

ACTUAL PROBLEMS AND SOLUTIONS OF PSYCHOSOMATIC MEDICINE IN UZBEKISTAN

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PSYCHOSOMATIC MEDICINE

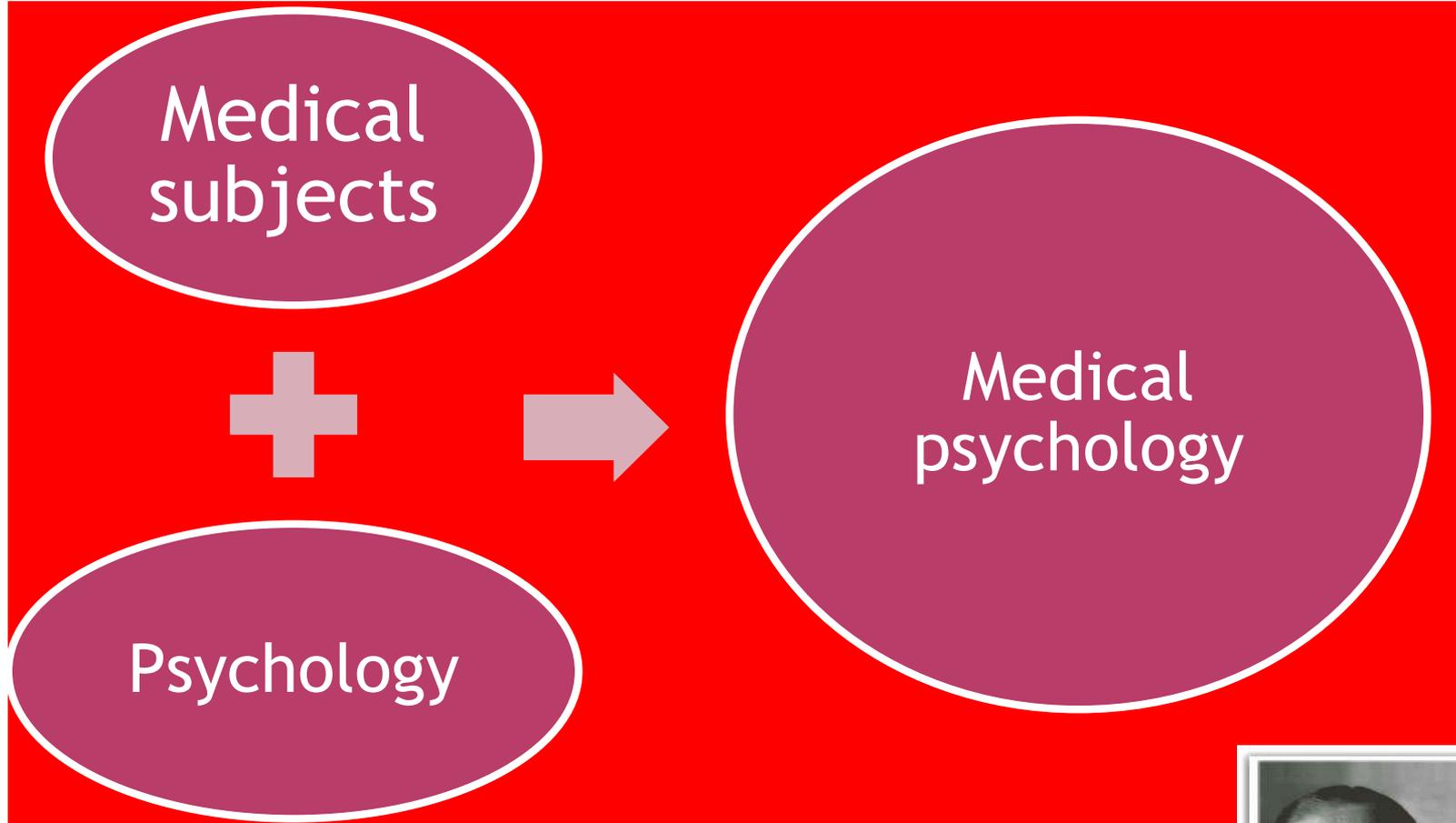
- Psychosomatic medicine - is the subject which studies biological, psychological and social factors effecting to human being's organism (health) as well as it elaborates psychodiagnostics and psycho correctional methods. Principal direction of psychosomatic medicine is studying psychosomatic and somatopsychic relations.

MEDICAL PSYCHOLOGY AND PSYCHOSOMATIC MEDICINE

- Specialists on psychosomatic medicine are prepared in “**Medical Psychology and Psychotherapy**” departments. Medical personnel teach as well as psychologists may activate in these departments.



