

ISSN 2181-7812

TOSHKENT TIBBIYOT AKADEMIYASI
AXBOROTNOMASI

ВЕСТНИК
ТАШКЕНТСКОЙ МЕДИЦИНСКОЙ АКАДЕМИИ



Co-funded by the
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**"BO'LAJAK SHIFOKORNING
MULOQOT KOMPETENSIYASI"**
I - xalqaro o'quv-uslubiy
konferensiyaga bag'ishlangan
MAXSUS SON

2024

TOSHKENT

ISSN 2181-7812



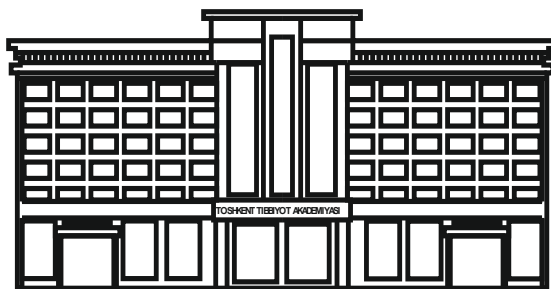
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ЎЗБЕКИСТОН РЕСПУБЛИКАСИ СОҒЛИҚНИ САҚЛАШ ВАЗИРЛИГИ
ТОШКЕНТ ТИББИЁТ АКАДЕМИЯСИ

2024

2011 йилдан чиқа бошлаган

TOSHKENT TIBBIYOT AKADEMIYASI
AXBOROTNOMASI



В Е С Т Н И К

ТАШКЕНТСКОЙ МЕДИЦИНСКОЙ АКАДЕМИИ

СПЕЦВЫПУСК

**Материалы I международной учебно-методической конференции
«КОММУНИКАТИВНАЯ КОМПЕТЕНТНОСТЬ
БУДУЩЕГО ВРАЧА»**

Тошкент



Спецвыпуск
Вестник ТМА, 2024
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Выпуск набран и сверстан на компьютерном издательском комплексе

редакционно-издательского отдела Ташкентской медицинской академии

Начальник отдела: М. Н. Аслонов

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Учредитель: Ташкентская медицинская академия

Издание зарегистрировано в Ташкентском Городском управлении печати и информации

Регистрационное свидетельство 02-00128

Журнал внесен в список, утвержденный приказом № 201/3 от 30 декабря 2013года

реестром ВАК в раздел медицинских наук

Рукописи, оформленные в соответствии

с прилагаемыми правилами, просим направлять

по адресу: 100109, Ташкент, ул. Фароби, 2,

Главный учебный корпус ТМА,

4-й этаж, комната 444.

Контактный телефон: 214 90 64

e-mail: rio-tma@mail.ru

rio@tma.uz

Формат 60x84 1/8. Усл. печ. л. 9,75.

Гарнитура «Cambria».

Тираж 150.

Цена договорная.

Отпечатано на ризографе редакционно-издательского отдела ТМА.

100109, Ташкент, ул. Фароби, 2.

