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**ТИББИЁТДА ЯНГИ КУН
НОВЫЙ ДЕНЬ В МЕДИЦИНЕ
NEW DAY IN MEDICINE**

*Илмий-рефератив, маънавий-маърифий журнал
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ANALYSIS OF RISK FACTORS FOR THE OCCURRENCE AND DEVELOPMENT OF DISEASES OF THE GASTROINTESTINAL TRACT

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✓ *Resume*

Topical issues of health formation of medical personnel are considered. The results and analysis of the questionnaire data of the medical staff of the Andijan and Samarkand regions are presented. The data obtained made it possible to identify the most significant factors contributing to the increase in the prevalence of symptoms of diseases of the digestive system, which makes it possible to develop a program of preventive measures.

Keywords: rational nutrition, adequate nutrition, diet, nutrition culture, catering of medical personnel risk factors for the formation of pathology of the gastrointestinal tract

АНАЛИЗ ФАКТОРОВ РИСКА ВОЗНИКНОВЕНИЯ И РАЗВИТИЯ ЗАБОЛЕВАНИЙ ЖЕЛУДОЧНО-КИШЕЧНОГО ТРАКТА

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✓ *Резюме*

Рассмотрены актуальные вопросы формирования здоровья медицинского персонала. Приводятся результаты и анализ анкетных данных медицинского персонала Андижанской и Самаркандской областей. Полученные данные позволили определить наиболее значимые факторы, способствующие росту распространённости симптомов заболеваний органов пищеварения, что даёт возможность разработать программу профилактических мероприятий.

Ключевые слова: рациональное питание, адекватное питание, режим питания, культура питания, организация питания медицинского персонала факторы риска формирования патологии органов желудочно-кишечного тракта.

OSHQOZON-ICHAK TRAKTI KASALLIKLARINING PAYDO BO'LISHI VA RIVOJLANISHI UCHUN XAVF OMILLARINI TAHLILI

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✓ *Rezyume*

Tibbiy xodimlarning sog'lig'ini shakllantirishning dolzarb masalalari ko'rib chiqildi. Andijon va Samarqand viloyatlari tibbiyot xodimlarining anketa ma'lumotlari natijalari va tahlili keltirilgan. Olingan ma'lumotlar ovqat hazm qilish tizimi kasalliklari alomatlarining tarqalishining ko'payishiga yordam beradigan eng muhim omillarni aniqlashga imkon berdi, bu esa profilaktika choralari dasturini ishlab chiqishga imkon beradi.

Kalit so'zlar: ratsional ovqatlanish, etarli ovqatlanish, ovqatlanish tartibi, ovqatlanish madaniyati, tibbiy xodimlarning ovqatlanishini tashkil etish oshqozon-ichak trakti patologiyasini shakllantirish uchun xavf omillari

Introduction

Demographic studies show that harmonious growth and development, low morbidity rates of medical personnel with chronic somatic pathology can be considered as a certain guarantee of the socio-economic well-being of the country in the future.

Nutrition is the most significant factor in the optimal growth and development of the child's body, adaptation to various environmental influences, disease prevention, and life expectancy [2,7]. The main provisions of rational nutrition are formulated on the basis of the concept of balanced nutrition by Academician A. A. Pokrovsky and the principles of adequate nutrition by Academician A.M. Ugolev. The need for adequate intake of individual nutrients in qualitative and quantitative ratios, as well as compliance with regime moments for the optimal functioning of various organs and systems of children and adolescents has been proven by numerous scientific studies.

Improving the nutrition system in organized collectives and medical institutions is highlighted as one of the priorities of the state policy of the Republic of Uzbekistan in the field of healthy nutrition of the population for the period up to 2021. About 15% of medical personnel are based on semi-finished products, another 37% eat in public places the main product is flour dishes rich in carbohydrates. Currently, only 48.8% of medical personnel are provided with breakfast, 31% with lunch, and only 23% receive two meals a day at work, where they stay for about 8-10 hours [1,6].

