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JAMOAT SOG‘LIG‘INI SAQLASH MAKTABI**

**“AHOLIGA KO‘RSATILAYOTGAN BIRLAMCHI
TIBBIY-SANITARIYA YORDAMINI
TAKOMILLASHTIRISH”**

Xalqaro ilmiy-amaliy anjuman

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ASSESSMENT OF THE ROLE OF PRIMARY CARE FOR PATIENTS WITH OSTEOCHONDROSIS

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Relevance. According to some data, 85% of the world's population suffers from osteochondrosis, that is, almost every citizen at a conscious age, according to others, clinical manifestations of this disease, which is a serious medical and social problem, are felt by every second adult inhabitant of the planet. The significance of the disease is due to its prevalence among patients of working age (25-64 years), as a result of which there are significant economic losses (insurance payments and a decrease in labor efficiency during remission). Osteochondrosis of the spine is a multifactorial disease, and although the factors leading to it have not been fully studied, the results of studies over the past decade have shown that genetic influence plays an important role, along with lifestyle factors, body mass index (BMI), working postures, heavy physical exertion and smoking habits; however, their influence is moderate compared to heredity.

Goal. Evaluation and analysis of research results on the study of social problems arising from osteochondrosis of the spine in various credible sources.

Materials and methods. Analysis of studies in Pubmed, Medline, Cochrane, Dissercat. Types of studies: case-control, cohort, systematic reviews.

Results and discussion. According to the results of the sociological study, the average age of 504 respondents was 45.3 ± 2.0 years. The average length of work experience was 23.6 ± 1.0 years. The surveyed patients with osteochondrosis of the spine had in 39.4% of cases secondary specialized or incomplete higher education, in 29.9% - higher, in 26.0% - secondary. The female respondents mostly had secondary-specialized or incomplete higher education (55.2%) and higher education (34.5%), and in 10.3% of cases - secondary. It was revealed that the proportion of men is significantly higher ($p < 0.001$) among persons with primary and secondary education, while the proportion of women is higher among persons with secondary specialized or incomplete higher education ($p < 0.001$). Of the respondents, $37.6 \pm 2.2\%$ of patients with osteochondrosis had work associated with a permanent stay on the street, the rest had work indoors ($62.4 \pm 2.2\%$). Among female respondents, the proportion of people who worked indoors was significantly higher compared to men, and less on the street ($p < 0.001$). Thus, the vast majority (92.3%) of women work exclusively indoors, while men almost equally often work is associated with being outdoors and indoors. Only $36.0 \pm 2.1\%$ of respondents noted that they worked in one shift. Traditionally, it is believed that multi-shift work has a negative impact on the health of workers. Only $36.0 \pm 2.1\%$ of respondents noted that they worked in one shift. Traditionally, it is believed that multi-shift work has a negative impact on the health of workers. In general, more than half of patients with osteochondrosis had two or one child.

Conclusions. Most of the risk factors affecting the development and progression of degenerative-dystrophic diseases of the spine are manageable - these are socio-economic, personal and behavioral factors; the quality and availability of medical care.