ACTUAL PROBLEMS AND SOLUTIONS OF PSYCHOSOMATIC MEDICINE IN UZBEKISTAN

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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.
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?

Medical subjects + Psychology → Medical psychology

FOUNDER: ERNST KRECHMER
1924 YEAR, GERMANY
MEDICAL PSYCHOLOGIST! WHO IS HE/SHE?

Neurology

Psychiatry

Psychology

Therapy

MAJOR MEANS: PSYCHODIAGNOSTICS AND PSYCHOTHERAPY
1. Various diseases can be cured by psychological methods (Hippocrate).
2. Ibn Sino worked out different psychological methods in order to affect and treat various diseases and used them widely.
HISTORICAL EPISODES

XIX centuary
• Stable period in psychosomatic medicine

XX centuary
• Returning period in psychosomatic medicine

XXI centuary
• Developing period of psychosomatic medicine
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.
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.
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.
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
HOW ABOUT ACTUAL PSYCHOSOMATICS IN PRACTICE?

PSYCHODIAGNOSTICS

UASH

MRT! Dopler!

UTT

Analyses!

therapeut ist

cardiologist

neuropathologist

gastroenterologist

PSYCHOTHERAPY
Level of psychosomatic syndromes in internal clinical diseases (%)

Psychogenic cardialgia: 72%
Psychogenic cephalgia: 70%
Psychogenic abdominalgia: 46%
Psychogenic arthralgia: 58%
Psychogenic asthma: 48%
EQUALLY HALF OF MEDICINE - IS PSYCHOSOMATIC MEDICINE!

Organic diseases (50%)

Functional diseases (50%)
Psedoneurological diseases can be cured by - neuropathologist, neuropsychologist

Cardiovascular diseases - cardiologist

Gastro-intestinal diseases - gastroenterologist

Neurorespiratory disorders - therapeutics, pulmonologist

Arthralgic syndromes - rheumatologist

Psedodermatological diseases - dermatologist and etc...
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.
NEGATIVE AFFECTS OF HIGH-TECH

Normal temperature! 36,6 °C
STRUCTURE OF DISEASE

Organic symptoms

Functional diseases

Psychological symptoms
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 STRATEGİYASI
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)


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.

DOCTOR-NURSE-PATIENT TRIANGLE
649,519 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!