

The Need And Essence Of A Systematic Approach To The Cultivation Of Professional Skills Of Doctors

Erkin Mukhtorov

Abstract: At the present time, with the problem of a systematic approach, philosophers, cybernetics, physicists, economists, engineers and other specialists in the field are engaged. It is also known that a systematic approach is necessary to solve the problem of socialism that has arisen in different disciplines, such subjects as "systematic approach", "systematic analysis" are introduced into the curricula of higher educational institutions of different directions. The inclusion of this science in the curricula of medical institutes serves, on the one hand, to raise the general level of specialists being trained, on the other hand, these specialists contribute to the rapid and optimal solution of the problems that are accumulated in medical science, as well as to ensure the effectiveness of treatment.

Index Terms: Biosocial, depression, pathology, hematologist, hierarchy, histologist, systemic approach, macrosystems, medical psychologist, methodology, necrosis, pathogenetic.

1. INTRODUCTION

THE fact that a person is a Biosocial being, his structure has a structural feature makes it necessary to approach the study of its essence from the point of view of the methodology of systematization. Even if the systematic approach was formed in the middle of the twentieth century as a methodological principle, its first buds were described in the works of Plato, Aristotle, Abu Nasr Forobi, Abu Rayhon Beruni in ancient times. Although the term systematism did not exist in ancient times and in the Middle Ages, the first manifestations of the approach it expresses were manifested in the works of Abu Ali ibn Sina and in its practical activity. Although not to be surprised at such a situation. Because, even if the theory of systematization did not exist, it would not have been possible to achieve success if it did not apply at least the basic elements of the principle of systematization in the treatment practice. Abu Ali ibn Sina left not only an immortal theoretical monument on medicine, like "Al-law". He also achieved remarkable achievements in the treatment practice. In particular, its origin from the unity of body and soul in the treatment of the patient has become one of the factors that have provided such success.

It is known that Ibn Sina conducted a wonderful experiment in order to show the effect of the psyche on the body. He fed a sheep in a cage next to a wolf. They were just separating them from the grid. Another sheep was fed by a wolf far away, in a cage that was not visible to him. Both sheep were given the same and the same amount of food. After a certain period of time, the sheep next to the Wolf has already lost weight excessively. And the sheep, fed away from the Wolf, is much fatter, despite the fact that the lean sheep ate the same amount and the same food. Abu Ali ibn Sina, who demonstrated to the students that this experiment was necessary to take into account his psyche in the treatment of the patient's body, that is, a systematic approach to the treatment process was necessary, although at that time the theory of systematization was not yet available. The principle of systematism was based on the works of Fon Bertalanfi in

the middle of the XX century. In order to fully understand the essence of the systematic approach, it is necessary to take at least a brief look at the process of its formation. As mentioned, this principle was formed in the middle of the XX century. The reason for its formation during this period was the formation and growth of complex problems in various fields of science and production in the XX century with the need to obtain additional information and the joint participation of various disciplines. By this period, there was a need for specialists with a wide profile, well-versed in the fields of interdisciplinary science. As the production improved and became more complex, the relations of different spheres of human activity also became more complicated. Now such tasks have begun to come to the agenda, without which it is impossible to solve them without a systematic approach. The principle of systematism entered the modern science as a very necessary methodology of scientific analysis and thinking. The merit of systemic thinking has become one of the necessary requirements for modern specialists. This merit has become one of the most important requirements, especially for doctors who work with a complex, Complex structure, such as a patient personality. Systematic thinking in the activities of the doctor has become not one of the alternative options, but the need for production. In the process of natural evolution, human thinking did not acquire the property of systematism. Our thinking and imagination often provide one-sided information about the object. For example, if you hear the word "pathology", then before the eyes of the doctor there are deviations from the norm in the patient's body. Now begins to consider different options in the imagination, a General Pathology, pathologies of different organs come to the eye of the doctor. Then pathologies in the cells, pathologies requiring surgical methods, pathologies in young children, pathologies related to the psyche begin to pass before the doctor's eyes. In the end, the doctor cannot bring a clear pathological process to the eye. It turns out that he will not be able to cope with the task set before the thought. This simple task cannot be solved even with the help of simple thinking. And systematic thinking offers at once an approach to the concept of "pathology" from different sides. Now it will be possible to consider the types, composition, etiology of the pathology. The purpose of the systematic approach is to propose rules for the formation of systemic thinking, based on the objects of the