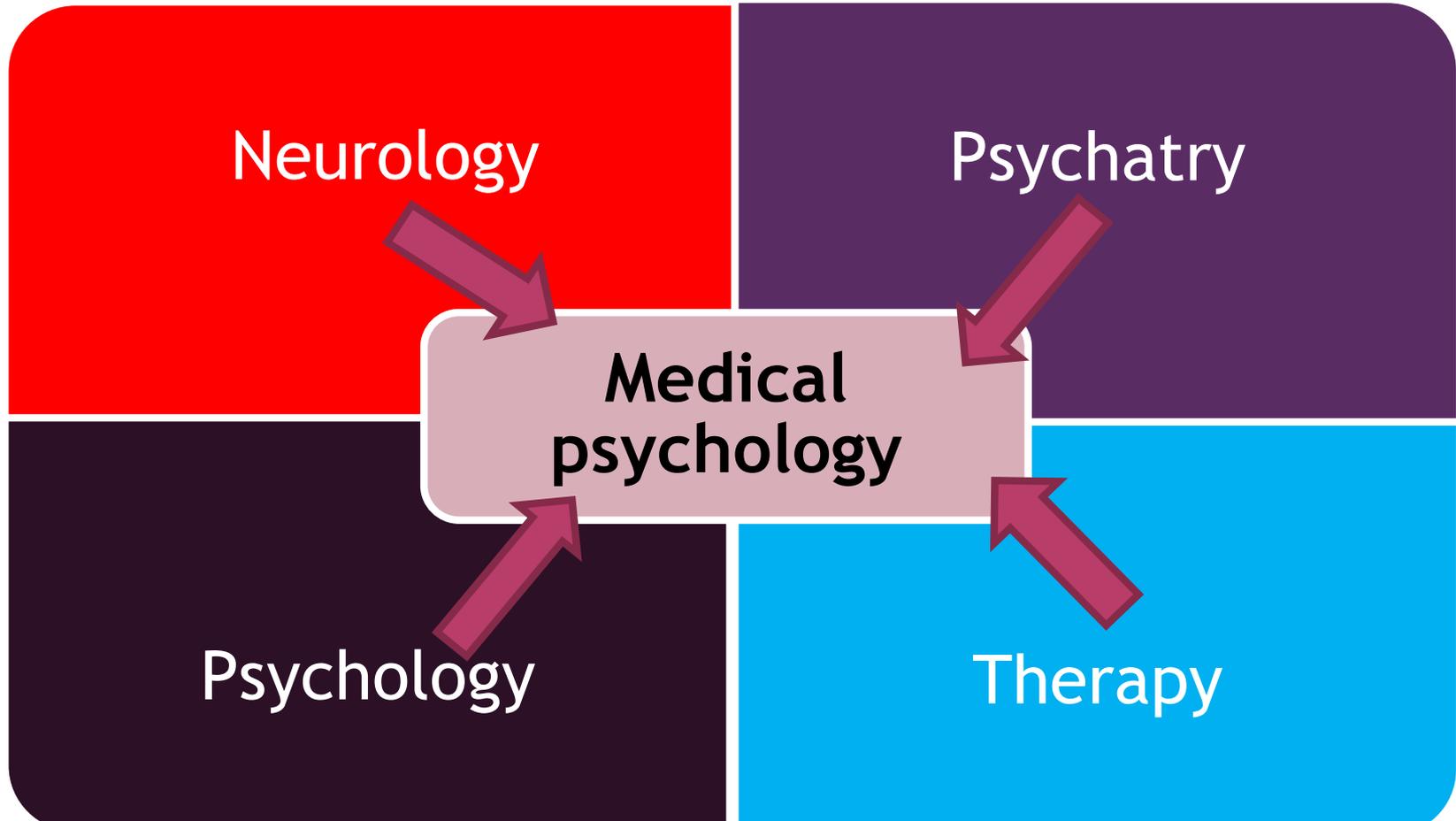
HOW WAS FORMED MEDICAL PSYCHOLOGY?



