materials And Methods

The most relevant areas in the field of research on the health of children and adolescents, where information about the quality of life of children may be in demand today, include the following [1]:

- comprehensive studies of the development and formation of human health from birth and at subsequent stages of the life cycle in modern conditions;
- improvement of criteria and approaches to assessing the health status of children at the individual and population levels;
- comprehensive assessment of the effectiveness of treatment, rehabilitation, preventive measures, and recreational activities.

Results And Discussion

It should be especially noted that the concept of a child's quality of life is based on two key and inextricably linked logical constructs: the first relates to the subject of research, the second to the main method of studying it. The subject of the study is the three main functions of the child: physical, psychological and social; the method of studying them is an assessment based on the subjective perception of the child and/or his parents. The main provisions of the concept and methodology of studying the quality of life in pediatrics are described in special publications published over the past few years and are well known to a wide audience of specialists [2]. Let us dwell on some of the most important methodological aspects of the study of quality of life in pediatrics.

Tools for quality assessment

the child's life are questionnaires. The choice of the questionnaire was primarily determined by the following characteristics:

- appropriate for the child's age;
- focus on the child, and not on his immediate environment (child-centered);
- inclusion of both positive and negative aspects of the child's functioning;
- simplicity and clarity for children to read and understand;
- practicality, that is, ease of distribution, completion, statistical processing and interpretation of results.

Depending on the area of application, there are general questionnaires for assessing the quality of life (used in healthy and sick children) and special questionnaires - for a group of chronic diseases and specific for a particular disease or pathological condition. General questionnaires can be used to generate basic

information about standard indicators of the quality of life of the child population; for a comparative analysis of indicators of the quality of life of children living in different areas, regions and countries; when studying patterns of changes in the quality of life against the background of different types of pathology and when borderline health conditions occur in children; to compare quality of life indicators for various diseases in children; to monitor the child's quality of life during treatment and follow-up.

The method of studying the quality of life has wide possibilities for use in pediatrics and allows:

- determine population "norms" for the quality of life of the child population;
- conduct socio-medical population studies identifying risk groups;
- provide dynamic monitoring of risk groups and evaluate the effectiveness of prevention programs;
- assess the impact of the disease on the physical, psychological and social functioning of children with chronic diseases;
- optimize the standardization of treatment methods;
- improve the quality of examination of new treatment methods;
- improve the quality of examination of new drugs;
- optimize individual monitoring of the condition of a sick child with assessment of early and long-term treatment results;
- assess the physical, psychological and social functioning of children in remission of the disease;
- conduct an economic justification of treatment and prevention methods taking into account pharmacoeconomic indicators: "cost - utility", "cost - effectiveness", etc.

Population-based quality of life studies

Population studies of the quality of life of children make it possible to obtain so-called population "norms" for the quality of life of the child population. By "norm" in this case we mean the values of indicators of the quality of life of children in a particular country, in a particular region. As a result of screening the quality of life of the child population in different regions, it becomes possible to register and analyze the health characteristics of the child population that cannot be identified by any other method. To date, there are numerous publications on the results of population-based studies of the quality of life in children in various countries [3].

Population indicators of the quality of life of the child population can be used to solve the following problems of domestic healthcare:

- formation of age standards
- development of children and adolescents, taking into account data on quality of life;
- development of criteria for assessing the adaptive capabilities of children to academic loads and to the influence of environmental factors, identification of risk groups;
 - determining the level of physical and mental health of schoolchildren at different periods of the school year to optimize the educational process;
 - study of the characteristics of physical, psychological and social functioning in children depending on the region of residence, social, climatic, economic and other conditions;
 - development of social adaptation measures for various groups of the child population;
 - conducting a comprehensive assessment of the effectiveness of various health care programs, including in the field of rehabilitation and restorative medicine.

Conclusion

In general, assessing the quality of life in pediatric rehabilitation and restorative pediatrics is an extremely promising method for studying the child's health status based on a personalized approach

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