СОДЕРЖАНИЕ	
НОВЫЕ ПЕДАГОГИЧЕСКИЕ ТЕХНОЛОГИИ	
Абдуллаева Р.М. ЗНАЧЕНИЕ ЯЗЫКОВЫХ ДИСЦИПЛИН В ФОРМИРОВАНИИ ПРОФЕССИОНАЛЬНО-ЯЗЫКОВОЙ КОМПЕТЕНТНОСТИ БУДУЩЕГО ВРАЧА	8
Аладова Л.Ю., Шукуров Б.В., Бегматов Б.Х., Раимкулова Д.Ф., Бабаджанова Ф.У. ФОРМИРОВАНИЕ ПРОФЕССИОНАЛЬНОЙ КОМПЕТЕНТНОСТИ СРЕДИ СТУДЕНТОВ МЕДИЦИНСКИХ ИНСТИТУТОВ	15
Babaraximova S. B. "PSIXIATRIYA" FANINI O'QITISHDA DEONTOLOGIYA VA SHAXSLARARO MUNOSABATLAR MASALALARI	17
Voxidova N. X., Bayratova A. PEDAGOGIK MULOQOT TA'LIM SIFATIGA TA'SIR ETUVCHI OMIL EKANLIGI	20
Kaxorova M. A. THE PECULIARITY OF THE EXTENSIVE STUDY OF WORD FORMATION METHODS IN MEDICAL TERMINOLOGY	22
Мусаева Д.М. МЕТОДЫ РАЗВИТИЯ ПРОФЕССИОНАЛЬНОГО И ОПЕРАТИВНОГО МЫШЛЕНИЯ БУДУЩИХ СПЕЦИАЛИСТОВ	26
Садывакасов А.У. КОУЧИНГОВЫЕ ТЕХНОЛОГИИ В ВУЗЕ	30
Саттаров Т.Ф. ОПТИМИЗАЦИЯ ОРГАНИЗАЦИИ САМОСТОЯТЕЛЬНОЙ ВНЕАУДИТОРНОЙ РАБОТЫ СТУДЕНТОВ	33
Sultonova K. B. PEDAGOGIK JARAYONDA PSIXOLOGIK MIKROIQLIMNI OPTIMALLASHTIRISHGA INNOVATSION YONDASHUVLAR	37
Тошходжаева П.Б., Хазратова Г. Ш. ЧЕТ ТИЛИНИ ЎҚИТИШДА МАДАНИЯТЛАРАРО МУЛОҚОТНИ СИНГДИРИШГА ОИД МЕТОДЛАР, ЁНДАШУВЛАР	39
Sharipova F. K. PSIXIATRIYA VA TIBBIY PSIXOLOGIYA KAFEDRASIDA O'QUV JARAYONIDA WEB-QUEST-INTERNET LOYIHALARINING INNOVATSION USULINI QO'LLASH	43
ОБЗОРЫ	
Khudaykulova G.K., Eraliyev U.E., Djurayeva N.K. Ibragimov D.A. THE EFFECTIVENESS OF PSYCHOLOGICAL SUPPORT IN THE REHABILITATION OF PATIENTS WITH CORONAVIRUS	46
Шайхова М.И., Ганиева Д.К. ПАТРОНАЖ ХОДИМЛАРИ МУЛОҚОТ КЎНИКМАЛАРИНИНГ САМАРАДОРЛИГИНИ ЎРГАНИШ (АДАБИЁТЛАР ШАРҲИ)	51
ГИГИЕНА, САНИТАРИЯ И ЭПИДЕМИОЛОГИЯ	
Abdulxayeva M.B. TA'LIMDA DEONTOLOGIYA	58
Abdurashitova Sh.A., Muyassarova M.M. COMMUNICATION IN MARKETING RESEARCH	60
Dadaboyeva G.A. HEALTHCARE SYSTEM AT INTERNATIONAL LEVEL (ISRAEL)	62
Muyassarova M.M., Abdurashitova S.A., Boltaboev S.E. THE MAIN FACTORS RELATED TO THE RELATIONSHIP BETWEEN A DOCTOR AND A PATIENT THAT AFFECT THE STATE OF WOMEN'S REPRODUCTIVE HEALTH	68
Назарова С.К. ВНЕДРЕНИЕ ПАЦИЕНТОРИЕНТИРОВАННОЙ МОДЕЛИ ОБСЛУЖИВАНИЯ БОЛЬНЫХ В ПМСП	71
Nematov A.A., Abdixatov A.A. COVID-19 TASHXISI BILAN YOTQIZILGAN BEMORLARDAGI DOIMIY SIMPTOMLARNI O'RGANISHDA SHIFOKORLAR MULOQOT QOBILYATINING AHAMIYATI	74
Турсынбекова А., Кашаганова К., Батыкова А., Даулетханова А. Студенты П22-003: КОММУНИКАТИВНАЯ КОМПЕТЕНТНОСТЬ В ПРОФЕССИОНАЛЬНО ЛИЧНОСТНОМ СТАНОВЛЕНИИ СТУДЕНТОВ МЕДИКОВ	78
Уразалиева И.Р., Турсунова С.Б. НОГИРОН БОЛАЛАРГА ТИББИЙ-ИЖТИМОЙ ЁРДАМ КЎРСАТИШДА ЎРТА ТИББИЁТ ХОДИМЛАРИНИНГ ЎРНИ	78
Khudaykulova G.K., Karimbayev Sh. D. INTERPERSONAL COMMUNICATION SKILLS IN MEDICAL PRACTICE ARE THE KEY TO A FAVORABLE ENVIRONMENT FOR PATIENTS	84
Эшбаева К.У., Мухассарова М.М., Абдурашитова Ш.А., Ибрагимов Д.А. ИСПОЛЬЗОВАНИЕ НЕВЕРБАЛЬНОЙ КОММУНИКАЦИИ В СЕСТРИНСКОЙ ПРАКТИКЕ	88
Эшбаева К.У., Умаров М.М., Нейматова Д.М., Рахмонова Г.И., Эшбаева Н.У. КОММУНИКАТИВНЫЕ НАВЫКИ ВРАЧА И МЕДСЕСТРЫ	91

INTERPERSONAL COMMUNICATION SKILLS IN MEDICAL PRACTICE ARE THE KEY TO A FAVORABLE ENVIRONMENT FOR PATIENTS

Khudaykulova G.K., Karimbayev Sh. D.

