

Quality of Life in Medical Services of the Republic of Karakalpakstan

Turdimambetov Izimbet Rakhmetovich*, Oteuliev Medetbay Orinbayevich**, Karimbaev Qoylibay Konisbayevich***

* DSc., Associate Professor, Economic and Social Geography Department, Karakalpak State University named after Berdakh, Nukus, Uzbekistan. izimbet76@karsu.uz

** Doctoral Candidate, Economic and Social Geography Department, Karakalpak State University named after Berdakh, Nukus, Uzbekistan. o.medetbay@karsu.uz

*** Assistant Teacher, Natural Geography and Hydrometeorology Department, Karakalpak State University named after Berdakh, Nukus, Uzbekistan. k.qoylibay@karsu.uz

Abstract: Health is an integral indicator of the quality of life in its objective manifestations. The extreme ecological situation that has developed over the past decades in the Republic of Karakalpakstan, has led to significant pathological changes in the health of the population. Territorial differences in the healthcare system in the Republic of Karakalpakstan are significant. For example, the average level of inpatient care in the country is 38.56 per 10,000 populations. This figure was 92.56 in Nukus, 32.68 in Ellikkala district, 20.79 in Beruni district, 52.19 in Nukus district, 20.07 in Turtkul district, 34.26 in Kungrad district and 37.74 in Muynak district. This article analyzes the problems of staffing in clinics, hospitals and other stationary health care institutions, the current state of the health care system of the Republic of Karakalpakstan and gives some recommendations for their improvement.

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Key words: Service, healthcare institutions, doctors, nurses, outpatient clinics, public healthcare.

1. Introduction

As it is known, nosology is the study of diseases, their classification and nomenclature. Humanity has long noticed the relationship between the habitat and the nature of diseases, the confinement of some diseases to specific areas of the globe. This is how nosogeography was born - a section of medical geography and a territorial branch of nosology, which studies the patterns of distribution of separate diseases in various geographical zones.

Almost all of the reforms implemented by the state during the years of Independence are aimed at improving the social living conditions of the population. Social protection is one of the priorities of our state policy. In accordance with the Decree №5590, of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev dated December 7, 2018 "On comprehensive measures to radically improve the healthcare system of the Republic of Uzbekistan"[1], the relevant program was approved. Hospitals are being built and modernized in all regions. Along with public institutions, the field of private medicine is also developing rapidly. The range of medical activities has been increased from

50 to 126 and 634 private medical institutions were established last year due to a number of benefits.

A centralized integrated system has been created in the area of emergency and ambulance that people refer to the most. The number of ambulance crews was increased from 818 to about 2,000 and brought closer to the population. The specialized fleet has been renewed.

We all know the socio-economic and environmental problems caused by the drying up of the Aral Sea in the country in recent years. The Aral Sea catastrophe is now one of the global problems, which affects the fate of not only the Republic of Uzbekistan, but also other countries in Central Asia. These problems are having a negative impact on human health and as a result have further increased the demand of the population for the health system [3].

Health is an integral indicator of the quality of life in its objective manifestations. The extreme ecological situation that has developed over the past decades in the Republic of Karakalpakstan, has led to significant pathological changes in the health of the population.

The impact of environmental pollution on the health of the population is now a universally recognized fact. The growing interest in studying the problems of the environment, the research of territorial-ecological aspects of population's health, the geographical spread of human diseases, pathological and pre-pathological conditions caused two opposing tendencies [8, 9, 10]. On one hand, there is a sharp integration of disciplines that study system: the habitat – the person – the health and on the other hand, just as abrupt their differentiation.

2. Materials

Emerging environmental problems have led to a decrease in natural population growth rates, the

emergence of various diseases, and an increase in the mortality rate among the population. To overcome this situation, it is necessary to develop and improve medical services. In addition, the development of the economy of our country depends mainly on labor resources. The health of the population plays an important role in the development of the economy. Because if medical care is highly developed, the economic efficiency in production will be high. In general, in order for a person to work normally, it is necessary to create the necessary conditions for him to further improve the areas of health, education, services.

Table 1. Health facilities of the Republic of Karakalpakstan (As of January 1, 2020)

Naming	Total number	Private	Private in total (%)
Total number of medical institutions:	335	148	44,2
The number of medical staff in them	25682	582	2,3
<i>of them:</i>			
- doctors	4576	271	5,9
- nurses	18027	311	1,7
- other employees	3079	-	-
<i>By types of medical institutions:</i>			
- Ambulance	16		
- outpatient clinics	292	145	49,6
- family clinics of them	79	-	-
- rural medical centers	35	-	-
- capacity of outpatient clinics (1 shift)	22165	1364	6,1
- inpatient clinics	43	3	7,0
- the number of places in them	7319	96	1,3
- disinfection institutions	8	-	-

Source: Compiled by the author based on data from the Statistics Department of the Republic of Karakalpakstan [2].

During 1991-2020, the population of the Republic of Karakalpakstan increased from 1307.4 thousand to 1898.3 thousand people or 145.2%. Population growth is due to its natural increase. Such a steady increase in population will further increase the demand for the social sphere [4].

