



The Peerian Journal

Open Access | Peer Reviewed

Volume 28, March, 2024

ISSN (E): 2788-0303

Website: www.peerianjournal.com

Email: editor@peerianjournal.com

Medical Culture Is An Important Link Of Public Health

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Abstract. This article highlights the issues of raising the solid foundations of the future of medical culture and society, and strengthening both material and spiritual attention to medical science.

Key words: Medical culture, development of medical science, solid foundation of the future, information technologies.

Introduction

Today, it is the most important urgent issue to carry out active, monthly work on the protection of people's health, to improve the medical culture of our people. By strengthening both material and spiritual attention to medical science, by implementing the results of fundamental and scientific and innovative researches, the rise of medical culture in the society is achieved. As a result, this has a positive effect on the development of modern national medicine. It is known that medical culture is a solid foundation of the future of society. In this regard, first of all, young people should understand the need to have a medical culture and approach it with determination, self-confidence and responsibility, pay serious attention to the acquisition of medical knowledge, become more familiar with the theory and practice of medical activity, it is necessary to be able to connect knowledge with life and practice.

MAIN PART

In order to acquire a medical culture, it is important to strengthen the effect of personal reflexive ability, to act in a new way and to become a progressive person based on a new thinking and creative approach. Today, it is important to increase medical culture, especially to develop science in medicine, to determine priority areas of scientific research and to pay serious attention to study. In his address to the Oliy Majlis, President Shavkat Mirziyoyev emphasized the need to develop several priority areas of science every year. It is known that the new idea "Society is the initiator of reforms" is getting deeper and deeper into our daily activities. In order to increase the practical effectiveness of the reforms, it is necessary to increase the medical culture of the population and make them more active and have a higher outlook. Most importantly, as a result of these reforms, it is necessary to carry out urgent work to create comfortable and decent living conditions for our people. In this



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regard, the opinion of the President of the Republic of Uzbekistan Shavkat Mirziyoyev is important. "Our people should know this very well: we have a long and difficult road ahead of us. If we all stick together, study tirelessly, do our work perfectly and efficiently, acquire modern knowledge, and strive forward without sparing ourselves, our life and society will surely will change".

As the sages of the East said, "The greatest wealth is intelligence and knowledge, the greatest inheritance is a good upbringing, the greatest poverty is ignorance." Living should become a continuous vital need [1]. Today, it is important to develop medical science, identify the priority areas of scientific research and increase medical culture by paying serious attention to research, analyzing current issues in the fields of medicine and science. Serious attention is being paid to the organization of the medical system based on advanced foreign standards, and the further expansion of the population's use of health services. At the same time, digitization of emergency medical service calls for automatic reception and execution, as well as repair of medical institutions and strengthening of the material and technical base are among the most useful activities. "Achieving progress in the field of medicine is related to acquisition of digital knowledge and modern information technologies. In this regard, the implementation of socially useful activities gives the opportunity to improve this area. In particular, rapid reforms, scientific enlightenment and innovative activities have a positive effect on the development of society" [2].

It is known that one of the socio-ethical tools that led to the formation of the medical and spiritual culture of the Uzbek people is the center of various religious and cultural activities in the area that has existed since ancient times. They glorified human perfection, honesty, and justice. The religion of Islam, which developed the standards of a person's spiritual perfection, demanding purity of thought and firmness of speech, had a great influence. Material and spiritual culture in Uzbekistan has its own characteristics of development. In it, attention is paid to the knowledge of the human psyche, its spiritual world, and the understanding of people's mutual relations. In Eastern thought, a lot of attention is paid to the spiritual maturity of a person in relation to his social condition. Western philosophy focused its main goal on knowing the nature of the external world, determining the place of people in nature and satisfying their social needs. Most importantly, he recognized education as a tool and used all aspects of science to build a rich society. The process of integration of both aspects serves to strengthen the ancient friendship and cultural ties between all peoples in new conditions. Medical culture is called a pledge of health. As a result of large-scale efforts to protect the health of our people and prevent the spread of infectious diseases, the stability of the epidemiological situation in our country is ensured. Today, it is recommended to follow personal hygiene, wear a mask, cover the mouth and nose with a handkerchief when coughing, - wash hands with soap before eating, and eat more vitamin-rich drinks and foods. It is of particular importance to raise the awareness of the population about the rules of personal hygiene and prevention. Through the mass media and visual propaganda materials, the negative consequences of the disease, its complications and the benefits of immunity are constantly being explained. It is necessary to pay special attention to the fact that a person who pays attention to his health, is physically active, undergoes a medical examination within the prescribed period, and fully follows his conclusions, does not fall ill. After all, by following such a high medical culture and a healthy lifestyle, we will be able to protect not only our own health, but also the health of our future generations. It is necessary to pay attention to the aspects of youth in improving medical culture.



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CONCLUSION

The conclusion is that by constantly studying and turning any activity into an innovative socially useful activity, it is possible to reach new milestones and achieve unlimited success. For this, mastering modern knowledge and having a high medical culture should become a continuous vital need of everyone. Achieving progress in the field of medicine is related to acquisition of digital knowledge and modern information technologies. In particular, rapid reforms, effective implementation of scientific enlightenment and innovative activities have a positive effect on the development of medicine. Being morally and medically civilized can only be achieved through enlightenment.

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