

**VARIOUS ASPECTS OF THE QUALITY OF LIFE OF PATIENTS INFECTED WITH
HUMAN IMMUNODEFICIENCY VIRUS**

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Abstract: Studying the importance of various aspects of the quality of life of patients infected with the human immunodeficiency virus makes it possible to assess the impact of antiretroviral therapy on the psychosomatic state of patients in the dynamics of the disease and, if necessary, carry out appropriate correction (drug and/or psychotherapeutic).

Keywords: Human immunodeficiency virus, method, issues of the importance of various aspects of quality of life, young people, antiretroviral therapy, psychosomatic condition.

INTRODUCTION

It is known that the incidence of infection caused by the human immunodeficiency virus (HIV infection) throughout the world and in Russia tends to increase, especially among young people, for whom the disease leads to disability over several years. Despite the measures taken by the world community, this epidemic has not yet been brought under control [5], although constant attention is being paid to this problem [4].

MATERIALS AND METHODS

It is believed that the health of the population is largely determined by the lifestyle of a particular person, therefore, effective activities to protect and promote health require the active participation of citizens themselves. However, the socio-economic reforms taking place in Uzbekistan have given rise to social instability, accompanied by the destruction of established norms and stereotypes, a crisis of the value system due to the inconsistency of the transition from a sociocentric to a person-centric value system, and an increase in the number of “degrees of freedom” for the self-determination of each individual [eleven]. On the other hand, the mental health of the population largely determines the state of social health of society, significantly influencing its intellectual potential, economic well-being, cultural and moral atmosphere [6]. It is noted that healthcare in itself can no longer eliminate all the causes of mental illness, since “an individual’s health is a complex derivative of the social conditions of life and work (including income received), acquired education, environmental situation, etc. genetic factors, the possibility of obtaining quality medical care, individual characteristics and interests” [3].

RESULTS AND DISCUSSION

It is known that “any disease is the life of a damaged organism with the participation of processes that fight the damaging agent” [6]. Therefore, at present, an important scientific trend is the search for general patterns of human response to disease, universal concepts and categories that describe a wide range of events and changes in the patient’s life, and exact criteria reflecting these changes.

The biopsychosocial model formed in world and domestic science proves the need for a holistic study of the body and personality of a sick person in the continuous unity of its biological, mental and social components [5]. The concept of quality of life (QoL) is one of the examples of a progressive methodological approach that combines well-known clinical principles and ideas, as well as new views and healthcare technologies [3].

In relation to the model under consideration, in our country it is believed that a patient’s QOL is an integral characteristic of physical, psychological, emotional and social functioning, based on

his subjective perception [4]. However, existing scientific information about the characteristics of personal and family functioning of patients with HIV infection is insufficient to develop comprehensive programs of psychological and social assistance for this population.

Currently, with the help of specific antiretroviral therapy (ART), it is possible to increase the life expectancy of patients with HIV infection to average values. At the same time, the need for lifelong medication represents a huge problem for patients, doctors, health care managers and the pharmaceutical industry.

Therefore, if we talk about the rehabilitation of patients, in particular, with HIV infection [4], it should be based on psychological characteristics that reflect the quality of life of patients in the dynamics of the disease and depending on the receipt of specific therapy. Therefore, it is of particular importance for the attending physician to know the importance of various aspects of the patient's life in the dynamics of the disease. However, to date these issues have not been adequately studied [4].

At the same time, the development of such diseases, as well as a decrease in the mnestic-intellectual level of patients due to organic brain damage, creates problems for patients of both groups in terms of relationships with other people and, moreover, in terms of supporting patients with others. However, in the initial stages of the disease of patients with a short duration, the average score of the method on both questions is even slightly higher than that of the patients in the control group (which is explained by the socio-psychological characteristics of the patients due to their opinion about their potential stigmatization).

CONCLUSION

1. Studying the importance of various aspects of the quality of life of patients with HIV infection makes it possible to assess the impact of ART on the psychosomatic state of patients in the dynamics of the disease and, if necessary, carry out appropriate correction (drug and/or psychotherapeutic).
2. Assessing QoL allows us to determine the effectiveness of a treatment and prevention institution in terms of making decisions on the targeted direction of funds and efforts with limited resources.
3. Social and professional adaptation of patients should be carried out prospectively, starting from the early stages of the disease, by a team of rehabilitation specialists (with the participation of an infectious disease specialist, a clinical psychologist, a psychotherapist, a social worker, a lawyer, and, if indicated, a psychiatrist/narcologist, other doctors).

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