

THE ROLE OF THE NURSE IN THE FORMATION OF A HEALTHY LIFESTYLE AMONG THE POPULATION

Hamroeva Tursuntosh Yaxshievna

Senior teacher of the Academy of Nursing

Abstract: A healthy lifestyle is an important factor that ensures physical, mental and social health of a person and increases the quality of life. The role of nurses in shaping a healthy lifestyle among the population is incomparable. They perform important tasks not only in the provision of medical care, but also in the field of health care and prevention. This article examines the role and importance of a nurse in the formation of a healthy lifestyle.

Key words: healthy lifestyle, partner, health care, psychological state, stress, depression, vaccination.

A nurse is an integral part of the health care system, which, in addition to providing medical care to patients, also actively participates in the promotion of a healthy lifestyle. They provide information to patients on nutrition, exercise, stress management and other health issues. In this way, the nurse helps to increase the knowledge of health care among the population. One of the tasks of nurses is to prevent diseases and control health among the population. They contribute to the improvement of public health by conducting preventive examinations, vaccinations and public health activities. During these processes, the nurse communicates directly with patients, observes their state of health and gives the necessary recommendations. A nurse plays an important role in promoting a healthy lifestyle. They explain the importance of a healthy lifestyle among the population by holding various events, seminars and trainings. For example, by covering such topics as physical activity, proper nutrition, and giving up harmful habits, the nurse helps to create a healthy lifestyle among the population. A healthy lifestyle includes not only physical, but also mental health. The nurse monitors the psychological condition of the patients and provides them with psychological support. The nurse helps patients to deal with stress, depression and other mental problems by giving advice and, if necessary, referring them to a specialist. The nurse plays an important role in cooperation with the family and society in the formation of a healthy lifestyle. They help to increase the culture of health among the population by providing health care recommendations to families and involving family members in promoting a healthy lifestyle. A nurse performs a number of important tasks in the provision of health care among the population. A nurse provides medical assistance to patients, assesses their health status, prescribes medications and monitors their intake. This process helps patients recover faster. A nurse performs preventive measures, such as vaccinations, health checks, and examinations, to prevent disease. By doing this, it reduces the spread of diseases among the population. The nurse provides information on health care, proper nutrition, physical activity and giving up harmful habits among the population. They play an important role in promoting a healthy lifestyle.

The nurse monitors the mental state of patients and provides them with psychological support. It helps in solving stress, depression and other mental problems. The nurse makes health care recommendations in collaboration with the family and community. They help families promote a healthy lifestyle and contribute to increasing the culture of health in

society. The nurse constantly monitors the health status of patients, refers to specialists in necessary cases and monitors the treatment process. This helps to improve the health of patients. A nurse conducts health research and collects information about public health. This information is important for improving the health care system and developing new programs. A nurse performs many important tasks in providing health care among the population. They not only provide medical care, but also contribute to the improvement of public health through health promotion, psychological support and cooperation with the community. A healthy lifestyle is a guarantee of health, strength and prevention of any diseases. It is a guarantee of success and development of various aspects of a person. A person who adheres to the rules of a healthy lifestyle will have a place in the family, work team, and society in general, learns to overcome various difficult situations and not to lose oneself in the face of life's difficulties. don't forget! The rules of a healthy lifestyle support each other, one cannot happen without the other. We will take the first steps towards a healthy and happy life by starting to implement them now rather than leaving them for tomorrow.

Conclusion:

The role of the nurse in the formation of a healthy lifestyle among the population is very important. They are actively involved not only in providing medical care, but also in health care and prevention. The role of nurses in promoting a healthy lifestyle, psychological support and cooperation with the family is important in improving the health of the population. Thus, the nurse, as an integral part of the healthcare system, makes an incomparable contribution to the formation of a healthy lifestyle among the population.

References:

1. Jalilov J.J., Ibragimov A.O'. The effect of toxic gases from the aluminum plant of Tajikistan on the health of the population (in the case of the northern districts of the Kurkhondarya region) // Bulletin of the Tashkent Medical Academy. Tashkent-2021. 32-35 p.
2. Jalilov J.J., Tojiev Z.G'. Forming a healthy lifestyle among students // Bulletin of the Tashkent Medical Academy. Tashkent-2021. conf. 147-148 p.
3. Jalilov J. J. Improving the prevention, care and social assistance of children with disabilities // Monograph. Tashkent-2020.
4. Jalilov J.J. The role of medical workers and screening centers in preventing the birth of children with disabilities in the Surkhondarya region; International scientific journal; New day in medicine - 2019 y.-28-32 p.
5. Jalilov J.J. Causes and indicators of child disability in Surkhondarya region in 2017-2020 // Polish Science Journal", Poland, 2020. P. 116-119