• Erkin Mukhtorov candidate of psychological sciences, associate professor, Bukhara State University, Bukhara, Uzbekistan

development of systems in reality. The systematic approach is to guide the researcher in identifying the various correlations of the object under study and combining them into one general theoretical landscape. At present, the systematic approach refers to the direction of scientific cognition and the methodology of social practice. On the basis of this direction lies the view as the system of the object. In addition, the systematic approach interprets any system as a unit of subsystems. At the same time, this system itself is a small part of the system, which is higher and wider than its own. A systematic approach represents a certain stage in the development of knowledge of the world, methods of research, as well as in the description and interpretation of objects that are naturally or artificially formed. The systematic approach is widely used, especially in the research of complex and multi-stage developing objects. Because without a systematic approach, it is impossible to comprehensively study these objects. The systematic approach itself can be interpreted from different sides. On the one hand, if this approach means analyzing existing systems, on the other hand, it means designing and creating new systems to achieve the goal. When it is applied to the study of the personality of a patient who is an object of medical science, this object is manifested as a set of biological and social systems. For a deeper understanding of the essence of the systematic approach, it is necessary to determine the content of several terms that are close to each other. These are: a systematic approach, a systematic approach, a systematic approach, a systematic analysis and a principle of systematization. In the process of scientific technical development, increasingly large-scale problems began to accumulate, increasingly more information and specialists in various fields began to be required to solve them. On the one hand, if the specialization of Science, the specialization of specialists in increasingly narrow areas is observed, on the other hand, the demand for specialists in a wide range of areas that generalize the knowledge accumulated and are capable of solving complex problems is increasing. The same landscape is observed in the Medina area. If until the last quarter of the 20th century there was an ever-growing "narrowing" of specialties in the field of medicine, since the end of the 20th century, a number of problems appeared in medicine, it became difficult to solve them without a wide approach to specialization. For example, in the treatment of cancer, the combined action of a number of medical fields has become necessary. It became clear that this problem cannot be solved without the integration of specialists in immunologists, histologists, hematologists, physiologists, medical psychologists and a number of other fields.

2 THEOREM

Until recently, in most institutions, both now and then, associated with oncological disease, the need to invite a medical psychologist, when a consortium related to the patient's condition was called, was not even in the imagination of anyone. A number of studies conducted in World Medicine indicate the magnitude of the role of the psychological factor in the origin of cancer. This suggests that the initial motivation for the occurrence of the disease is due to the psychological factor, in particular, to depression. These studies have shown that the state of depression leads to negative changes not only in the human body at the level of macrocytes, but also at the level of microcytes. In particular, as a result of depression, it became known that there was also a violation in the activity of

cells in the human body. As a result of depression, the place of apoptosis that occurs in cells begins to occupy necrosis. And it became known that this would pave the way for the appearance and development of pathological tumors. Here is the example itself, which shows that a broad approach to specialization is the basis of a systematic approach. In practical medicine, a systematic approach is manifested in the process of treating a number of diseases in the form of conducting consoles this is undoubtedly a useful and necessary practice. At this time, it should also be remembered that this procedure is a mechanical sum of approaches from different sides to the disease. In the process of consoles, the state of the patient and the approaches of specialists of several branches of medicine to the tactics of treatment are summarized. There is a huge discrepancy between the approaches of several specialists of the field to the existing problem and the fact that a specialist himself can approach this problem from different sides. The fact that a specialist himself can approach a problem from different sides allows to fully and harmoniously visualize the landscape of the problem. This situation meets the requirements of a systematic approach. At present, it is necessary to pay special attention to the psychological factor in the harmonization of approaches of various specialists to the problem, and in medicine in the improvement of the effectiveness of consultations. Another of the limitations that exist in the consoles is that they are called upon only in difficult situations or when the patient's condition is aggravated to remove it from the strain. However, a systematic approach will be necessary not only in cases of tension, but also in everyday practice. Failure to adopt a systematic approach in everyday medical practice becomes one of the reasons for the occurrence of extreme cases of distress. As can be seen from the example presented above, it is inappropriate to conclude that a systematic approach is carried out in medicine only in the form of consultations. The doctor should be guided in the process of treatment of each patient, a systematic approach every day. To do this, it will be necessary to approach each manifestation of the disease evolution in different disciplines, at least from the point of view of different medical disciplines. Therefore, even in medical universities, future doctors are given knowledge from different branches of medicine, only by giving knowledge in a narrow field in which they will become specialists. One of the manifestations of the manifestation of systemic thinking in the treatment activity of the doctor is manifested in the approach to the patient not only from the point of view of medical-therapeutic knowledge, but also from the point of view of psychological knowledge. To solve problems that relate to a number of areas of science, to design and research complex social systems, such terms as "systematic research", "systematic approach" are used. A systematic approach represents a certain stage in the development of knowledge of the world, methods of research, as well as in the description and interpretation of objects that are naturally or artificially formed. The systematic approach is widely used, especially in the research of complex and multi-stage developing objects. Because without a systematic approach, it is impossible to comprehensively study these objects. The systematic approach itself can be interpreted from different sides. On the one hand, if this approach means analyzing existing systems, on the other hand, it means designing and creating new systems to achieve the goal. When applied to the study of the personality of a patient who is an object of medical science,