**FOUNDER: ERNST KRECHMER
1924 YEAR, GERMANY**

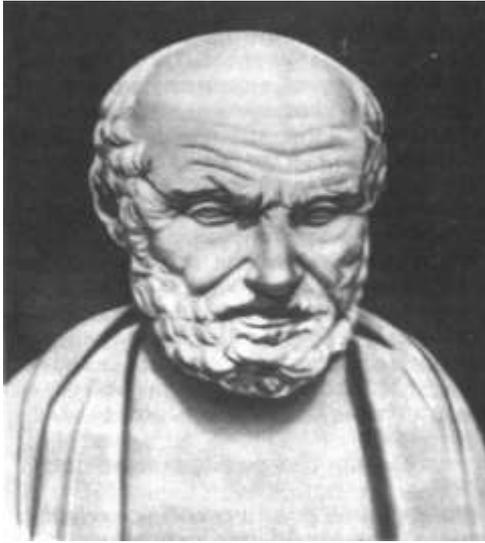


MEDICAL PSYCHOLOGIST! WHO IS HE/SHE?



MAJOR MEANS: PSYCHODIAGNOSTICS
AND PSYCHOTHERAPY

A GLARE TO HISTORY



Hippocrat
(A.D. 460-377)



Abu Ali ibn Sino
(980-1037)

1. Various diseases can be cured by psychological methods (Hippocrat).
2. Ibn Sino worked out different psychological methods in order to affect and treat various diseases and used them widely.

HISTORICAL EPISODES

XIX
century

- Stable period in psychosomatic medicine

XX
century

- Returning period in psychosomatic medicine

XXI
century

- Developing period of psychosomatic medicine

HISTORICAL EPISODES



1918 y. The term “Psychosomatic medicine” was suggested by German medical doctor J. Haynrot.



1936 y. G. Sele proved that gastric ulcer and intestine diseases may be emerged by stress factors.



1939 y. Scientific journal named “Psychosomatic medicine” was founded in USA.

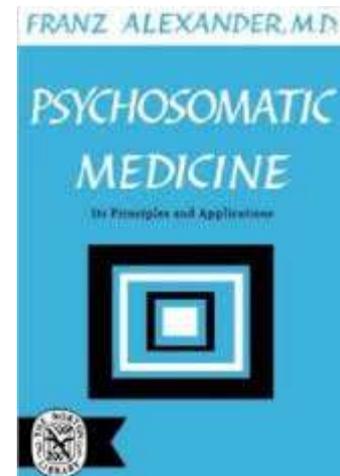


1942 y. “American Psychosomatic Medicine Association” was established.

FRANZ ALEXANDER (1891-1964)

MEDICAL DOCTOR, PSYCHOANALYST

- He is one of the psychosomatic medicine founders. He was born in Hungary, he was educated about psychoanalysis in Germany but he was founder of psychosomatic medicine in USA.
- The book “Psychosomatic medicine” was translated into more than 30 languages and today its circulation is more than 12 million.



DEVELOPING OF PSYCHOSOMATIC MEDICINE IN EUROPE

- Alexander Micherlikh opened first “Psychosomatic medicine” clinic in **1950** in Heidelberg. After some time psychosomatic departments were organized in European medical establishments, centers and universities.
- First issue of the “Psychosomatic medicine and psychoanalysis” journal was published in **1954** in Hamburg.
- “Psychosomatic Medical Centers” began to open one by one in Great Britain, France, Belgium, Italy, Switzerland in **1950**.



STATE OF MEDICAL PSYCHOLOGY AND PSYCHOSOMATIC MEDICINE IN UZBEKISTAN

2012

- Master degree department and clinical residency was opened in TashPTI.

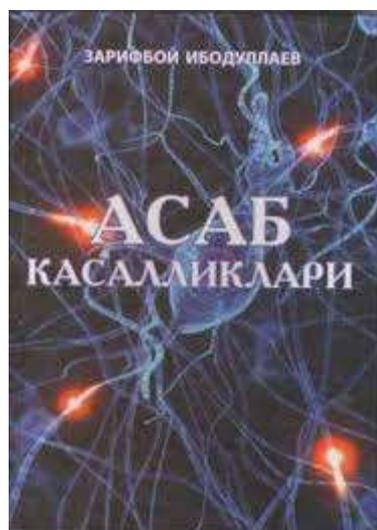
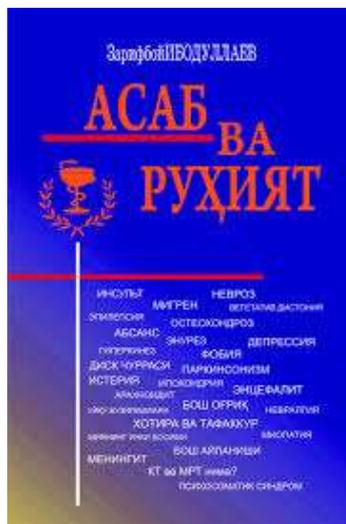
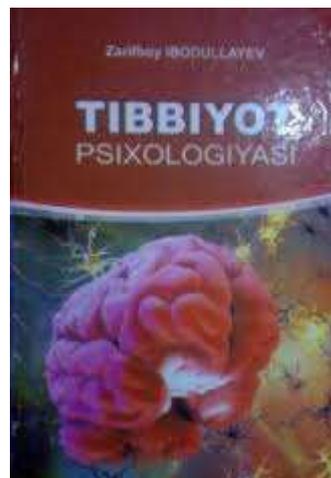
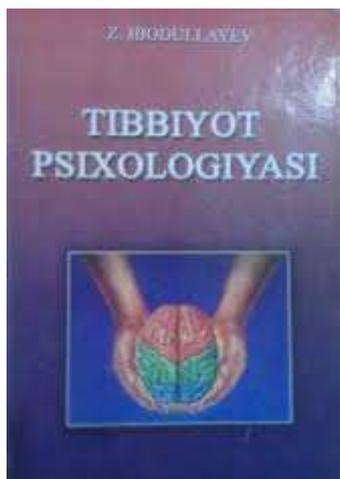
2013

