

SOCIAL AND HYGIENIC FACTORS AFFECTING PATIENTS WITH CHRONIC HEPATITIS

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Abstract

The scientific article presents a deep analysis of the socio-hygienic factors affecting patients with chronic hepatitis. Hepatitis B and C are among the most serious infectious diseases that threaten the lives of millions of people worldwide. The study selected the following indicators as the main evaluation criteria: patients' living conditions, sanitary and hygienic culture, drinking water quality, nutritional status, bad habits (alcohol, smoking, injection drug use), level of medical culture, and activity of seeking help from health care institutions. The study assessed the impact of socio-hygienic conditions on the course of chronic hepatitis based on sociological surveys, medical and sanitary analysis, statistical analysis, and health reports.

Keywords: Chronic hepatitis, socio-hygienic factors, WHO statistics, hepatitis B, hepatitis C, healthy lifestyle, sanitation, hygiene, disease prevention, health care.

Log in. In the modern global health system, chronic viral hepatitis, especially types B and C, stands out as one of the most acute and serious socio-medical problems. According to the World Health Organization (WHO), more than 1.1 million people die from hepatitis-related diseases worldwide every year, making it one of the deadliest infections after AIDS, tuberculosis and malaria. As of 2023, 296 million people are living with chronic hepatitis B and 58 million with chronic hepatitis C. (WHO Global Hepatitis Report, 2023)

Chronic hepatitis is a latent disease that affects the human body over many years, gradually destroying liver function. It is the main cause of severe clinical conditions such as hepatocellular carcinoma (liver cancer), liver cirrhosis and liver failure. Unfortunately, late detection of this disease, indifference of patients to their health, weak work of the health care system in the preventive direction further complicate the situation.

The incidence of hepatitis remains a pressing issue in Uzbekistan. According to the Republican Research Institute of Virology, over the past 5 years, the incidence of hepatitis B and C has increased by 20-25%, and the rate of spread of the disease is high, especially among the population of remote areas with low access to medical services. This indicates that the spread of hepatitis is closely related not only to biological but also to socio-hygienic factors.

But this disease requires not only a medical approach, but also a deep study of social and hygienic conditions. Research shows that the following social and hygienic factors play a decisive role in the incidence and severity of hepatitis:

- poor sanitary and hygienic conditions,
- lack of access to quality drinking water and food,
- bad habits, in particular, injection drug use,
- low health literacy,
- limited access to health care.

Therefore, the main objective of this article is to conduct a deep analysis of the socio-hygienic factors affecting patients with chronic hepatitis, identify risk factors leading to the progression of the disease, and develop comprehensive measures aimed at eliminating them.

Materials and methods. The study was conducted among 80 patients registered with chronic hepatitis (B and C) for 20-24 years in a large medical institution in Tashkent. The study used a semi-structured questionnaire, clinical interviews and analysis of patient medical records to identify information related to socio-hygienic factors.

The questionnaire consisted of the following sections:

- Demographic information (age, gender, education level, social status)
- Living conditions (drinking water, sanitation, nutrition)
- Bad habits (smoking, alcohol consumption)
- Level of awareness of the disease
- Frequency of seeking treatment

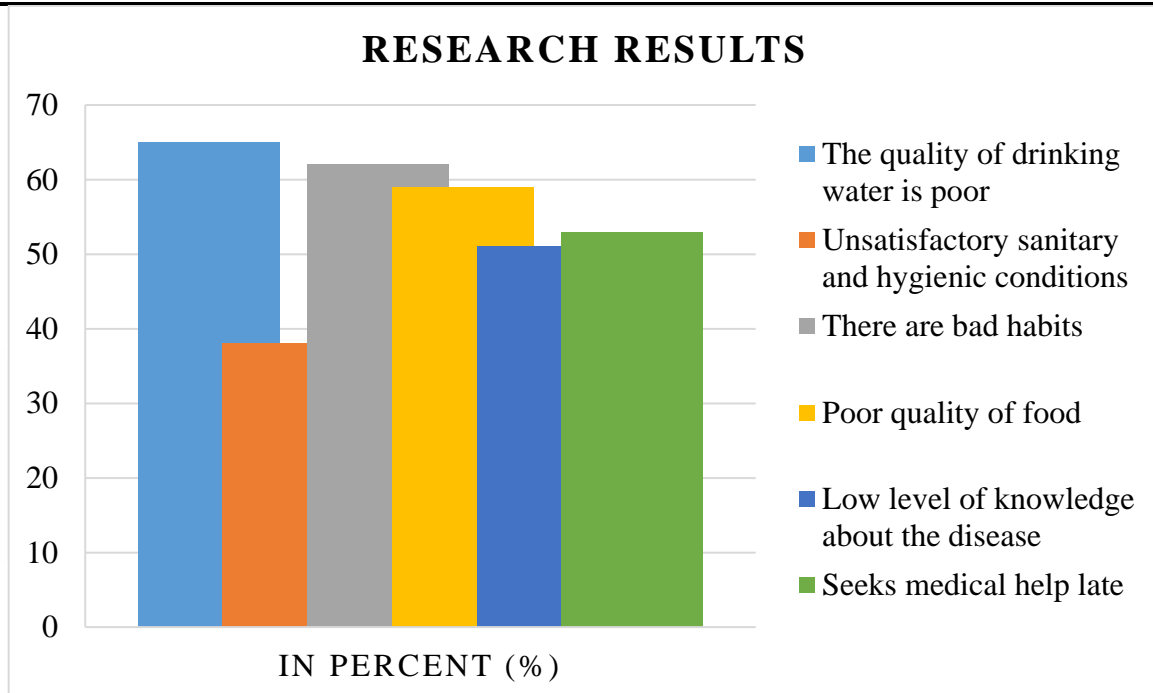
In addition, statistical analysis was carried out.