this object is manifested in the embodiment of a complex of biological, psychological and social systems. In this place, it should be noted that the biomedical approach to the patient or disease itself is not enough. Since 1982, the American Psychological Association began to publish in the journal "Health Psychology". As a result of the joint work of representatives of the medical sphere and psychologists, it is possible to recognize that the biopsychosocial model of disease and health (in contrast to the biomedical model) was created. According to this concept, the psyche and the body are intertwined and interact with each other. In this model, both biological (for example, viruses and bacteria) and hereditary (congenital defects, etc.) as etiological factors of the disease.), both psychological (emotions, emotions) and social (occupational, ethnic and group norms of behavior) are recognized. It is no longer considered that a person is a passive prey to the disease, now he is responsible for the consequences of the treatment along with the doctor. Medical psychology studies patient psychology, the role of psychological factors in the etiology of the disease. One of the most urgent tasks facing medical science and practice today is the creation and implementation of the science of Health Psychology in our country. It is worth noting that in the Russian Federation a number of studies were conducted to study a systematic approach to medical activity. Among these works, it is worth noting the doctoral dissertation of B.A. Yasko. This dissertation analyzes the psychological characteristics of medical activity. In this study, we used the results of B.A. Yasko. Using certain conclusions from his dissertation, it is appropriate to emphasize that we focused not only on the psychological characteristics of medical activity, but also on the psychological mechanisms of the development of the medical profession. For a deeper understanding of the essence of the systematic approach, it is necessary to determine the content of several terms that are close to each other. These are: a systematic approach, a systematic approach, a systematic approach, a systematic analysis and a principle of systematization. At present, with the problem of a systematic approach, philosophers, cybernetics, physicists, economists, engineers and other specialists are engaged. It is also known that a systematic approach is necessary to solve the problem of socialism that has arisen in different disciplines, such subjects as "systematic approach", "systematic analysis" are introduced into the curricula of higher educational institutions of different directions. Unfortunately, despite the fact that the media is one of the areas in which there is a strong need for a systematic approach and systematic thinking, this science has not yet been included in the curriculum of medical universities in our country. The inclusion of this science in the curriculum would, on the one hand, serve to raise the overall level of specialists being trained, and on the other hand, these specialists would be able to make their contribution to the faster and optimal solution of the problems that are accumulated in medical science. Even if structural analysis and systematic thinking disciplines are included in the curriculum of the medical centers, it will be problematic to graduate from the University and arm the doctors who have been working so far with the principles of a systematic approach. We believe that this problem can be solved by introducing this science into the curriculum of the Institute and courses of professional development of doctors. The systematic approach has penetrated into a number of science fields as a separate necessary approach. The suitability for

