

Analysis of Incidence in Elderly and Old Age Persons Affecting Active Labor Activities

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Relevance: The elderly are a rapidly growing socio-demographic group, making up one fifth of the country's population, and by 2025 the number of people over 60 will exceed one billion, which will be 16% of the total population of our planet. In this regard, there is a problem of maintaining the quality of life of the elderly. The health status and morbidity patterns of older people are significantly different from those in other age groups. In this regard, the problem of the health of the elderly and senile is becoming relevant both for the Republic of Uzbekistan and for many countries of the world. Among the factors that determine public health, lifestyle factors and the availability of medical and social assistance play an important role.

Key words: elderly people, elderly patients, old age, morbidity, Fergana region.

Purpose of the study. Conduct a health analysis and clarify risk factors and morbidity in older age groups.

Research materials. The study was conducted on the basis of the Department of Therapy and Surgery of the FMIOS. The object of the study is elderly patients of the regional and city clinical hospital of the city of Fergana.

A continuous retrospective study of the dynamics of the incidence rate of the population in the Fergana region over the years of independence was carried out using statistical observation methods (extracted from the reporting materials of the Fergana Regional Statistical Office). Методы исследования.

The study involved 391 people from 60 to 85 years old. All patients were asked to answer the questions of the questionnaire, characterizing their state of health and possible causes of a decrease in the quality of life and working capacity.

Results. In the study, 2 groups were distinguished: the 1st group - persons who retained their labor activity (173 people) and the 2nd group - non-working patients (218 people). The ratio of age groups was as follows: group 1: 60-74 years -82.8%; 75-89 years old - 19.2%; Group 2: 60-74 years old - 63.9%; 75-89 years old - 36.1%. In both groups, women prevailed: women 58.6% and 67.6%, men - 41.4% and 32.4%, respectively.

The leading reasons for the decline in the quality of life and working capacity of the respondents were existing diseases: diseases of the cardiovascular system (57.5%), pathology of the urinary system (56.3%), diseases of the musculoskeletal system (48.3%), diseases of the bronchial pulmonary system (47.6%), gastrointestinal tract (28.3%) and nervous system (7.8%). It was found that only 26.2% of patients are registered at the dispensary. Scheduled, preventive medical examinations were attended by patients of the 1st group more often than the 2nd and amounted to 28.3% and 10.1%, respectively. The frequency of visits to the clinic or hospitalizations due to deterioration in health in the group of working elderly patients was less than that of non-working 65.5% and 87.9%, respectively. It was noted that in order to maintain their health and physical activity, 67.3% of patients in the first group are engaged in physical activity (exercise therapy, daily walking for 30 minutes, health groups, etc.). In the second group, this figure was only 15%.

At present, in the Fergana region, the trend towards a significant increase in the proportion of elderly people is becoming more and more pronounced. Thus, the proportion of people over working age over the past twenty-five years (1990-2020) has increased from 18.7% to 26.2%. The aging of the population of the region will continue further: according to the forecast of Ferganastat, it will reach 27.3% by 2025. This trend will be typical for both urban and rural populations. However, the rural population will age faster (by 1.2 times). The aging of the population significantly affects the level and characteristics of the incidence of the population. Therefore, the purpose of this study was to study the attitude of the elderly to the main

components of a healthy lifestyle. To achieve this goal, the following tasks were set: - to study the attitude of older people to the components of a healthy lifestyle; - to characterize the psychological status of the elderly. The sample representative population was 211 people. Among them, 56.8% are men and 43.2% are women.

The attitude to one's health, the level of knowledge of sanitary and hygienic standards, the principles of a healthy lifestyle largely depend on the level of education. An analysis of the educational level of older people who went through stationary institutions showed that 74.0% of the respondents had a secondary education and only 26.0% had a higher education. When assessing their health status, 62.0% of respondents rated it as "low", "medium" - 32.7% and 5.3% - as "very low". According to the structure of diseases among the respondents, diseases of the circulatory system (61.0%), diseases of the digestive system (16.0%), diseases of the respiratory system (13.0%), pathology of the musculoskeletal system (7.0%) and diseases of the nervous system were in the lead. systems (3.0%). Most of the respondents had comorbidity. Comprehensive medical examination annually pass 80.4% of the elderly.

