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Current issues of the integration of psychohygiene in pediatrics and family medicine

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Considering modern methodological, diagnostic and prophylactic approaches to the prevention and correction of psychoemotional disorders among different contingents of the population, substantiating modern strategies of medical and psychological support during pregnancy, childbirth and the postpartum period, families of newborns and children with manifestations of perinatal pathology, should be noted as an urgent need for comprehensive integration into pediatrics and family medicine of the leading provisions and postulates of psychohygiene, an important section of preventive medicine, based on the definition of the leading characteristics of a person's mental state and establishing the presence of premorbid features makes it possible to carry out an effective diagnosis of possible changes in the state of mental health and, on this basis, to prevent the occurrence of both prenosological mental disorders and clinically defined mental diseases [1, 2, 3, 4].

Psychohygiene studies the state of a person's neuropsychological health, its dynamics in connection with the impact on the human organism of natural, industrial and social factors, and develops, on the basis of research, science-based measures for the active influence and its environment stay in order to create the most favorable conditions for maintaining and strengthening mental and somatic health. Therefore, among the main tasks of psychohygiene, it is necessary to include: the analysis of the neuropsychological health of the population, the development of age-standardized indicators of the formation and development of psychophysiological functions and personality characteristics, the study of the nature of the influence of environmental factors on the body and their normalization, taking into account the dynamic shifts of neurobiological and psychophysiological indicators of the organism [2, 3].

In the course of the conducted research, the concept of psychohygienic influence on the processes of formation, preservation and strengthening of human health, adequate to the goals and main tasks of modern medical science and medical practice, was scientifically substantiated. It should be noted as its defining components: the methodological component, which provides for the development of a preventive-oriented methodology for the study of mental health, the diagnostic component, which determines the adequate diagnostic approaches to the assessment of the characteristics of a person's personality, the preventive component, in the center of which is the justification of preventive technologies for the preservation of somatic health by strengthening its mental component thanks to the use of various means of psychophysiological influence and psychohygienic correction, as well as a prognostic component that determines the need to introduce a systematic approach to the process of probabilistic prediction of changes in the state of mental health.

In accordance with the developed concept of the approach, as the main methodological directions of the integration of psychohygiene in pediatrics and family medicine, a normative approach should be noted, which defines mental health as a continuous series of transitional states from the absolute norm to pronounced nosological shifts with clinically expressed symptoms and provides for the definition of functional conditions on the verge of normality and pathology in order to carry out adequate early diagnosis of borderline neuropsychological disorders, to identify preclinical changes in the criterion indicators of the mental sphere in the presence of various somatic diseases, to develop normative provisions regarding the allocation of different groups of the population according to the peculiarities of their state of mental health. As the main applied directions of the integration of psychohygiene in pediatrics and family medicine, it is necessary to note the introduction of a comprehensive approach to the study of personality traits, the objectification and meaningful filling of the methods used, ensuring the reliability and validity of the diagnostic methods used, as well as the implementation of the systemic nature of the application diagnostic tools.

The proposed concept made it possible to develop a universal battery of test methods, suitable for solving the priority tasks of psychohygienic diagnostics, to determine extremely strong prospects for the use in the practice of psychohygienic research as an integral diagnostic tool of modern pediatrics and family medicine of a number of integral indicators for assessing the functional state of the children and adolescents and their personality traits, which should include: the index of psychophysiological adaptation, the express index of stress indication and the index of behavioral (behavioral) well-being, to scientifically adequate and completely accessible approaches to the comprehensive assessment of the characteristics of the mental state and the determination of the degree the risk of both the occurrence of pre-clinical changes in the state of mental health and the formation of individual manifestations of mental pathology in different categories of the population.

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