- Master degree department and clinical residency was opened in Tashkent Medical Academy.

2015

- First specialists on “Medical Psychology” obtained their diploma.

EDUCATIONAL-METHODIC SUPPORT



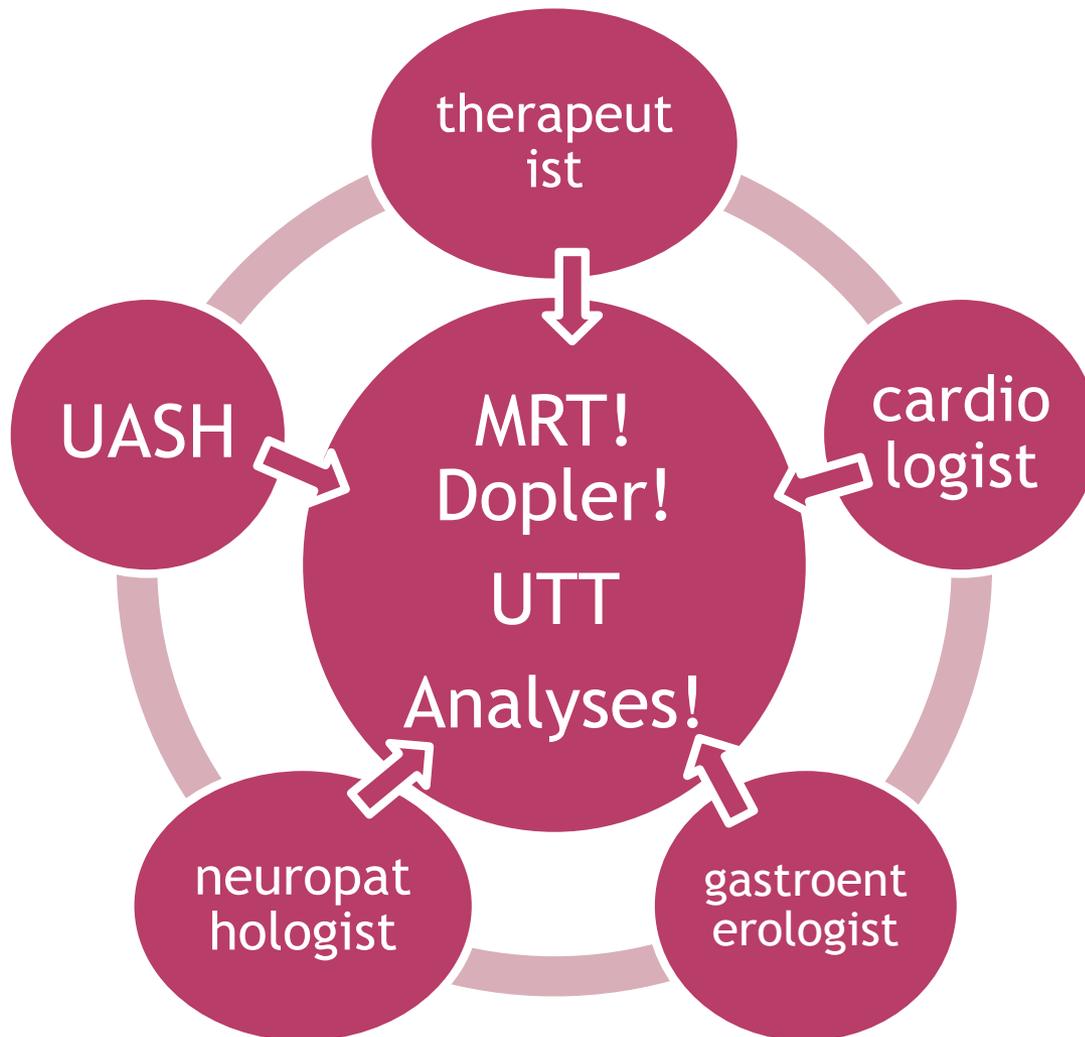
ТИББИЙ ПСИХОЛОГИЯ
МЕДИЦИНСКАЯ ПСИХОЛОГИЯ
MEDICAL PSYCHOLOGY



WWW.ASAB.UZ

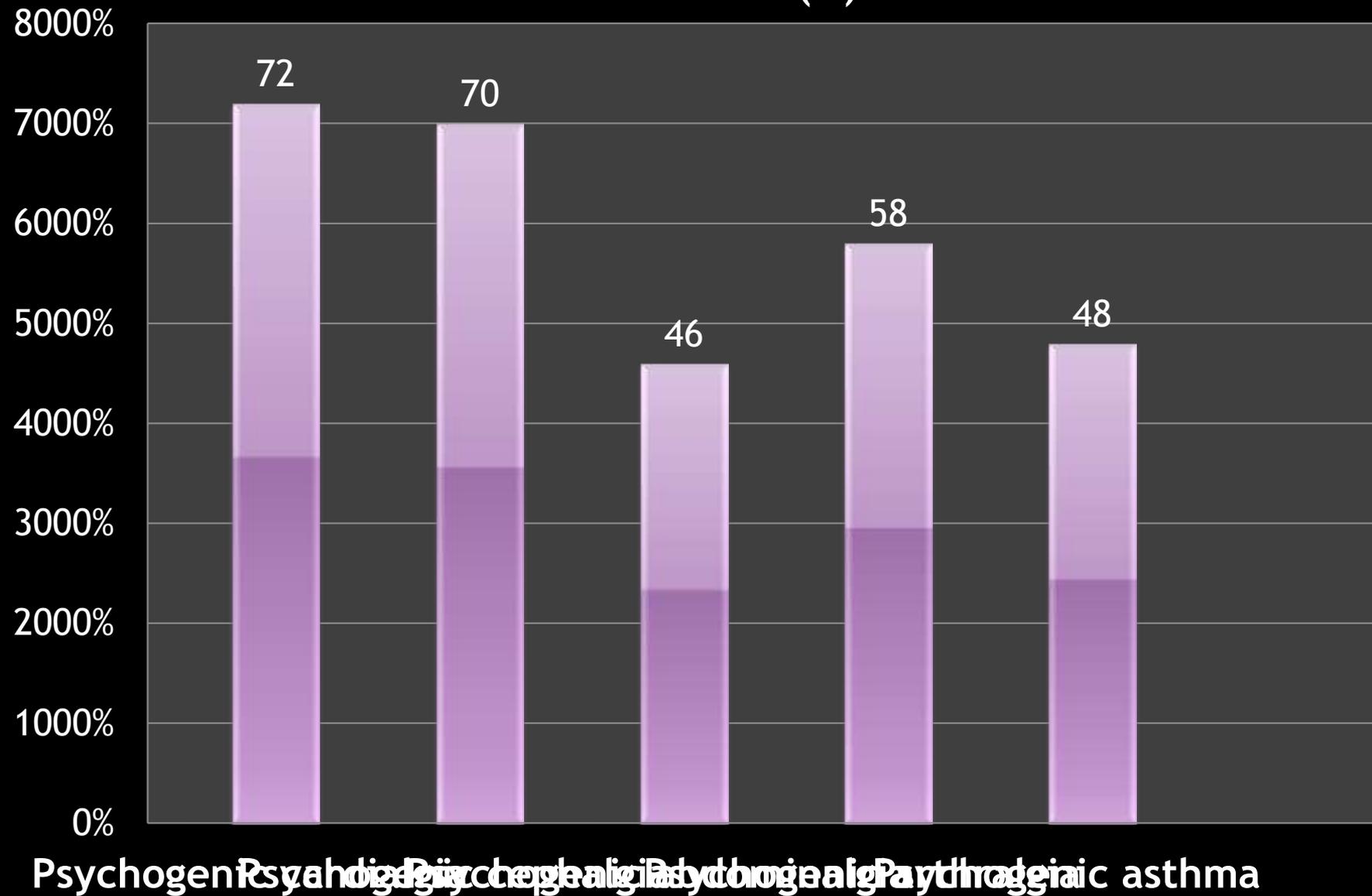
HOW ABOUT ACTUAL PSYCHOSOMATICS IN PRACTICE ?

