



**THE IMPORTANCE AND EFFECTIVENESS OF MEDICAL
EXAMINATIONS IN PROFESSIONAL SERVICE
ACTIVITIES**

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Abstract. The article analyzes the importance of medical examinations in professional service activities, their role in maintaining employees' health, and their impact on occupational performance. Particular attention is paid to the significance of preventive medical examinations in the early detection of diseases, preservation of work capacity, and ensuring service safety.

Keywords: medical examination, prevention, professional activity, health, work capacity, internal affairs bodies, occupational risk.

Introduction. In modern conditions, occupational risks and high psychophysiological workloads associated with professional service activities require continuous monitoring of employees' health. From this perspective, medical examinations represent an essential component of the service process. They make it possible to assess employees' physical and mental condition, detect diseases at an early stage, and ensure the safe performance of official duties.

According to the World Health Organization, preventive medical examinations are among the most effective methods for preventing chronic diseases among the population and labor collectives. Their importance is particularly high in professions associated with increased responsibility and occupational stress [1].

The main purpose of medical examinations is to assess employees' health status, identify diseases that may affect their ability to perform professional duties, and implement preventive measures. Such examinations contribute not only to

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protecting individual health but also to improving organizational efficiency [2].

During medical examinations, the cardiovascular system, respiratory system, central nervous system, and psycho-emotional status are evaluated. This makes it possible to prevent emergencies and health-related incidents during service activities.

The Importance of Medical Examinations in Professional Activities

Employees of internal affairs bodies, military personnel, and other special service agencies are exposed to significant physical and psychological workloads during their professional activities. Therefore, regular monitoring of their health status is an essential prerequisite for ensuring occupational safety.

Medical examinations make it possible to identify arterial hypertension, coronary heart disease, diabetes mellitus, and other chronic diseases at an early stage. Early diagnosis allows timely treatment and helps prevent severe complications [3].

In addition, medical examinations provide an opportunity to assess employees' mental health. Early detection of stress, depression, and occupational burnout syndrome plays a crucial role in maintaining professional performance and psychological well-being.

A healthy employee performs professional duties more effectively. Scientific studies have shown that personnel who regularly undergo medical examinations demonstrate higher work capacity and lower rates of sickness-related absenteeism [4].

Medical examinations are also important during the professional selection process. They enable specialists to assess a candidate's functional capabilities and determine their suitability for a particular position.

Regular assessment of employees' physical and psychological condition helps maintain their ability to make appropriate decisions in emergency situations. This is





an important factor in ensuring service quality and public safety.

Modern Approaches to Medical Examinations

In recent years, the development of digital medicine and telemedicine technologies has significantly increased the effectiveness of medical examinations. Electronic medical databases and automated monitoring systems have expanded opportunities for the early detection of diseases [5].

Furthermore, the wider implementation of psychological screening methods as part of routine medical examinations contributes to the timely identification of stress-related and psycho-emotional disorders associated with professional activities [6].

Medical examinations are one of the most important tools for ensuring occupational safety and service effectiveness. They contribute to preserving employees' health, detecting diseases at an early stage, and maintaining work capacity over the long term.

The systematic organization of regular medical examinations enhances service quality, reduces occupational risks, and improves the effectiveness of public safety measures.

Conclusion

Medical examinations play a crucial role in maintaining the health of employees engaged in professional service activities. They facilitate the early diagnosis of diseases, improve occupational safety, and support long-term work capacity.

Regular preventive examinations contribute not only to individual health protection but also to organizational efficiency and public safety. Therefore, the further development and implementation of comprehensive medical examination programs should remain one of the priority areas in occupational healthcare systems.





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