



14. HEALTH PROMOTION IN THE PRACTICE OF THE FAMILY DOCTOR

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Introduction. The family doctor plays an important role in all stages of a patient's life. In the 21st century, he has an important role in promoting the health of his patients. He is the one who has the function of promoting a healthy way of life and explaining the risks and consequences of the obtained pathologies. The family doctor is the first to take care of the patient's ongoing education, such as educating a patient with hypertension, a patient with diabetes, a pregnant woman, and advice on a necessary diet for the patient.

Aim of study. The proposed study aims to evaluate the effectiveness of health promotion strategies in family physician practice, focusing on improving the general health status of patients.. The research will also expand on the implementation of preventive practices to identify key aspects that contribute to the promotion of a healthy lifestyle. The obtained results will provide useful information for the optimization of primary medical services and will support the development of a proactive approach in health care.

Methods and materials. This research was developed by applying a questionnaire developed by the author. The questionnaire consisted of the following sections: socio-demographic data, behavioral risk factors with an impact on health, determination of the population's sources of information about disease prevention and health promotion and individual attitude, which contains 32 questions. The sample included 112 randomly selected patients aged 18-65 years. The survey was confidential and was researched with the consent of each respondent.

Results. Harmful factors at work: Overcooling (53.1%), overheating (45.3%), vibration (37.5%), radiation (59.4%), heavy metals (39.1%), toxic, chemical factors (tobacco, pesticides, paints,etc.) (59.4%), hard physical work (50%). How often the family doctor is consulted: weekly (2.7%), monthly (8.1%), once a semester (51.4%), once a year (16.2%), don't go to the family doctor (9.5%). Present health problems: cardiovascular diseases (10.8%), hypertension (24.3%), obesity (10.8%), diabetes (12.2%). The family doctor spends up to 10 minutes of the visit to promote a healthy lifestyle (39.2%). (71.6%) would change their diet; (51.4%) would lose weight; (55.4%) would do sports; (29.7%) would quit smoking. (40.3%) believe that the family doctor could have helped them.

Conclusion. A large number of patients suffer from metabolic pathologies such as hypertension, obesity, diabetes, cardiovascular diseases that are subject to a negative risk due to exposure to harmful factors at work. This study demonstrated the importance of the family doctor in promoting health among patients in order to reduce the risk of some pathologies or to improve the health status of an already present pathology.