

Moshkina A.Yu.

**MEDICAL EXAMINATION OF GERIATRIC PATIENTS IN RURAL
AREAS OF WESTERN SIBERIA**

Tutors: Cand. of Medical Sciences, Associate Professor Tchaikovskaya M.V.

Department of Theory and Practice of Nursing

Tyumen State Medical University, Tyumen

Relevance. The medical examination of certain groups of the adult population is an important component of the preventive component of the health protection of residents of Russia. Currently, the demographic situation is characterized by a serious increase in the aging of the population. In the south of the Tyumen region, about 50% of the elderly are "young" pensioners (up to 65 years old), therefore, the main direction of gerontosocial policy for the elderly is motivation for active longevity, preservation of mental and somatic health and integration into society.

Purpose: to analyze the results of the medical examination of the elderly population of the Tyumen region of Western Siberia.

Materials and methods. An analysis of 131 forms based on the results of the medical examination of the elderly population of the Regional Hospital No. 19 from January to November 2023 on the basis of the prevention department was carried out. The number of the attached population over the age of 60 was 27794 people, men n=12036 (43%), women n=15758 (57%). 18975 people underwent medical examination.

The results and their discussion. Risk factors were identified: hypercholesterolemia n=704 (men n=331 (47%); women n=373 (53%)); hypoglycemia n=325 (men n=144 (44%); women n=181 (56%)); tobacco smoking n=470 (men n=305 (65%); women n=165 (35%)); poor nutrition n=784 (men n=450 (57%); women n=335 (43%)); overweight n=772 (men n=268 (35%); women n=504 (65%)); obesity n=15 (men n=6 (40%); women n=9 (60%)); low physical activity n=1260 (men n=500 (40%); women n=760 (60%)); burdened heredity for myocardial infarction n=59 (men n=26 (44%); women n=33 (56%)); burdened heredity by acute cerebrovascular accident (ACVA) n=45 (men n=18 (40%); women n=27 (60%)); burdened heredity by colorectal area n=2 (men n=0 (0%); women n=2 (100%)); burdened heredity for diseases of other localizations n=53 (men n=27 (51%); women n=26 (49%)); burdened heredity for diseases of the lower respiratory tract n=64 (men n=33 (51.5%); women n=31 (48.5%)); burdened heredity for diabetes n=57 (men n=24 (42%); women n=33 (58%)); high or very high absolute cardiovascular risk (VHACVR) n=592 (men n=338 (57%); women n=254 (43%)); high relative CVR n=539 (men n=296 (55%); women n=243 (45%)); senile asthenia n=28 (men n=16 (57%); women n=12 (43%)). Diseases were identified: malignant neoplasm (MN) n=84; diabetes mellitus (DM) n=26 (first established n=22); cataract n=86 (first established n=50); glaucoma n=19 (first established n=6); blindness n=2; hearing loss n=12 (first established n=12); diseases of the circulatory system (DCS) n=12099 (first established n=612); respiratory diseases (RD) n=458 (first established n=134); diseases of the digestive system (DDS) n=584 (first established n=160); moderate cervical dysplasia n=22 (first established n=22); other diseases n=4684 (first established n=29); total n=18076 (first established n=1131). Health groups: I-I n=38 (0.2%); II-I n=1976 (10.4%); III-I group n=11658 (61.4%); III-I group n=5303 (28%). The following persons were subject to medical examination: invalids of the Second World War n= 7; veterans of the Second World War n=502; participants of the Second World War 1941-1945, who became disabled due to general illness, labor injury or other causes n =1; widows (widowers) of deceased invalids and veterans of the Great Patriotic War 1941-1945 n=42; persons awarded the badge "Resident besieged Leningrad" n=2; former minor prisoners of concentration camps, ghettos, and other places of forced detention created by the Nazis and their allies during World War II n= 4.

Conclusions. The most common risk factors for chronic non-communicable diseases are hypercholesterolemia, poor nutrition; overweight; low physical activity; high or very high absolute CVR; high relative CVR. The most common identified diseases: DCS (arterial hypertension, coronary heart disease); RD (bronchial asthma, bronchiectasis); DDS (gastritis and duodenitis); cataract.