systematic analysis and thinking has become one of the main requirements for professionals preparing for a number of disciplines. It can be said that systematic thinking has become a first-rate necessity, and not a voluntary, according to Hohman, a science to be studied. Therefore, systematic thinking and mastering should be recognized as a necessary part of improving the professional skills of doctors. In addition, in the treatment of diseases of the organs of the human body, it is necessary to treat this organ as a structural element of the system above it. For example, heart disease is a disease that occurs not only in the heart, but also in the presence of nerves, blood vessels and other systems associated with it. Proceeding from this, it can be said that every organ in the human body, in addition to being a small system, is a structural element of a system that is larger than its own. A systematic approach is a high stage of the development of methods of cognition, research, explanation and explanation of the world. Currently, the systematic approach is widely used in the fields of biological, psychological, social and economic systems of multi-level hierarchy. The hierarchical feature of the system means that in its structure there are elements of primary and secondary importance. The interaction dynamic effect can lead to such situations that now the elements of the first level can become elements of the second level, and the elements of the second level can become elements of the first level. The role of the First-Order elements in the hierarchy can be different. In the etiology of diseases, both first-degree and second-degree effects can be encountered. Identifying the most important among pathogenetic factors makes it possible to slow down or stop the pathogenesis, or reverse it. The action of systemic thinking occurs not in the form of a straight line, but in the form of cycles, circles, cones. Elements of the system are interconnected either directly or indirectly. Therefore, the change that occurs in one part of the system also causes changes in other parts of it. These changes will eventually come back to the part where the change originally occurred. Such a gradual return of changes is called a spiral of communication. Human experience is also formed in the process and as a result of such irreversible contacts. Real material, biological and psychological systems are very complex. Therefore, a person uses the modeling method in his research. The event model summarizes the characteristics that are most important or important for human learning. In medicine, doctors are studying the effect of newly developed drugs on the body, especially on models. The role of the model is played by various animals: dogs, rabbits, rats and other animals. Experiments on these models, after a positive result, are tested on models closer to humans, such as monkeys. If successful in monkeys, such tools are gradually tested in humans, but first in volunteers.

3 CONCLUSION

It is not always possible to experiment in the human body and spirit. That is why we use the "dark" method. The "karakuti" technique was introduced in other disciplines from cybernetics. At the same time, it is impossible to get inside the "currant" and learn from the inside. Therefore, the dimming status and output changes are tracked. Thus, the registration process takes into account the features of the process, how it changed in the "dimming" and what functions it has in the output. The discrepancy is the basis for drawing conclusions about the processes within the framework of "dimming". In medicine, too, the "karakuti" methodology is widely used. For example, when

it is not possible to directly monitor how the drug affects the human body or the organ in the body, the state of the body or organ before and after taking the drug is monitored. After such monitoring is repeated several times, doctors will be able to draw conclusions about its effect. The fact that the "black box" methodology is necessary for medicine is that exactly the same medication can have different effects on different patients. For example, one drug can be taken well by one patient, and in another it can be an allergy to this drug. Therefore, for each new patient doctor is considered a "black box" in a certain sense. This is seen by giving the patient a very small amount of this drug in order to determine what effect the drug has. If the result is positive, it will be possible to increase the dose. A brief digression into the history and essence of a systematic analysis also shows how important this method is for the successful work of a doctor. From this we can conclude that systemic thinking is one of the most important components of a doctor's professionalism. In this regard, the professional development of a doctor is to a certain extent proportional to the formation of systemic thinking and the development of systematic analytical skills.

REFERENCES

- [1] F.D. Burg Medical Competence // Medical Feacher. 2002. –№ 2. –Vol. 4. – 331-336 p.
- [2] Yu. K. Abaev, The logic of medical thinking // Medical. news, 2007. - No. 5. 16-22 p.
- [3] O. U. Tshelkova, Psychological diagnostics in medicine. Diss. for the degree of d.s. n St. Petersburg, 2009.
- [4] E.V. Shorokhova Methodological problems of the correlation of psychology and medicine // Psychology and medicine // Materials for the symposium. - M., 1999.
- [5] K. Dyorner Good doctor. –M.: "Alethea", 2016. - P.73
- [6] V.V. Voznesenskiy Medical thinking. Formation and methods of its assessment (psychological and pedagogical aspects). - M.: TSOLIUV, 1980. 127p
- [7] E.F. Zeer Psychology of professions: A manual for university students. - 2nd ed. rev., add. - M.: Academic Project; Ekaterinburg: Business Book, 2003. –P.37