PSYCHODIAGNOSTICS



PSYCHOTHERAPY

Level of psychosomatic syndromes in internal clinical diseases (%)



**EQUALLY HALF OF MEDICINE - IS
PSYCHOSOMATIC MEDICINE !**

**Organic
diseases
(50 %)**

**Functional
diseases
(50%)**

WHO IDENTIFIES/EXAMINES PSYCHOSOMATIC DISEASES ?

?

- Pseudoneurological diseases can be cured by - neuropathologist, neuropsychologist

?

- Cardiovascular diseases - cardiologist

?

- Gastro-intestinal diseases - gastroenterologist

?

- Neurorespiratory disorders - therapeutics, pulmonologist

?

- Arthralgic syndromes - rheumatologist

?

- Pseudodermatological diseases - dermatologist and etc...

SO...

- Every medical doctor should professionally acquire methods of psychodiagnosis and psychotherapy mostly used in psychosomatic medicine, as well as in clinic medicine. There also exist treatment standards and definite diagnosis. But most of the medical staff have less knowledge about this sphere.



WHO TEACHES PSYCHODIAGNOSTICS AND PSYCHOTHERAPY ?

- Medical pedagogues (doctors) are teaching psychodiagnostics and psychotherapy in medical institutes, in fact medical psychologists have to teach the students.



