



FEATURES OF THE DEVELOPMENT TREND OF A MEDICAL PSYCHOLOGIST IN THE CONTEXT OF THE REQUIREMENTS OF THE MODERN HEALTHCARE SYSTEM OF UZBEKISTAN

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Abstract

The analysis of modern understanding of medical psychology as a field of professional activity of psychologists in medicine and public health is carried out, the main traditional and new directions of activity of a medical psychologist in clinical and preventive medicine are revealed. The main forms of work of a medical psychologist in healthcare institutions are presented, the role of a medical psychologist as part of a team of specialists is revealed; the analysis of the main models of multi-professional teams in the field of medical rehabilitation is carried out. The main problems in this area are identified, the solution of which is necessary for creating an effective system of providing medical and psychological care to the population. The integral role of a medical psychologist in the implementation of a multidisciplinary approach to providing assistance to patients and their relatives is shown, both in specialized psychiatric, drug treatment and psychotherapy, and in general medical practice.

Keywords medical psychologist; health care system; multiprofessional team approach; psychodiagnostics; psychocorrection; integration; expertisea;

Introduction

The purpose of this article is to systematically analyze the practical work of a medical psychologist in the modern healthcare system. The paper analyzes the current understanding of medical psychology as a field of professional activity of psychologists in medicine and public health, reveals the main traditional and new areas of activity of a medical psychologist in clinical and preventive medicine. The



article analyzes traditional and new areas of activity of a medical psychologist in the healthcare system.

The main tasks of medical psychology are humanization and personalization of the entire process of providing medical care, protection of the patient and doctor from undesirable consequences of medical technology and narrow specialization of health care services. Some of the organizational and legal barriers that hinder the full integration of a medical psychologist into the health care system and the effective implementation of the tasks of medical and psychological activities are highlighted.

It should also be emphasized that in modern healthcare, the role of a medical psychologist is becoming increasingly important, this specialist helps patients not only cope with emotional and psychological difficulties, but also contributes to improving

their overall health. Modern researchers *V. V. Bocharov, A.M. Shishkova, E. A. Dubinina, O. Y. Shchelkova, and N. G. Neznanov* shed light on the problem of integrating psychology and medicine in their work published in the journal "National Health Care". Like any disease, it is a paradigm that focuses on a comprehensive approach to the study of factors affecting health and disease. [1]. With the increasing importance of psychosocial aspects in the development of disorders, the role of psychologists in health care, including psychiatry and addiction medicine, is growing. However, there are still uncertainties about the place and scope of work of psychologists in this system. Forms of medical and psychological assistance are also considered, and prospects and problems of development of this area are outlined.

The development of medical psychology in Uzbekistan is connected with the natural-scientific approach and is associated with the names of such famous scientists as *V. M. Bekhterev and A. R. Luria, A. F. Lazursky, V. N. Myasishchev, B. V. Zeigarnik*. The main tasks of medical psychology include the study of mental disorders and the development of diagnostic and rehabilitation methods. There is a discussion about the terms "medical" and "clinical psychology", which are sometimes used synonymously, but have different accents. Clinical psychology focuses on diagnosis and correction in a clinical setting, while medical psychology covers a wide range of health system tasks, including prevention and psychological care for various population groups. This difference creates difficulties in the standards of education and certification of specialists. Clinical psychology studies



mainly mental disorders, while medical psychology deals with a variety of problems related to the assessment of health status and its protection. Different emphasis on prevention and therapy forms the concepts of "health psychology" and "clinical psychology", which emphasizes the need for clear differentiation in this area. [2, 3].

Regardless of the terminology, medical and clinical psychologists are involved in the diagnosis, treatment and prevention of diseases, as well as rehabilitation of patients with mental and somatic pathology. The main directions include diagnostics of the patient's condition, assessment of mental disorders using special methods (neuropsychological, pathopsychological), determination of directions and implementation of psychocorrective measures. An important part of the work of a medical psychologist is expert activity in the framework of forensic, medical-psychological-pedagogical, medical-social examinations.

