

Eurasian Medical  
Research Periodical

## The Importance of Teaching the Science of "Public Health and Health Care"

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**ABSTRACT**

Forming medical information and statistics, performing the functions of a methodological and regulatory center for the development of uniform state and departmental reporting forms for all health care organizations in the health care system together with the State Statistics Committee of the Republic of Uzbekistan; The Ministry of Health and, if necessary, the Cabinet of Ministers of the Republic of Uzbekistan should be given the right to submit proposals on improving the health care system, the regulatory legal framework in the field of strengthening and maintaining the health of the population.

**Keywords:**

Public health, method, education, health care.

### INTRODUCTION

Public health and health care is a comprehensive theoretical and practical science that studies the laws of influence of socio-economic factors and environmental conditions on the health of the population and establishes the system of state, public and medical measures for the protection of citizens' health. WHO defines public health as the science and practice of preventing disease, prolonging life, and promoting health through organized community action.

### MATERIALS AND METHODS

The purpose of this work is to introduce students to the science of "Public Health and Health Care". Define public health and public health. Define the concept of health according to the WHO constitution. Define health according to its components. Describe the main signs of health Describe the level of health. Identify population health and health research methodologies and techniques. Determining

the relationship between quality of life and the pyramid of quality of life and health care. Describe the mission and vision of the health service. Identify the main functions of the public health service.

Required materials and equipment for the lesson:

- Electronic textbook on "Public health and health management".
- A computer or laptop with a multimedia component installed for this guide.
- Multimedia presentation materials for this chapter.
- Audiovisual materials (slides, posters, stands, speakers).
- Projector.
- Auditorium adapted for student accommodation and computer work. Suggested teaching methods:

Working in small groups and brainstorming. The ideal number of small group members is four. The group is small enough for all

members to actively participate in the work, while such a group can easily be divided into pairs for additional tasks. The teacher asks a question about the topic, for example, describe health by its types or describe the levels of health education. Students think about the question and then answer one by one.

## RESULTS AND DISCUSSION

It is customary to distinguish 4 levels of health:

Level 1 - individual health (individual health).

Stage 2 - group health (health of social and ethnic groups).

Level 3 - regional health care (health of the population living in a specific administrative-territorial unit (province, city, district, etc.)).

Level 4 - health care (society, health of the whole population).

Public Health and Health Research Methodology. Population health and health care have their own methodology and research methods. Such methods: statistical, historical, economic, experimental, chronometric research method, sociological, etc. The statistical method is widely used in most studies: it allows to objectively determine the level of health of the population, as well as efficiency and quality of work of medical institutions. The historical method allows research to observe the situation of the problem under study at different historical stages of the country's development. The economic method makes it possible to determine the impact of the economy on health care and health care on the state economy, and to determine the most optimal ways of using public funds to effectively protect the health of the population. Issues of planning the financial activities of health authorities and medical institutions, the most rational use of funds, the evaluation of the effectiveness of measures in the field of health care to improve the health of the population and the impact of these actions on the economy of the country - all this is the subject of economics.

The experimental method involves the establishment of organizational experiments to find new, most reasonable forms and methods of medical organizations, individual health services. The research can use the methods of chronometric studies, in particular, the

rationalization of the activities of medical personnel, the study and analysis of the time of patients receiving medical care, etc. The expert evaluation method is widely used in the study of the quality and efficiency of medical care, its planning, etc. Often, sociological methods (interviews, questionnaires) are used, which allow a group of people to get a general opinion about the object of study (processes). It should be noted that many studies use a complex methodology, mainly using many of these methods. So, if the task is to study the level and condition of ambulatory care to the population and to determine ways to improve it, the statistical method studies the level of morbidity of the population, referral to outpatient organizations; historical - analyzes the levels and dynamics of development in different periods; economic - medical care costs are estimated; experimental - new forms proposed in the work of polyclinics are analyzed; expert evaluations - the quality of medical services is evaluated, etc. Quality of life According to the definition of WHO, quality of life is the optimal state and level of perception by people and the general population of how their needs (physical, emotional, social, etc.) are met and how opportunities are provided to achieve well-being and well-being.

## CONCLUSION

Public health and health management as a subject of science and education at the medical university occupies a leading position in the health care system of our country and in the training of future doctors.

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