Teacher

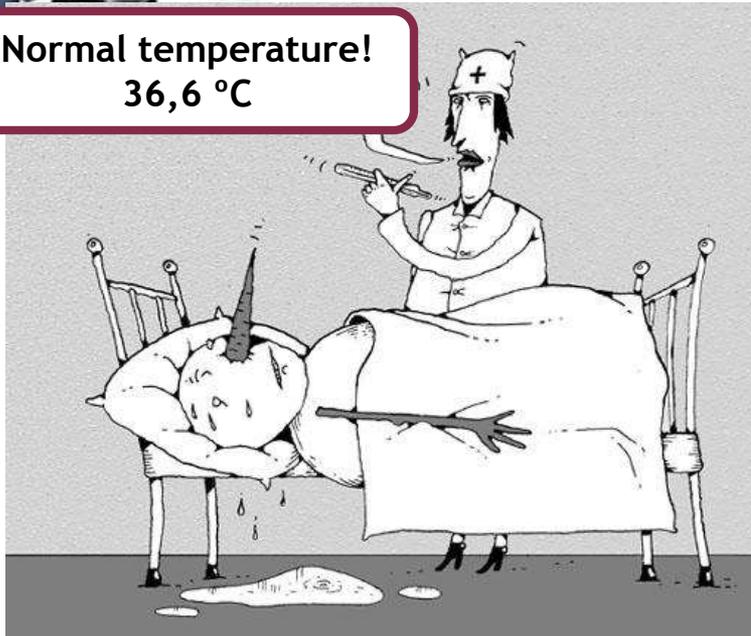


Student

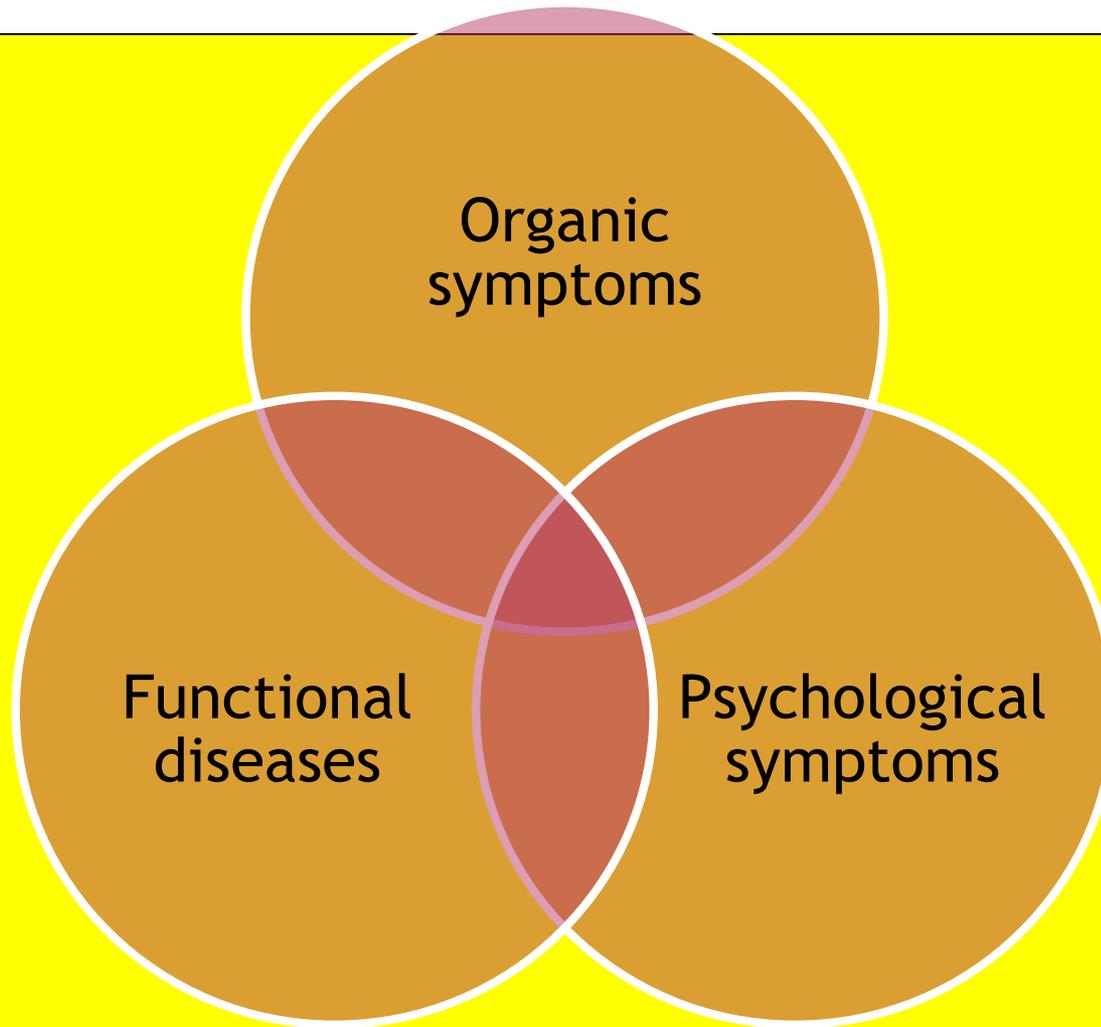
NEGATIVE AFFECTS OF HIGH-TECH



Normal temperature!
36,6 °C



STRUCTURE OF DISEASE



WHAT IS THE MAIN PROBLEM?

- The major of our mistakes are receiving psychosomatic diseases/disorders as hysterical symptoms. The main reason for this process is psychosomatic medicine hasn't been fully introduced/penetrated into medical practice yet.
- Psychosomatic medicine has not been clearly covered yet till today, but its introduction/enforcing in practice is not as we want successful.

WHAT TO DO? IS THERE SOLUTION OF THE PROBLEM?



STRATEGIES OF DEVELOPING MOVEMENTS



HARAKATLAR STRATEGIYASI
2017-2021

DEVELOPING CONCEPTION OF PSYCHOSOMATIC MEDICINE DURING 2017-2021 YEARS IN UZBEKISTAN (SUGGESTIONS)

1

- Working out teaching methodology of “Psychosomatic Medicine” in clinic departments of Medical institutions.

2

- Involving professors and teachers of The National University of Uzbekistan and Tashkent State pedagogical University in order to teach psychodiagnostics and psychocorrection.

3

- Introducing of “Psychosomatic Medical Propaedeutics” for 3rd. years students.

DEVELOPING CONCEPTION OF PSYCHOSOMATIC MEDICINE DURING 2017-2021 YEARS IN UZBEKISTAN (SUGGESTIONS)

4

- Working out “Clinical Protocols” on identifying psychosomatic diseases.

5

- Creating “Special Register” on identifying and spreading levels of psychosomatic diseases.

6

- Working out programme of scientific-pedagogical personnel of the highest qualification on medical psychological speciality.

DEVELOPING CONCEPTION OF PSYCHOSOMATIC MEDICINE DURING 2017-2021 YEARS IN UZBEKISTAN (SUGGESTIONS)

7

- Organizing of “Psychosomatic Medicine” departments, and study for “Medical Psychology” in clinics and consultative - family polyclinics.

