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THE ROLE OF A CLINICAL PSYCHOLOGIST IN PRIMARY HEALTHCARE: THE NEED TO IMPLEMENT IT IN THE WORK OF POLYCLINICS AND PROSPECTS

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Annotation. This article examines the essential role of clinical psychologists within the primary healthcare system and highlights the necessity of integrating their services into the daily operations of polyclinics. With the increasing demand for mental health support among the population, a significant proportion of patients' complaints in primary care are identified as psychological or psychosomatic in nature. Drawing on international practices and the recommendations of the World Health Organization, the study emphasizes the contribution of clinical psychologists in early diagnosis, prevention and psychological intervention. Their involvement not only improves treatment outcomes and patient satisfaction but also reduces the healthcare system's economic burden through a comprehensive approach to physical and mental well being. The article further outlines future development prospects for expanding psychological services in primary healthcare and emphasizes their importance in fostering a culture of mental health care and enhancing overall quality of life.

Keywords: Primary healthcare, clinical psychologist, mental health, psychosomatic disorders, psychological support, early diagnosis, prevention, polyclinic, integration, healthcare system.

BIRINCHI BOSQICH SOG'LIQNI SAQLASHDA KLINIK PSIXOLOGNING ROLI: POLIKLINIKALAR FAOLIYATIDA UNI JORIY ETISH ZARURATI VA ISTIQBOLLARI

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Annotatsiya. Ushbu maqolada birlamchi tibbiy xizmat tizimida klinik psixologning roli va ularni poliklinikalar faoliyatiga integratsiya qilish zaruriyati ilmiy asosda yoritilgan. Aholining ruhiy salomatlikka bo'lgan ehtiyoji ortib borayotgani, terapevtga murojaatlarning katta qismini psixologik va psixosomatik muammolar tashkil etishi ta'kidlanadi. Rivojlangan davlatlar tajribasi hamda Jahon sog'liqni saqlash tashkilotining tavsiyalariga asoslanib, klinik psixologlarning erta diagnostika, profilaktika va psixokorreksiyadagi ahamiyati tahlil qilinadi. Shuningdek, ularning sog'liqni saqlash samaradorligini oshirish, bemor qoniqishini kuchaytirish va iqtisodiy yukni kamaytirishdagi ijobiy ta'siri yoritilgan. Maqolada psixologik xizmatlarni rivojlantirish istiqbollari va ular orqali aholining turmush sifatini yaxshilashga erishish imkoniyatlari ko'rsatib berilgan.

Kalit so'zlari: Birlamchi tibbiy xizmat, klinik psixolog, psixologik yordam, psixosomatik kasalliklar, ruhiy salomatlik, profilaktika, diagnostika, poliklinika, integratsiya, sog'liqni saqlash tizimi.

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Introduction. In modern conditions, the integration of psychological assistance into the primary healthcare system (PHC) is of particular importance. The clinical psychologist, as a specialist possessing knowledge in the field of diagnostics, prevention, and correction of mental and emotional disorders, is becoming a key link in improving the quality and effectiveness of primary healthcare services. The introduction of clinical psychologists into the work of polyclinics meets global health trends aimed at a comprehensive approach to human health [1;93-94-b.]

Data analyzing. Primary health care is the foundation of the healthcare system, as it is here that patients receive their first contact with the medical system. In this link, not only somatic diseases but also psychological problems that can significantly impact overall health and quality of life are often identified. Studies show that up to 30-50% of therapist appeals are psychological or psychosomatic in nature, which emphasizes the need for mental health specialists to be present directly in polyclinics [2; 77-79-b.]

Clinical psychologists are capable of conducting early diagnostics of psycho-emotional disorders, carrying out preventive measures, and supporting patients in difficult life situations, which reduces the workload on narrow-profile specialists and decreases the number of unjustified hospitalizations. Additionally, the integration of psychologists contributes to improving therapeutic outcomes through a comprehensive approach that includes both physical and mental health.

Research Methodology. In developed countries, the introduction of clinical psychologists into PHC has already become standard practice. The World Health Organization (WHO) and the International Association of Primary Health Care emphasize the importance of an interdisciplinary approach and the inclusion of mental health specialists in the primary care team. Examples of successful programs from Europe, North America, and Australia demonstrate a decrease in morbidity, increased patient satisfaction, and improved overall mortality rates with the involvement of psychologists at this level.

Analysis and results. The prospects for the development of the role of a clinical psychologist in PHC are related to the expansion of their powers, the introduction of new methods of remote psychological support, the development of educational programs for professional development of specialists, and the formation of a system of constant interdisciplinary interaction. This will allow for the creation of a sustainable model that meets modern requirements for comprehensive and personalized medical care [3; 51-52-b.]

In addition, the development of psychological services in polyclinics contributes to the formation of a culture of mental health care, a reduction in the stigmatization of mental disorders, and an increase in public awareness. The introduction of psychologists in primary care is becoming an important step towards achieving sustainable development goals in healthcare, such as ensuring health and well-being for all age groups [4; 17-19-b.]

Conclusion. Thus, the role of the clinical psychologist in the primary healthcare system is undeniable and promising. The need to introduce it into the work of polyclinics is due to the growing needs of the population for psychological support and modern world standards of

comprehensive healthcare [5;102-107-b.] The development of this sphere will improve the quality of medical care, reduce the socio-economic burden on healthcare, and improve the quality of life of patients.

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