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The assessment of health status of secondary medical personnel and identification of the need for modern forms and methods of advanced professional training on the results of sociological survey

Abstract. One of the strategic tasks for the period up to 2025 of the “Providing medical healthcare organizations with qualified personnel” federal projects is to improve the system of medical education and staffing in the healthcare industry. The aim of the research is to study the main medico-social characteristics of nurses, adherence of medical workers to the principles of a healthy lifestyle, as well as to determine the need for the most optimal forms and methods of professional development. An anonymous electronic survey of the students of the Center for the Further Training of Health Care Workers was carried out. When conducting a sociological survey of 503 respondents, the following typical portrait of a student of postgraduate education with secondary medical education in the Omsk region was formed - a woman about 42 years old, married, with 1-2 children, with 20 years of work experience and an average income of 20 thousand rubles per month, who generally satisfied with her profession, but not satisfied with the level of wages. The overwhelming majority of respondents admit that a healthy lifestyle is necessary to prevent health disorders (93.8 %), but 54.4 % of them have problems with being overweight. 64.2 % recognized their diet as unhealthy and in need of correction, 7.8 % smoke, only 27.2 % do morning exercises, 18.3 % are engaged in physical training, 8.5 % regularly take vitamin and mineral complexes. Almost all respondents indicated the presence of harmful production factors (93.2 %), especially emotional overstrain (77.5 %). Despite the introduced system of continuous medical education, the majority of students (90.4 %) consider the most optimal frequency of professional development once every 5 years. According to the forms of training, preferences were divided almost evenly: 40.0 % preferred the full-time form of training with a break from production, 32.5 % – part-time and 27.3 % – part-time (distance). The studies carried out indicate a low adherence of medical workers to the principles of prevention and a healthy lifestyle, about the accumulated morbidity, about the presence of harmful production factors, especially emotional overstrain, including when undergoing periodic advanced training (stress on exams). With the further development of distance educational technologies, it is necessary for the employer to provide free time to a medical worker to master educational programs. In the face-to-face part, it is necessary to increase the proportion of practical classes, including with the use of simulation technologies, which will improve the quality of training and reduce the stress load on students both during exams and during the accreditation procedure for specialists. It is also necessary to broaden the introduction of knowledge and skills of a healthy lifestyle in the educational programs of medical students, the further introduction of health-saving technologies in the educational environment.

Keywords: health of health care workers, advanced training of nurses, further professional education, training conditions, production factors, healthy lifestyle, sociological research

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