According to the Statistics Department, 335 hospitals will serve the population in the Republic of Karakalpakstan in 2020, including 16 ambulances, 292 outpatient clinics, 43 inpatient clinics and 8 disinfection facilities, including 145 outpatient clinics and 3 inpatient clinics correspond to private medicine. The number of beds in inpatient clinics was 7319, and the capacity of outpatient clinics (1 shift) was 22 165 people. The number of doctors

(doctors) serving them is 4576, medical staff with secondary education is 18 027 people. This equates to 24 and 94.96 health workers per 10,000 populations [5,7].

In recent years, significant changes have been observed in the health care system of the Republic of Karakalpakstan. For example, in 2000-2010, the number of doctors in all specialties decreased from 4.4 thousand to 3.6 thousand (81.1%), and in 2020 increased to 4576. From 2000 to 2010 the number of hospitals increased from 88 to 51 (58.0%), the number of dispensaries from 22 to 16 (72.7%), the total number of beds for pregnant women increased from 1.3 thousand to 0.7 thousand (58.0%). decreased. At the same time the total number of

hospital beds increased from 7.2 thousand to 8.6 thousand people (119.4%), the number of women's consultations (offices) in independent and other institutions increased from 148 to 223 (150.7%),

independent and other institutions. The number of children's polyclinics (departments) increased from 168 to 247 (147.0%) [5].

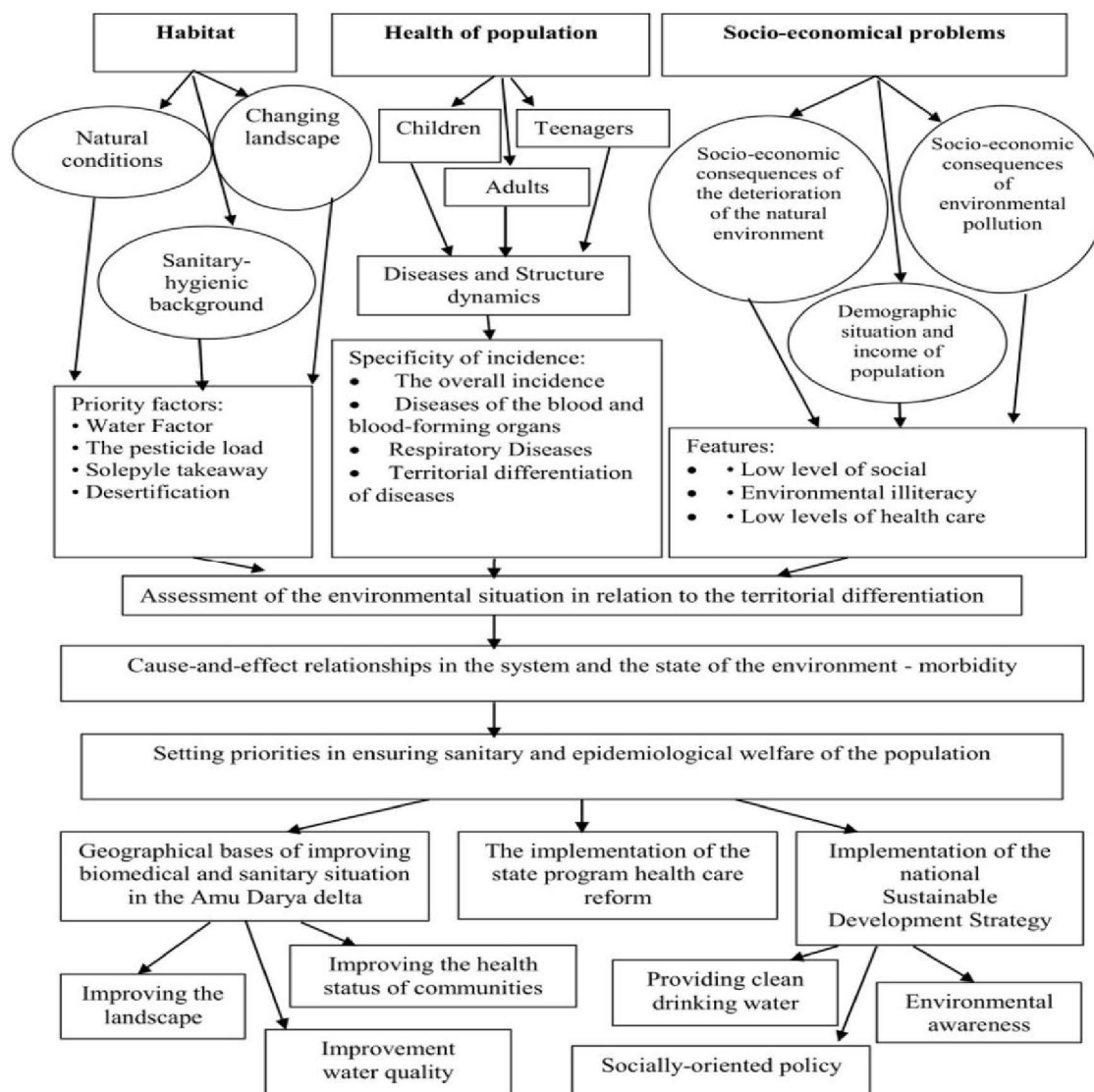


Figure 1. Socio-hygienic monitoring system

In this context, model of monitoring nosoecological proposed, it takes into account the unity and the relationship between health and the state of the biosphere (human environment), specific environmental conditionality which dominants nosological forms.