Interdisciplinary interaction is also developing, which is necessary for studying new psychological phenomena related to the development of information technologies. Medical psychologists conduct a wide range of interventions to correct mental disorders and engage in preventive activities that include various levels of prevention. It is important to note that diagnosis, therapy, and expertise are often intertwined and depend on the type of medical facility and patient characteristics. The development of medical psychology in healthcare involves expanding the range of tasks of psychologists, who are now engaged not only in the correction of psychopathological phenomena, but also in assessing the influence of psychological factors on the state of physical health.

The main tasks include prevention of disorders of adaptation to diseases and correction of psychosocial factors affecting the medical prognosis. The rapid development of technology creates new psychological situations that require new psychological approaches, including support for high-tech treatment and support for relatives of chronically ill people. A special feature of the activity of a medical psychologist is that, as a rule, he works in cooperation with medical specialists in the framework of multidisciplinary or interdisciplinary teams. Multidisciplinary teams work with clearly distributed roles, where the psychologist performs support functions, while interdisciplinary teams are focused on partnership and independent contribution of specialists in different areas. To improve the effectiveness of the team approach, it is very important to create clear models of



cooperation, as well as to improve the level of training of doctors and psychologists. The integration of medical psychology into the healthcare system requires overcoming organizational barriers and creating conditions for cooperation, which will maximize its potential to help the population. Other trends are also common in Europe. Presenting them, some experts say that medical psychology is primarily concerned with the psychological aspects of the relationship and interaction between the doctor and the patient, as well as people from the patient's immediate environment [4].

Thus, in different countries, the field of actual use of psychological knowledge in medicine is structured from different positions, reflecting different accents of the actual functioning of psychologists in the health care system. Thus, the emphasis on preventive aspects in some cases creates a specific area of use of medical and psychological knowledge, designated "health psychology", while the focus on diagnostic and therapeutic aspects of activity, correction of mental disorders to a greater extent encourages the use of the concept of "clinical psychology".

The basic activities of a medical psychologist in the clinic are as follows:

Diagnostics

Psychological expertise develops as an integral part of various expert areas. There are various types of examinations in which a medical psychologist carried out to assess the current status and characteristics of mental functioning of the patient, when necessary, conduct differential psychological diagnosis in difficult cases (the necessity of separating pathological developments personality from organic diseases of the brain, the initial manifestations and forms of schizophrenia from neuroses, identify masked depression and etc.); evaluation of the process of development, its conformity age norms; define such functions remained to be nominal subjects-diagnostically significant aspects that are not associated with psychiatric problems of the patient (presence of conflictual relations needs to provide clinical and psychological care, in fact the number in extreme, crisis conditions and emergency situations and etc.); drafting of the plan and monitoring the effectiveness of provided treatment and rehabilitation activities. To achieve these goals, the entire range of methods accumulated in psychology is used, from patho- and neuropsychological tests, standardized psychological diagnostic techniques to hardware-based computerized complexes.



takes part (for example, medical-psychological-pedagogical, medical-labor (medical-social), forensic psychological, forensic psychological-psychiatric, etc.). Objectification of the features of the mental state, personality, functional sufficiency allows us to solve questions about the legal functioning in society persons with certain disabilities or mental disorders. This area of activity of a medical psychologist can extend far beyond health care, being implemented in educational, judicial and industrial systems.

Prevention

In this area, medical (clinical) psychology is particularly closely related to the field of health psychology interests and an interdisciplinary field that studies and creates conditions that contribute to the preservation of public health as, a macro perspective, using systematic approach (Public Health) [5]. Preventive activities can be directed at the patient himself and include primary, secondary and tertiary prevention, aimed at both preventing the development and reducing the harm caused by the presence of certain disorders, and returning the patient to the usual social environment. For example, prevention may consist in preventing the psychological consequences of a previous illness (in particular, the phenomena of "hospitalism", restrictions in relation to the social environment), in preserving and restoring the patient's habitual social functioning. The impact of preventive measures can be either direct or indirect. For example, in the case when the formation of "healthy" behavior is aimed at reducing the risk of developing disorders (reducing behavioral risk factors). Also preventive measures can be aimed at improving the production climate of health care units (for example, to reduce the risk of emotional burnout of medical personnel, to improve the quality of interaction with employees). patients).