In addition, during the year, 62.2% of respondents additionally applied for medical care to the polyclinic from 2 times, 37.8% more than 3 times. At the same time, elderly people visit the polyclinic less often, preferring annual inpatient treatment (77.2%), 63.8% of the respondents, due to their clinical status, used sanatorium-and-spa treatment. Thus, it can be argued that the city's medical, preventive and health-improving institutions qualitatively implement all forms of preventive work among the elderly and senile. 60.9% of respondents positively assessed the work of medical institutions, but 39.1% had some complaints about the provision of drugs, the form of service and the not always correct attitude of medical personnel towards patients. Taking care of your health is an important part of your lifestyle.

Our study showed that 98.0% of respondents systematically control the level of blood pressure, have a negative attitude towards smoking and alcohol. At the same time, 75.0% of senile men rarely drink alcohol, and in old age this figure is higher and amounts to 95.5%. Women have virtually eliminated alcohol from their diet. Almost all respondents participating in the study try to keep a diet, with limited intake of salt and sugar. An analysis of the active lifestyle of older people showed that 47.4% of respondents reasonably combine sleep, rest and physical activity. At the same time, physical activity in 36.1% of respondents is realized through active morning exercises, and in 53.9% - through walking and walking.

One of the problems of old age is loneliness, which is associated with the loss of social ties and the loss of loved ones. During the study, it was found that 39.0% of men and 74.0% of women are single people, which significantly affects the quality of life of an elderly person and leads to frequent emotional breakdowns, depression, exacerbation of existing chronic diseases. This pattern is observed in older people living independently (in 27.0% of women and 60.0% of men) and living in a family (73.0% of men and 40.0% of women). At the same time, the feeling of loneliness was present in 39.0% of the respondents living in the family, despite good relationships with children and grandchildren.

The identified problems were the basis for studying the psychological status of the elderly, since the moral and psychological climate, as a criterion for lifestyle, plays an important role in the quality of life. In connection with the assessment of the severity of personal, situational anxiety and its components using an integrated anxiety test, it showed that the majority of respondents have a high level of anxiety, with a predominance of the asthenic component.

Emotional discomfort, anxious assessment of perspective, phobic component, social defense reaction do not reach a high level of anxiety. Many of the respondents (70.0%) see overcoming depression in work around the house and at their summer cottage, 4.0% - in participation in amateur art groups and visiting Health groups. Despite this, the identified psycho-emotional deviations require psychological support from both relatives and specialists - psychologists, which will significantly improve the quality of life of an elderly person.

Conclusions. 1. People of the older generation are quite oriented in their pathology, take care of their health and do not neglect the main leaving lifestyle. At the same time, it is noteworthy that in terms of the main characteristics of a healthy lifestyle, women are predominantly in the lead (active cooperation with medical institutions, more meticulously observe diet, sleep and rest), but in terms of physical activity - men.

2. Evaluation of the psychological status of the elderly did not reveal any deep disturbances. 46.0% of respondents expressed increased situational anxiety, and 66.0% - personal, accompanied by an asthenic component, the formation of a certain emotional background in the form of self-doubt, concern about the future.

3. Medical and health-improving institutions of the health care system implement all methods of preventive work among the elderly and senile in sufficient volume, provide highly qualified medical care, but, nevertheless, all elderly people need medical and social assistance, moral and psychological support of loved ones and socio-psychological adaptation with the active participation of social protection institutions.

4. Further improvement of geriatric care in the Fergana region will create conditions under which old age will be perceived by all people and each person individually as a worthy and full-fledged stage in the life path.

Recommendations. Physical activity for older people can take many forms: recreational or leisure activities, moving activities, household chores, games, competitions, sports or scheduled activities within daily activities, family and community.

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