

# Important Provisions on Health Care in The Constitution of Uzbekistan

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## Abstract

The Constitution of the Republic of Uzbekistan contains important provisions in the field of health care. These regulations are aimed at protecting the health of citizens, ensuring the right to use medical services and developing the health care system. This article provides information about the important provisions of the newly revised constitution regarding the health care of citizens.

**Keywords:** constitution, healthcare, citizens, medical services, public health, diseases, qualified specialists.

## Introduction

Health care is one of the most important aspects of human life, which includes not only physical, but also mental and social health. The health system also includes the prevention, treatment and rehabilitation of diseases. Effective work in the field of health plays an important role in ensuring the general well-being of society. The main goal of health care is to maintain and improve people's health. There are a number of factors involved in achieving this goal. First of all, it is very important to lead a healthy lifestyle. A healthy diet, physical activity, adequate sleep, and stress management are key principles of good health. All these helps to improve the overall health of a person.

## MATERIALS AND METHODS

Uzbekistan's health care system has been facing important reforms in recent years. These reforms are primarily aimed at ensuring citizens' rights to health care, improving the quality of medical services, and adapting the health care system to modern requirements. A number of main directions have been defined in the process of reforms. In order to improve the quality of medical services, new medical institutions are being built and existing ones are being modernized. This process also includes improving the skills of medical personnel and providing them with modern medical technologies. Training programs and advanced training courses are being organized for medical personnel, which will help to increase their level of professionalism. Implementation of digital technologies in the healthcare system is important. Electronic medical cards, telemedicine and other digital services simplify the process of obtaining medical care for citizens. It also

expands the ability to manage and analyze medical data, resulting in increased health system efficiency. [1]

Programs aimed at disease prevention and promotion of a healthy lifestyle are being developed. Preventive activities carried out by the Ministry of Health include programs aimed at promoting a healthy lifestyle among the population, increasing physical activity and giving up bad habits. These activities play an important role in improving public health and preventing diseases. Special attention is being paid to the development of public-private partnerships in the health sector. Cooperation with private medical institutions allows to improve the quality of medical services and introduce new technologies. It also expands the choice of medical services for the population. Measures aimed at increasing social responsibility are being implemented in the healthcare system. In order for citizens to take responsibility for their health, it is important to provide them with information on healthy lifestyles and disease prevention. Mass media and social networks are actively participating in this process. Reforms in the healthcare system of Uzbekistan, in general, are aimed at improving the health of the population, increasing the quality of medical services and adapting the healthcare system to modern requirements. These reforms also serve to increase the responsibility of the state in the field of health care and provide citizens with quality medical care. [2]

Medical services and institutions are an integral part of the health system. Medical services are important in early detection, treatment and rehabilitation of diseases. Diseases can be prevented through regular medical examinations and preventive measures. Medical institutions are also actively involved in the introduction of innovations in the field of health care and the development of new treatment methods. Education also plays an important role in health care. Providing citizens with health information helps them make healthy lifestyle choices. Health education is important in increasing awareness and prevention of diseases. It also helps promote a healthy lifestyle in the community. Social responsibility is also important in the healthcare system. Every citizen should take responsibility for his health, lead a healthy lifestyle and help the people around him. Social responsibility also helps to strengthen solidarity in society. Problems in the health sector, such as the spread of diseases, the lack or poor quality of medical services, require serious attention. In order to solve such problems, it is necessary for the state and the public to work together. These problems can be solved by developing the health care system, introducing new technologies and improving medical services. In general, health care is an important area in everyone's life. By leading a healthy lifestyle, using medical services and feeling social responsibility, every citizen can contribute to maintaining their health. Effective functioning of the health care system helps ensure the overall well-being of society and creates a healthy environment for future generations. [3]

## DISCUSSION AND RESULTS

Health care regulations are an important part of Uzbekistan's social policy. In order to improve the quality of medical services, it is necessary to introduce modern medical technologies, train qualified specialists and improve their qualifications. Also, it is important to have a humane approach to the provision of medical services and to respect the rights of patients. In addition to the obligations of the state in the field of health care, there are also responsibilities of citizens regarding health care. Citizens should lead a healthy lifestyle, prevent diseases and pay attention

to their health. It is also important to know and exercise your rights when using medical services. [4]

The healthcare system of the Republic of Uzbekistan is developing in accordance with international standards. [5]

The state implements various programs in the field of health in cooperation with international organizations. Through these programs, Uzbekistan is trying to implement measures aimed at further developing the healthcare system, preventing diseases and improving the health of the population. Also, the role of the private sector in the healthcare sector is increasing in Uzbekistan.[6]

Private medical institutions help improve the efficiency of the health care system by providing additional medical services for the population. This process requires cooperation between the public and private sectors. This increases the credibility of the health care system and promotes healthy relationships among citizens. In general, the tasks of citizens in the field of health care are aimed at improving not only their own health, but also the general health of society. By paying attention to his health, every citizen contributes to improving not only his own life, but also the future of society. The healthcare system of the Republic of Uzbekistan is expected to develop further in the future and play an important role in ensuring the health of the population. The state must continue to fulfill its obligations in the field of health care, and citizens must continue to pay attention to their health. Together, these processes serve to further strengthen the health care system of Uzbekistan.[7]

It plays an important role in early detection and prevention of diseases. It is also one of the duties of citizens to get medical help when necessary. Also, citizens should know their rights in the field of health care and protect their rights when using medical services. [8]

The new constitution of the Republic of Uzbekistan includes important and modern approaches to the health care of citizens. This constitution is primarily aimed at ensuring the right of every citizen to health care. The right to health is guaranteed by the state, and citizens have the opportunity to use qualified medical services.

In the new constitution, the principle of equality in the field of health care is given special attention. Every citizen, regardless of age, sex, race or social status, has the right to medical care. This helps prevent discrimination in access to health services and provides equal opportunities to all citizens. Also, the issue of maintaining medical secrecy is important in the constitution. Medical information of citizens is protected as a medical secret, and this information can be disclosed only on a legal basis, with the consent of the individual. This serves to protect the privacy of citizens. The state is obliged to implement measures aimed at developing the health care system, improving the quality of medical services and maintaining the health of the population. These processes also include providing citizens with knowledge and information in the field of health, which will help support a healthy lifestyle. In general, the new constitution includes modern approaches aimed at protecting citizens' rights to health care and creating a healthy society. This will serve to further develop the healthcare system of Uzbekistan and improve the lives of citizens.

This will help improve the quality of medical care and strengthen trust among citizens. It is one of the duties of citizens to follow the recommendations and instructions given in medical institutions, to take medicines correctly and to actively participate in the treatment process. This

increases the efficiency of the treatment process and contributes to the effective functioning of the health care system. [9]

Citizens should take care of their health to prevent diseases, take measures to reduce the spread of diseases through vaccinations and preventive measures. This improves not only individual health but also the overall health of society. Citizens need to actively participate in the health care system, express their opinions in the decision-making process, and help in the implementation of health care programs. This will help the health system work more efficiently and strengthen solidarity among citizens. A sense of social responsibility is also important. [10]

## CONCLUSION

Citizens should help people around them, especially vulnerable groups (children, elderly, disabled). This helps to strengthen social cohesion in society. Finally, it is the duty of citizens to treat medical facilities and their staff with respect, appreciate their work and contribute to the effective functioning of the health care system. Public participation is also important in the development of the health care system of the Republic of Uzbekistan. Citizens should actively participate in health decision-making, voice their opinions, and assist in the implementation of health programs. This process serves to strengthen trust between the population and the state.

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