Forms of Providing Medical and Psychological Assistance

The implementation of the goals and objectives of the above -mentioned areas of activity by a medical psychologist in health care institutions can be carried out individually, jointly with another specialist, or in a team form.

The limited scope of the article forces us to a little more attention to team work models, since other forms of organizing activities are traditional and widely represented in the literature. [6].

The team in rehabilitation centers (departments) of the psychiatric service as a rule consists of a psychiatrist, a psychotherapist, a clinical psychologist, a social work



specialist, an occupational therapist, as well as labor instructors, social workers, and nurses. The composition of the team of specialists may vary depending on the need to meet the medical, psychological and social needs of the patient at a particular stage of the treatment and rehabilitation process. Collaboration of different specialists in the team prevents the emergence of competing treatment priorities, duplicating diagnostic examinations, ensures continuity in treatment, reducing time, costs and uncertainty for the patient. Interdisciplinary (teams teams)[[7].

Specialists of such a team are focused on partnership – joint constructive work with colleagues. They meet regularly to discuss and jointly set goals, reach an agreement on tasks and methods of treating the patient. The result of this model is both an improvement in patient care and an improvement in the skills of the specialists included in the team in various disciplines. In an interdisciplinary team, psychologists play an integrative role, establishing a communication process between team members, patients, and their caregivers. The role of a psychologist is to encourage team members to perceive a person in a holistic way, and to focus specialists' attention on the relationship between bodily and mental functions and processes of the patient. The role of the psychologist here should be not only and not so much to eliminate negative emotions or behaviors, but to remove barriers to the genuine involvement of patients and their caregivers in the treatment process. The activity of a psychologist is aimed at assessing psychological and social factors associated with the occurrence of the disease, the success of treatment results and the maintenance of the well-being of the patient and his family members. The psychologist provides advice to both the patient and his relatives, as well as other members of the interdisciplinary team on psychological issues related to patient care, conducts training for staff (for example, training specialized in specialized patient interaction techniques). The psychologist also promotes regular sessions of reflexive practice, through which the team develops their own skills and works through the difficulties that arise in the work. Active participation of the psychologist in the work of the interdisciplinary team expands the prospects for joint activities, develops and supports the initiative in the exchange of experience among team members, allowing practitioners to improve their own skills in treatment and interaction with the patient. In fact, psychologists in interdisciplinary teams perform the following tasks: functions: firstly, they contribute to improving the patient's compliance, improving interaction with his / her micro-social environment and



thereby making better use of social and psychological resources; secondly, they contribute to achieving an optimal level of interaction between team members, harmonize its micro-social climate; and, finally, they objectify the contribution of psychosocial factors to the phenomena that affect the development of social and psychological resources. They are considered by narrow specialists, тем thereby increasing the possibilities of a holistic understanding of the patient, ensuring individualization of therapy and the implementation of important aspects of a personalized approach [8].

Thus, the activity of a medical psychologist in the healthcare system is multifaceted. Medical psychology, on the one hand, makes an important contribution to achieving the goals of protecting и the mental and physical health of the population, and on the other – hand, it is, in fact, a driving force for humanizing and modernizing the entire process of providing medical care, a concrete embodiment of the well – known thesis about the need to treat not the disease, but the patient.

Formed at the intersection of natural and humanitarian sciences, combining the achievements of medicaland biological disciplines and various areasof fundamental and applied psychology, medical psychology has a huge scientificand practical potential. However, its full implementation is currently hampered by a number of internal and external organizationalo- and legal factors.

The continuous development of medical psychology as a science and a field of practice – improving the theory and methodology, developing effective medical and psychological technologies for diagnosis, correction, and rehabilitation – is the most important task of the medical and psychological community. Its solution в значительной largely determines the ability of medical psychology to provide scientifically based and convincing answers to the requests made by modern medicine, the ability to assert its status in the health care system.

In addition, the development of the potential of medical psychology is impossible without overcoming the well-known organizational and legal barriers that prevent the full integration of a medical psychologist into the health care system and the effective implementation of the tasks of medical and psychological activity described above, without creating conditions for full cooperation of a medical psychologist with specialists in other areas.



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