НАВЫКИ МЕЖЛИЧНОСТНОГО ОБЩЕНИЯ В МЕДИЦИНСКОЙ ПРАКТИКЕ ЯВЛЯЮТСЯ КЛЮЧОМ К СОЗДАНИЮ БЛАГОПРИЯТНЫХ УСЛОВИЙ ДЛЯ ПАЦИЕНТОВ

Худайкулова Г.К., Каримбаев Ш.Д.

ШАХСЛАРАРО МУЛОҚОТ ҚОБИЛИЯТЛАРИ ТИББИЙ АМАЛИЁТ БЕМОРЛАР УЧУН ҚУЛАЙ МУҲИТ ЯРАТИШНИНГ КАЛИТИДИР

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В статье рассматривается сложный ландшафт межличностной коммуникации в здравоохранении, раскрываются ее многогранные аспекты и глубокие последствия. Изучая ключевые концепции, истории из реальной жизни и научные исследования, мы показываем преобразующую силу эффективной коммуникации в укреплении целительных отношений и повышении общего качества медицинского обслуживания. Предлагаемая специалистам здравоохранения полезные идеи и практические стратегии для развития и совершенствования навыков межличностного общения, эта статья призвана вдохновить на изменение парадигмы в сторону ухода, ориентированного на пациента, основанного на сострадательном общении и взаимоуважении.

Ключевые слова: межличностное общение, пациент, медицинская практика, стратегии.

Ушбу мақола соғлиқни сақлаш соҳасидаги шахслараро мулоқотнинг мураккаб манзарасини кўриб чиқади, унинг кўп қиррали ўлчовлари ва чуқур оқибатларини очиб беради. Асосий тушунчаларни, ҳаётий латиқаларни ва илмий тадқиқотларни ўрганиш орқали биз шифо муносабатларини тарбиялашда ва соғлиқни сақлашнинг умумий тажрибасини оширишда самарали мулоқотнинг трансформацион кучини ёритамиз. Соғлиқни сақлаш соҳаси мутахассислари учун шахслараро кўникмаларини ривожлантириш ва такомиллаштириш учун амалий тушунчалар ва амалий стратегияларни таклиф қилиш орқали ушбу мақола раҳм-шафқатли мулоқот ва ўзаро ҳурматга асосланган беморга йўналтирилган парвариш томон парадигма ўзгаришини илҳомлантиришга қаратилган.

Калим сўзлар: шахслараро мулоқот, бемор, тиббий амалиёт, стратегиялар.

Introduction: in the intricate web of healthcare, beyond prescriptions and procedures, lies a fundamental element that often determines the success of treatment—the quality of interpersonal communication. This article delves into the indispensable nature of interpersonal communication within healthcare settings, exploring its pivotal role in fostering trust, empathy, and collaboration between patients and healthcare providers. By elucidating the profound impact of effective communication on patient outcomes and satisfaction, this article underscores the significance of prioritizing interpersonal skills in medical practice. Understanding the Foundations of Interpersonal Communication, in this section, we lay the groundwork by defining interpersonal communication within the context of healthcare. We explore the fundamental principles of effective communication, including active listening, empathy, and nonverbal cues, and their significance in building rapport and trust between patients and healthcare providers. Drawing on communication theories and clinical examples, we underscore the pivotal role of interpersonal skills in facilitating meaningful connections and fostering a supportive healing environment.

Here, we delve into the empirical evidence linking interpersonal communication to patient outcomes and satisfaction. Through a synthesis of research findings and case studies, we demonstrate how clear, empathetic

communication can lead to improved treatment adherence, reduced medical errors, and enhanced patient well-being. By highlighting the correlation between positive patient-provider interactions and healthcare quality metrics, we underscore the critical importance of prioritizing communication skills in medical education and training.