Results.

The following key findings were made during the study:

Indicators	in percent (%)
Poor quality of drinking water	65%
Poor sanitary and hygienic conditions	38%
Have bad habits	62%
Low quality of nutrition	59%
Low level of knowledge about the disease	51%
Late seeking medical help	53%

It is obvious that most patients with chronic hepatitis live in areas with poor hygiene and nutrition. In particular, there is a large number of patients with bad habits, which further aggravates the course of the disease.

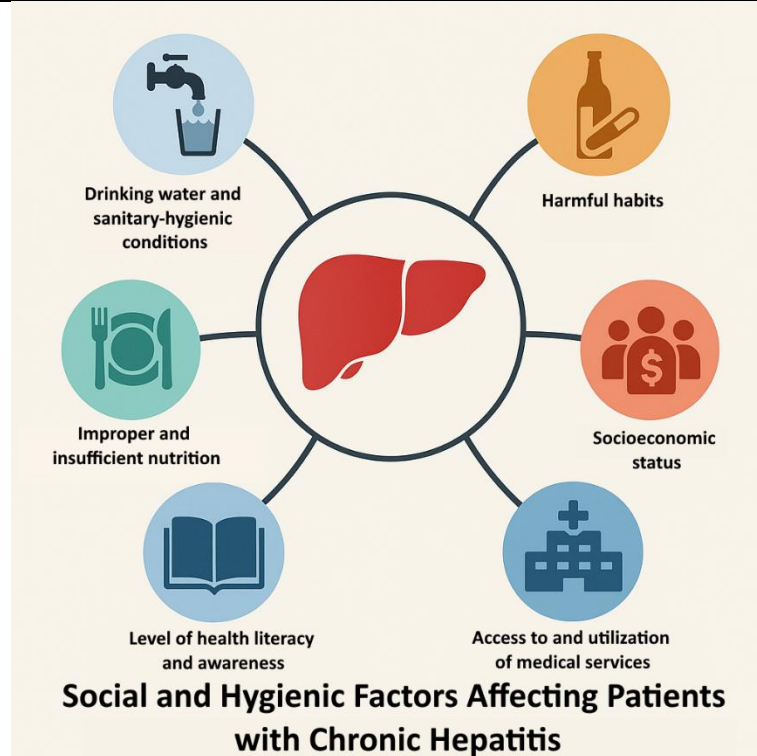


Key observations:

- Problems with sanitation and hygiene aggravate the course of chronic hepatitis.
- Patients with a higher level of education are more likely to adhere to a healthy lifestyle.
- Patients who drink poor-quality drinking water and have poor nutrition have a twice-high risk of developing chronic hepatitis.

Discussion

The results of this study showed that socio-hygienic factors play a significant role in the development and course of chronic hepatitis. Most of the 80 patients who participated in the study (65%) had poor quality drinking water, 38% had poor sanitary and hygienic conditions, and 62% had bad habits (alcohol consumption, smoking). These indicators indicate that they directly or indirectly affect the development of the disease. According to data published by the World Health Organization (WHO) in 2023, among people infected with hepatitis B and C viruses, the main risk factors are an unhealthy lifestyle, poor hygiene, and inadequate use of health services. In our study, the same factors turned out to be the main threats to the health of patients.



Low nutritional culture (59%) and insufficient knowledge about the disease (51%) significantly limit patients' access to medical care. This leads to exacerbation of hepatitis with complications due to late treatment (53%). The WHO Global Hepatitis Strategy notes that raising public awareness, promoting healthy lifestyles and promoting hygiene are key priorities for eliminating viral hepatitis by 2030. The study shows that with an increase in the level of education of patients, their commitment to a healthy lifestyle, knowledge of preventive measures and timely seeking of medical care change for the better. This emphasizes the need to create a socially healthy environment in the health care system, as well as efforts to promote health.

Conclusion

The following important findings were made based on the results of the study:

- Social and hygienic factors have a direct impact on the development and course of chronic hepatitis.
- Poor hygienic conditions, bad habits, and lack of a healthy eating culture lead to a chronic course of the disease.
- The population's mistrust of the health care system and lack of sufficient knowledge about the disease limit the use of medical services.
- Good sanitary and hygienic conditions and a healthy lifestyle are effective factors in the fight against the disease.

This scientific study demonstrates the need to plan for improving health policy, especially in the fight against hepatitis, taking into account social and hygienic factors. Therefore, the

promotion of a healthy lifestyle, improving the hygienic culture of the population, and carrying out treatment and preventive measures are of great importance.

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