



14. THE ESSENCE OF THE BIOPSYCHOSOCIAL MODEL IN MEDICAL REHABILITATION

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Introduction. The biopsychosocial model is an approach that establishes the existence of multiple factors that influence a person's development and well-being in the context of a disease, disorder, or disability. There are three types of factors: biological (genetics, anatomy, biochemical disorders, endocrine, etc.), psychological (thinking, emotions, behavior) and social (socio-economic factors, factors of the social microenvironment, cultural factors). Rehabilitation includes various aspects and methods and aims at both mental and physical health, the integrity of the body.

Aim of study. Highlighting the biopsychosocial aspects within the complex medical rehabilitation actions in order to make the therapy more efficient and increase the quality of life.

Methods and materials. In this literature review were analyzed publications from PubMed, NCBI, Hinari, Elseiver, etc., using the terms «rehabilitation» and «biopsychosocial».

Results. The analysis of scientific sources published highlights the important role of the biopsychosocial model in the medical rehabilitation process. Highlighting the biopsychosocial context represents an advance in understanding health in general, because before it, the prevailing model was the medical or biological model (a traditional model, where only biological factors matter). Biopsychosocial factors affect the patient's subjective experience, clinical outcomes, and effective treatment throughout the rehabilitation process or the course of an illness. Essential emphases in the rehabilitation process according to a biopsychosocial model initially consist in a thorough assessment of the general state of health of the body and the psycho-emotional and social components, then in the monitoring and optimization of treatment, psychological counseling and a complex of medical education. Through special medical, psychological and educational actions, the negative impact of the disease on physical and psycho-emotional development can be reduced and and improve a person's abilities to integrate into the family or social environment.

Conclusion. 1. The biopsychosocial model is based on understanding the dynamic nature of the various factors that affect the patient's condition and the final results of rehabilitation. 2. The doctor must be aware of the correlation of all the factors that influence the person's state of health. 3. The effective application of the biopsychosocial model, within the complex rehabilitation processes, offers effective possibilities for improving the quality of life.