

**MENTAL ADAPTATION IMPAIRMENT IN MEDICAL WORKERS IN THE CONEXT OF PRIMARY HEALTH CARE  
(LITERATURE REVIEW)**

*Mental adaptation is a psychological term that reflects the level of stress resistance and flexibility of a person in his/her social and/or professional environment. This term is not new, but it remains poorly understood, although it determines the level of professionalism and competence of specialists.*

*There are also various impairments of mental adaptation that lead to a sudden disorder in a person's social health, which leads to a violation of productivity in the professional sphere, and in the worst outcome it changes a person's social status.*

*Health workers also suffer from this problem in modern society. In this article, we reviewed literature on mental adaptation impairment among medical workers working in the primary health care (PHC).*

**Keywords:** *Mental disadaptation, medical workers, mental adaptation impairment*

**Introduction.**

Mental adaptation is a psychological term that describes the ability of the human psyche to fulfill and satisfy social, psychological and biological goals that are relevant to the individual. The concept of mental adaptation plays a strong role in shaping the professional sphere of an individual's activity, since it allows to adequately responding to sudden changes in environmental conditions (including working) and stressful situations. [1,2,3,4].

Nikolaev A.N. pointed out in his works that mental adaptation primarily determines the stress tolerance of a person. In his works, he describes mental adaptation as a set of mental and physiological functions that acts like protective systems. The most adaptive person is one who has extensive experience and/or variable forms of stress protection. Thus, in a working and social environment, a person reaches the highest productivity only in cases of complete isolation from stress factors [5,6].

M. Perret describes mental adaptation as not a separate existing structure, but as a specific combination of the emotional and volitional sphere of a person's mental activity, working on a specific, socially and personally significant topic. Thus, in the event of a stressful situation, a person has an emotional-volitional reaction that protects the individual in various ways and allows him to continue his activity "without stopping" [7].

Petrovsky V.A. also indicates the fact that, like any structure of our body, mental adaptation has its own disorders. Basically, they are manifested by an impairment of the emotional and volitional reactions of a person, reducing his/her stress resistance and productivity in the social environment. The cause of the arising impairments may be the presence of both somatic pathology and mental reasons. The most common psychological causes are severe psychological trauma, psycho-emotional exhaustion and chronic fatigue [8, 9].

**Mental adaptation impairment in medical workers in the context of PHC.**

HallL.H, together with his colleagues, using the method of "structural equation modeling" studied the mental impairments of medical workers, including mental disadaptation [10].

HallL.H in his works emphasizes that the mental stability of a professional is one of the leading safety factors for the patient. A systematic review and meta-analysis in a basic cross-sectional study of low and medium quality with a high level of heterogeneity [11] showed that during self-assessment, patients indicated incidents related to a violation of their safety, were largely associated with symptoms of mental mdisadaptation, but at the same time, the relationship between the psychological condition of the doctor and the reported incidents of the patient's safety violations is not statistically significant [12].

In other works, Lawson showed that the lack of statistical data indicating an exact dependence of the mental disadaptation of doctors and the incidents that harm patients is directly related to the fact that doctors with this impairment are more self-critical and anxious, and report these incidents even when they are not committed [13, 14].

Dewa described that mental disorder among doctors, which characterizes an impairment of the emotional-volitional sphere, is most critical when considering the etiology of iatrogenic [15]. In turn, Maslach C. has a similar opinion, and adds the fact that it is most pronounced when managing patients on an outpatient basis. The author attributes this to the fact that with "remote" treatment, the medical worker does not receive a sufficient amount of feedback from the patient. This leads to the fact that a doctor with a low level of stress resistance and pathological self-criticism can cancel a properly selected and dosed treatment, which in the future can lead to unpleasant incidents [16, 17].

Parks-SavageA also notes that weak-willed, emotionally unstable professionals do not risk starting treatment on their own. Typically, these specialists redirect patients to others, in their opinion a more competent specialist. This phenomenon leads to the fact that the patient may not receive timely treatment, which increases the risk of an epidemic. The author also focuses on the fact that in the event of an "epidemic" of this disorder among health professionals, patients can even be left without medical care [18, 19, 20].

**Discussion.**

Mental adaptation impairment is a fairly common problem among health workers. Based on the results of the analyzed articles, we can conclude that this problem is very relevant to the present day, as it very often causes iatrogenia and leads to situations that violate the safety of the patient.

It is worth emphasizing that the mental adaptation impairment is more difficult for medical workers in the context of PHC, which can lead to deterioration in the quality of health care in its first link.

This problem is still poorly understood. The issue is that due to the peculiarities of the clinical course of the impairment, there is a strong error and inaccuracy in the collection of statistical data.

It is proposed to create a specific survey/questionnaire method to obtain more reliable information regarding this issue.

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### **АЛҒАШҚЫ МЕДИЦИНАЛЫҚ-САНИТАРЛЫҚ КӨМЕК КӨРСЕТУ САЛАСЫНДАҒЫ МЕДИЦИНА ҚЫЗМЕТКЕРЛЕРІНІҢ ПСИХИКАЛЫҚ БЕЙІМДЕЛУІ (ӘДЕБИ ШОЛУ)**

**Түйін:** Психикалық бейімделу - бұл адамның әлеуметтік және / немесе кәсіби стресске төзімділігі мен икемділігінің деңгейін көрсететін психологиялық термин. Бұл термин жаңа емес, бірақ ол мамандардың кәсібилігі мен құзыреттілік деңгейін анықтайтынына қарамастан, әлі де жақсы түсінілмейді.

Адамның әлеуметтік денсаулығының күрт бұзылуына әкелетін психикалық бейімделудің әртүрлі бұзылыстары бар, бұл кәсіби салада еңбек өнімділігінің бұзылуына әкеледі, ал ең нашар жағдайда адамның әлеуметтік жағдайын өзгертеді

Қазіргі қоғамда медицина қызметкерлері де бұл проблемадан зардап шегеді. Бұл мақалада алғашқы медициналық-санитарлық көмек көрсету саласында жұмыс істейтін медицина қызметкерлері арасында психикалық бейімделуі бұзылған қызметкерлер туралы ақпарат ізделді.

**Түйінді сөздер:** психиканың нашарлауы, медицина қызметкерлері, психикалық бейімделудің бұзылуы.

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### **НАРУШЕНИЕ ПСИХИЧЕСКОЙ АДАПТАЦИИ У МЕДИЦИНСКИХ РАБОТНИКОВ В УСЛОВИЯХ ПЕРВИЧНОЙ МЕДИКО-САНИТАРНОЙ ПОМОЩИ (ОБЗОР ЛИТЕРАТУРЫ)**

**Резюме:** Психическая адаптация – психологический термин, отражающий уровень стрессоустойчивости и гибкости личности в его социально и/или профессиональной среде. Данный термин не является новым, но при этом остается малоизученным, хотя он определяет уровень профессионализма и компетенции специалистов.

Существуют так же различные нарушения психической адаптации, которые приводят к резкому расстройству социального здоровья человека, что приводит к нарушению продуктивности в профессиональной сфере, а в наихудшем исходе – изменяет социальный статус человека

Данной проблемой в современном обществе страдают и работники здравоохранения. В данной статье был произведен поиск информации о нарушении психической адаптации у медицинских работников, работающих в условиях ПСМП.

**Ключевые слова:** Психическая дезадаптация, медицинские работники, нарушение психической адаптации.