Monitoring covers the observation of sources of anthropogenic impacts - chemical, physical, biological - and the effects, which caused by these influences in the environment, first of all, the reaction of biological systems (especially the human body) on

these exposures. Observations can be carried out on the physical, chemical and biological parameters, but especially promising are integral indicators of the state of natural systems [6]. (Fig. 1) shows the mechanism of monitoring systems as well as forward and backward linkages between its components.

3. Results and Discussion

Territorial differences in the healthcare system in the Republic of Karakalpakstan are significant. For example, the average level of inpatient care in the

country is 38.56 per 10,000 populations. This figure was 92.56 in Nukus, 32.68 in Ellikkala district, 20.79 in Beruni district, 52.19 in Nukus district, 20.07 in

Turtkul district, 34.26 in Kungrad district and 37.74 in Muynak district [4].

Table 2. Hospitals in the Republic (in units)

Naming	a year of 2018	a year of 2019
Number of available hospitals	42	43
The number of beds in hospitals	7289	7319
Bed turnover during the year	45,4	59,2
The number of employees in hospitals	24909	25682
- doctors	4408	4576
- nurses	17654	18027
- other technical staff	3054	3079
The number of people who applied to hospitals	375389	377519
- Outpatients	46805	47992
- Inpatients	328584	329527
of which, the surgical method was used	40991	41315
- recipients of medical advice Δ ap	46805	47992
- sent to other institutions by referral	328584	329527
The number of deaths recorded at the hospital	1329	1333
of which, the number of infant deaths	214	244
The number of deaths (%) relative to the total number of inpatients	0,4	0,4
Number of born children	40133	39607
The number of deaths of children under 1 year of age	495	408
relative to the total number of children under 1 year of age	13,2	10,3
The number of deaths in maternity hospitals	355	330
- maternal mortality	11	13
- infant mortality	345	317

Source: Socio-economic passport of the districts of the Republic of Karakalpakstan

Table 3. Diseases and morbidity rates

Names of the disease	Morbidity (per 10 thousand of population)	
	in the year of 2018	in the year of 2019
Infectious diseases:	86,1	91,3
- AIDS	0,7	0,6
- hepatitis	8,0	5,8
- influenza	0,1	0,1
- measles	-	-
- chickenpox	3,5	2,4
- others	73,8	82,4
Non-communicable diseases:	4583,8	4589,5
- diabetes mellitus	8,9	9,7
- Iodine deficiency	109,9	81,5
- Diseases of the stomach and intestines	523,9	516,2
others	3941,1	4073,4

Source: Socio-economic passport of the districts of the Republic of Karakalpakstan

Table 4. Sports and health facilities

Naming	Total number	Number of private
Sports facilities total:	160	-
of them:		
Stadiums	19	-
Gyms	57	-
of which women's shaping halls	-	-
Number of sports clubs	289	-
Number of participants	19577	-
Swimming pools	9	-
- open type	-	-
- closed type	9	-
Tennis courts	22	-
Shooting ribs		-
Small football fields with artificial turf	2	-
Other sports facilities	51	-
Children and youth sports schools	20	-
The number of participants in them	32437	-
Sports (sections) available in the district	253	-
- Rhythmic Gymnastics	1667	-
- Light Athletics	835	-
- Weightlifting (bodybuilding)	1025	-
- basketball	2190	-
- football and mini football	2733	-
- wrestling	2350	-
- Martial arts (karate, taekwondo, etc.)	1911	-
- hand-to-hand combat (boxing)	2694	-
- chess	707	-
- others	16072	-

Source: Socio-economic passport of the districts of the Republic of Karakalpakstan

In the Republic of Karakalpakstan, the average incidence of non-communicable diseases was 4,589.5 per 10,000 people, and the average incidence of infectious diseases was 91.3 per 10,000 people [6]. In recent years, the number of sports and health facilities in the Republic of Karakalpakstan is growing. The number and type of sports sections is constantly increasing.

4. Conclusion

On the instructions of President Sh. M. Mirziyoev, extensive explanatory work is being carried out among the population to prevent diseases. Work is underway to organize walks in each neighborhood, to involve the entire population in physical culture, to promote healthy eating among the population. The complications of the coronavirus COVID-19, which is shaking the world today, show that it is necessary to constantly increase the cost of medicine, to pay special attention to the training of doctors with high classification.

Establishment of environmental monitoring of the environment on the part of government, academic and nongovernmental organizations; improving the integration of environmental protection and health sectors in solving environmental problems and public health.

Further development of research in the field nosoecology as directions, emerging at the intersection of geo-ecology and nosogeograph.

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