One of the most vulnerable systems of the body with improper nutrition is the gastrointestinal tract. It should be noted that at the regional level there is no program for monitoring the prevalence of risk factors for the formation of gastrointestinal tract pathology in medical personnel, there are no substantiated scientific recommendations on the specifics of the organization of normal nutrition, taking into account environmental parameters. Catering for medical personnel of the Andijan and Samarkand regions in the med. institutions require a different approach, since many institutions do not have a canteen. According to statistics from the Ministry of Health of the Republic of Uzbekistan there is a constant increase in the incidence of gastrointestinal diseases of medical personnel in the region. The increase in the incidence of gastrointestinal diseases among medical personnel in the region requires an integrated approach to solving issues of preventive and functional nutrition at home, medical institutions, promoting a healthy lifestyle, etc., which determines the relevance of such studies [3,4].

The purpose of the study: to give a comparative characteristic of the prevalence of risk factors for the formation of pathology of the gastrointestinal tract in medical personnel

Materials and methods of research

To achieve this goal, two groups of medical personnel of the Samarkand region (n = 200) and Andijan region (n = 200) of two age groups were formed secondary medical personnel (nurses) — n = 100 and junior medical personnel (medical orderly) — n = 100. The study of the structure of nutrition, the prevalence of symptoms of gastrointestinal tract damage, risk factors, etc. in urban and rural schoolchildren was conducted by anonymous questionnaire. The obtained results were subjected to statistical processing using the Statistical for Windows program.

The results of the study

The prevalence of gastrointestinal tract symptoms among doctors, regardless of living conditions, is practically comparable. Of the positive preventive factors inherent in the stereotype of nutrition of junior medical personnel (medical orderly), it should be noted a full breakfast at home compared to secondary medical staff. Less often in rural areas, they use the services of a buffet. The preferences in this age group in the use of fast food, sweet and carbonated drinks are almost identical. The indicators of physical activity and psycho-emotional instability (stress) are also identical.

An analysis of the prevalence of risk factors among medical personnel suggests that rural schoolchildren are much more likely to eat regularly, preferring full-fledged homemade breakfasts compared to catering. At the same time, they have a more pronounced commitment to the products of risk factors for the development of gastrointestinal pathology.

The composition of modern fast food is aggressive for the gastrointestinal mucosa and can provoke not only gastritis, gastroduodenitis, enterocolitis, liver and biliary tract disease. In their composition, fast food products contain a large amount of sodium glutamate, dyes and preservatives, which lead to taste dependence from the very first use, this pushes people to eat them very often. Fast food has a higher glycemic index, contributes to the development of metabolic disorders, which leads to the development of obesity. Carbon dioxide from sugary carbonated drinks promotes faster absorption of easily digestible carbohydrates. With a comparable prevalence of "chronic" bad habits among the medical staff of Samarkand, the frequency of episodic deviations from the positions of a healthy lifestyle is significantly higher. A comparative analysis of the frequency of risk factors for the formation of gastrointestinal pathology among both regions indicates that in the older group, the frequency of full breakfasts, the frequency of meals throughout the day is significantly reduced, homemade products are used much less often for nutrition in various institutions. At the same time, the popularity of food in cafes is decreasing. The only positive trend is that the decline in interest in fast food products, sweet and carbonated drinks is completely blocked by the growth of bad habits, including the systematic use of "social toxicants".

With a similar orientation of negative trends, nurses have a number of differences from medical orderlies:

- the frequency of meals even increases, which may be due to a lower workload of additional work;
- a sharp increase in the prevalence (and systematic use) of bad habits;
- junior medical staff in the questionnaires more often note the impact of negative psychological factors.

Women of fertile age of junior medical staff with psychoendocrine phenomena (in particular, obesity), affective lability, conflict, tendency to psychogenic reactions, impulsive behavior [6]. During this period, endogenous psychoses often debut with symptoms reflecting the influence of psychological characteristics of age (anorexia nervosa.) In this regard, middle and high school students can be classified as the most susceptible to the development and increase in the number of diseases of the digestive system due to the physiological characteristics of the nervous, endocrine and other body systems.

Conclusions:

1. The leading provoking factors of the development of diseases of the gastrointestinal tract in adolescents are irrational nutrition, "social toxicants" and psycho-emotional tension.
2. Among the leading points of irrational nutrition in adolescent schoolchildren, the lack of a full breakfast, insufficient frequency of meals throughout the day, and addiction to fast food were revealed.

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