Strategies for Cultivating Effective Interpersonal Communication

In this section, we provide practical guidance for healthcare professionals seeking to enhance their interpersonal communication skills. We offer actionable tips and techniques for building rapport, delivering difficult news, and navigating challenging conversations with sensitivity and compassion. Additionally, we explore the role of self-awareness and reflective practice in fostering personal growth and professional development in the realm of communication.

Fostering a Culture of Patient-Centered Care

Here, we delve into the organizational factors that influence the communication climate within healthcare institutions. We examine the role of leadership, interdisciplinary collaboration, and communication training programs in fostering a culture of patient-centered care. By showcasing exemplary initiatives and best practices from healthcare organizations, we provide insights into creating environments where effective communication

is valued and prioritized as a core component of quality healthcare delivery.

Through continuous education, training, and organizational support, the healthcare industry can collectively strive towards a future where every patient interaction is characterized by dignity, respect, and understanding.

In the realm of healthcare, the patient experience extends beyond medical treatment to encompass the quality of interactions with healthcare providers. Interpersonal communication skills play a pivotal role in shaping these interactions, creating a conducive environment for patients to voice their concerns, receive support, and actively participate in their care. This article explores the significance of interpersonal communication skills in medical practice, highlighting their impact on patient satisfaction, treatment outcomes, and overall healthcare delivery.

In this article, we delve into the multifaceted aspects of interpersonal communication skills in medical practice, examining their role in fostering trust, empathy, and collaboration between healthcare providers and patients. Through real-world examples and research findings, we illustrate how effective communication can enhance the patient experience, improve treatment adherence, and contribute to better health outcomes. Additionally, we explore strategies for healthcare professionals to develop and enhance their interpersonal communication skills, thereby creating a more favorable environment for patients within clinical settings. By emphasizing the importance of empathetic listening, clear information sharing, and cultural competence, this article aims to underscore the transformative impact of interpersonal communication on patient-centered care delivery.

Section 1: Understanding the Significance of Interpersonal Communication Skills. In this section, we define interpersonal communication skills in the context of medical practice, highlighting their importance in building rapport, establishing trust, and addressing patients' emotional needs. Drawing on psychological theories and communication models, we explore how effective communication can alleviate patient anxiety, enhance treatment compliance, and foster a sense of partnership between patients and healthcare providers.

Section 2: Impact on Patient Satisfaction and Treatment Outcomes

Here, we examine the correlation between interpersonal communication skills and patient satisfaction, drawing on empirical studies and patient surveys. We discuss how empathetic communication, active listening, and shared decision-making contribute to positive patient experiences and improved treatment outcomes. By analyzing case studies and patient testimonials, we illustrate the tangible benefits of effective communication in enhancing patient trust, confidence, and overall satisfaction with the healthcare encounter.

Section 3: Strategies for Developing Interpersonal Communication Skills

In this section, we provide practical guidance for healthcare professionals seeking to enhance their interpersonal communication skills. We outline communication techniques, such as reflective listening, open-end-

ed questioning, and nonverbal communication, that can facilitate meaningful patient-provider interactions. Additionally, we address the importance of cultural competence and linguistic proficiency in overcoming communication barriers and building trust with diverse patient populations.

Section 4: Creating a Patient-Centered Communication Environment

Here, we explore the organizational factors that contribute to a patient-centered communication environment within healthcare settings. We discuss the role of leadership support, interdisciplinary collaboration, and communication training programs in promoting a culture of patient-centered care. By highlighting successful initiatives and best practices from healthcare institutions, we provide insights into creating an environment where effective communication is prioritized and valued as a core component of quality healthcare delivery.

In conclusion, interpersonal communication skills are indispensable in medical practice, serving as the cornerstone of patient-centered care. By cultivating empathy, fostering trust, and promoting collaboration, healthcare professionals can create a supportive and empowering environment for patients to actively engage in their care journey. Through continuous education, training, and organizational support, healthcare institutions can nurture a culture of effective communication, ultimately enhancing the patient experience and improving health outcomes for all.

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This article navigates through the intricate landscape of interpersonal communication in healthcare, elucidating its multifaceted dimensions and profound implications. Through an exploration of key concepts, real-life anecdotes, and scholarly research, we illuminate the transformative

power of effective communication in nurturing healing relationships and enhancing the overall healthcare experience. By offering actionable insights and practical strategies for healthcare professionals to cultivate and refine their interpersonal skills, this article aims to inspire a paradigm shift towards patient-centered care grounded in compassionate communication and mutual respect.

Keywords: interpersonal communication, patient, medical practice, strategies.

