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Medical and Social Survey of Parents

Living in the RS (Yakutia) on HLS

ABSTRACT

A survey of parents living in the Sakha Republic (Yakutia), concerning health of family members was carried out. The questionnaire also included questions about how parents instilled healthy lifestyle to their children, and importance of doctor's opinion in certain situations.

Keywords: children, healthy lifestyle, prevention.

INTRODUCTION

Positive attitude of parents to the health of their children, changing unhealthy habits, creating conditions for children to reach an optimal level of their health is of great importance in health promotion. The positive attitude to health reflects cognition, emotional and psychological readiness to change, aimed at improving, restoring health; it should be considered as a stage of motivation to formation to needs in health, readiness for change in behavior toward rehabilitation. Parents and health staff should convince children in need of health promotion, to create conditions for this and control this process [2].

Materials and methods study.

An anonymous survey of parents living in areas of Sakha (Yakutia) on health was conducted. Also parents were questioned how to instill a healthy lifestyle for their children and the importance of the doctor's opinion in certain situations. 1415 questionnaires were filled.

The results and discussion.

Now we will estimate the subjective parental assessment of the health status of family members and how to instill a healthy lifestyle for their children.

Almost 64,6% of respondents are completely satisfied with the health of family members in a rural family. Subjective parental assessment of children's health is usually very overrated. Most of adults are not well informed about the health status of their family members, and in particular about chronic diseases. From a sociological point of view, this trend expresses the growing backlog of awareness of parents, whose responsibility for the health of the child, for regular treatment to health care should be an important prerequisite for high-quality diagnosis and effective treatment of the disease. Absence of parents information about chronic diseases of their child can serve as a hypothetical indicator of the fact that the child does not receive appropriate treatment [1].

A sociological survey showed that 64.2% of parents instill healthy lifestyle to children. It is known that to be healthy, a person should, at least, to engage in physical exercise for thirty minutes a day. The total percentage of the engaged in physical culture and sports among the respondents is not very high and is only 36% and 46.5% of them do not do it. In these regions people believe that caring for the cows, chopping wood, snow removal and a lot of chores are the main methods of doing sports and this is also the physical education for rural areas.

Nutrition plays an important role in improving child health. Proper nutrition is the foundation for the prevention of many diseases. According to the parents' opinion, 61.2% of children permanently adhere to a diet, 24.5% do not comply with treatment, and 14.3% comply with treatment with some exceptions.

Smoking is an important factor of ultra high mortality of the inhabitants of Russia. Among our respondents, the problem of tobacco use is sharper - 51.4% because there are smokers in the family. Alcohol abuse is another reason of ultra high mortality of the population of Russia. 22.6% is abusing alcohol. But it is worrying that only 445 respondents from 1415 answer this question, the others decided to remain silent and missed this question.

The respondents were asked to answer the questions how important is the opinion of the doctor in the following situations.

1. 33.3% of respondents consider that in the organization of a healthy lifestyle from 80 to 100% depends on the opinion of a physician, from 50 to 70% think of 15.5%.

2. 28.3% of respondents think that possible diseases depend on the opinion of a physician – 80-100%, from 50 - 70% of respondents believe it is 14.6 %

3. 11.3% of respondents consider that getting a new job depends on the opinion of a physician - 80-100%, from 50-70% believe that it takes 17,2%

4. 7.9% of respondents believe that the relocation - 80 - 100%, 15.8% of respondents - 50-70%.

5. 40.7% of respondents believe that the birth of a child - 80 - 100%, 10.5% of the respondents - 50-70%

6. 37.2% of respondents believe that the opinion of the doctor is important in the caring for children - 80-100%, 12.8% of respondents - 50-70%.

7. 17.9% of respondents believe the opinion of the doctor is important in the organization of normal family life - 80-100%, 15.4% of respondents - from 50-70%.

8. 17.1% of respondents – going in for sports – 80-100%, 16.6% of the respondents – 50-70% believe.

The conclusion from this is that a very high percentage depends on the opinion of a physician in the organization of a healthy lifestyle, child birth and child care .

Also the respondents were separately asked to indicate the most important profession in the first place in human life.

The respondents who answered this question indicated that the most important profession is, primarily, the profession of doctor - 55.2%, in second place pointed to the profession of a teacher - 12%.

Conclusion

Based on the foregoing, there is a need to develop the program of creating a culture of healthy and safe lifestyles aimed at awakening in children the desire to take care of their health (formation of interest in their own health); the formation of installation to use a healthy diet; the use of optimal movement modes for children with regard to their age, psychological and other characteristics, the development of needs in physical education and sport; the application of the time of day recommended by doctors; the formation of knowledge of risk factors for children's health (decreased motor activity, smoking, alcohol, drugs and other psychoactive substances, infectious diseases); the formation of the skills of confrontation to involvement in tobacco and alcohol, and other substances; the formation of the child's needs safely consult a doctor for any questions related to the peculiarities of growth and development, health, development of readiness to maintain their health through the use of the skills of personal hygiene. Realization all these cases is impossible without the participation of physicians working in schools, kindergartens.

This cannot be achieved without new organization of medical support for students, including using modern automated systems and principles of screening diagnostics.

Medical assistance to pupils and students in educational institutions includes the system of organizational, diagnostic, therapeutic and preventive measures.

We consider it is appropriate to monitor actively the health status of children using a range of indicators: physical development, physical preparedness, acute morbidity level and missing classes due to illness, frequency of deviations in blood pressure from age-and-sex norms, a comprehensive assessment of the health (health promotion). The automated technologies as ADE for the diagnosis of health disorders of children in educational institutions can provide the invaluable help in this work [3]

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