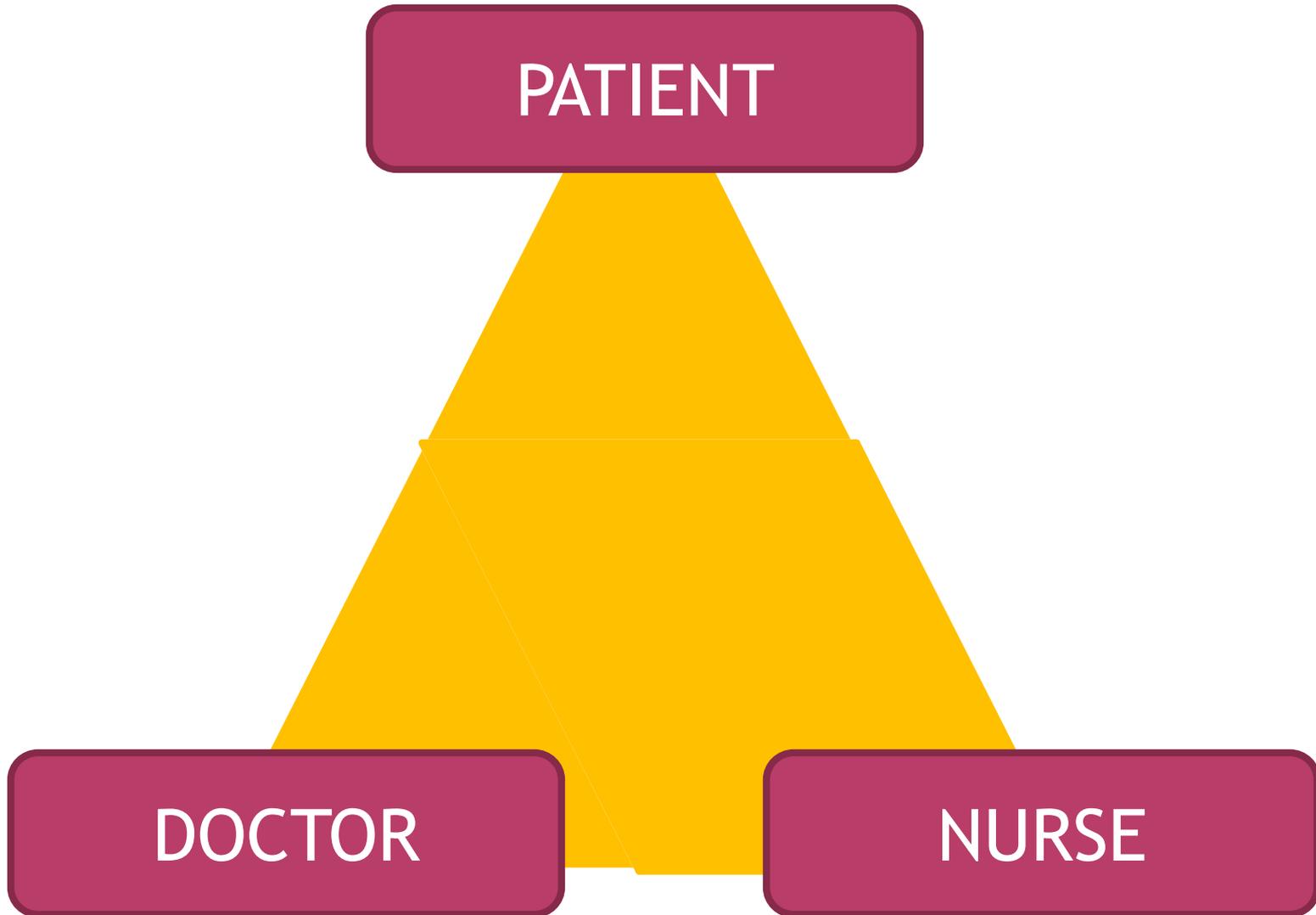
8

- Creating special laboratories of “Psychosomatic Medicine” as well as “Psychophysiology and Psychocorrection” departments in Scientific-medical centers.

9

- Introducing unmedicamental treatment methods of diseases (psychodynamic therapy).

DOCTOR-NURSE-PATIENT TRIANGLE



ECONOMICAL EFFECTIVENESS (IN A YEAR)

- 649519 patients were treated in therapy departments in 2015.
- Spent expenses for diagnosis and treatment = 700 billion 525 million sums.

If correctly identified psychosomatic disease from these ailments and treated:

245 billion 183
million sums will be
economized per
year !

**HEALTH OF PEOPLE - IS THE
GREATEST FAVOUR!**

