



**THE IMPORTANCE OF PREVENTIVE MEDICAL
MEASURES IN PRESERVING THE HEALTH OF INTERNAL
AFFAIRS OFFICERS**

Rokhimova Shirin Ollanazarovna

*Associate Professor, Department of Exact Sciences, Academy of the
Ministry of Internal Affairs*

<https://doi.org/10.5281/zenodo.20953629>

Abstract. This article analyzes the importance of preventive medical measures in maintaining the health of internal affairs officers. Occupational risk factors encountered in professional activities, their impact on the human body, and issues related to disease prevention through preventive medical examinations, vaccination, sanitary-hygienic measures, and the promotion of a healthy lifestyle are discussed. In addition, the role of preventive medical measures in maintaining professional efficiency and work capacity is highlighted.

Keywords: prevention, medical measures, internal affairs officers, health, occupational risk, medical examination, healthy lifestyle.

Introduction. In modern society, internal affairs officers perform important duties such as ensuring public safety, preventing offenses, and protecting citizens' rights. Their professional activities are associated with high levels of physical and psychological workload, stress, hazardous situations, and irregular working schedules, all of which may negatively affect their health.

According to the World Health Organization, a significant proportion of diseases can be prevented through effective preventive measures. Therefore, preventive medical interventions are considered one of the key directions in protecting public health [1].

Maintaining the health of employees serving in the internal affairs system is not only a medical issue but also a matter of social and state importance. Healthy

Contact: 99 826 99 56





personnel perform their duties more effectively, make prompt decisions in emergency situations, and demonstrate a high level of professional competence.

Occupational Risk Factors Affecting the Health of Internal Affairs Officers

The professional activities of internal affairs officers are characterized by constant psycho-emotional stress, high responsibility, hazardous working conditions, and irregular working hours. These factors place significant demands on the body's adaptive mechanisms and increase the risk of developing various diseases [2].

Occupational risk factors include chronic stress, sleep disturbances, physical overload, exposure to noise, unfavorable climatic conditions, and frequent contact with individuals suffering from infectious diseases. The influence of these factors may contribute to the development of cardiovascular diseases, hypertension, diabetes mellitus, nervous system disorders, and weakened immunity.

International studies have shown that law enforcement personnel experience cardiovascular diseases and psycho-emotional disorders more frequently than many other occupational groups. This fact further emphasizes the importance of preventive medical monitoring [3].

Types of Preventive Medical Measures

Preventive medical measures comprise a set of activities aimed at preserving health and preventing disease. They are generally classified into primary, secondary, and tertiary prevention.

Primary prevention includes the promotion of a healthy lifestyle, prevention of harmful habits, compliance with sanitary and hygienic standards, and immunization programs. The main objective of this stage is to eliminate risk factors before disease develops.

Secondary prevention focuses on the early detection of diseases and timely medical intervention. Preventive medical examinations represent one of the most





effective tools of secondary prevention. Early diagnosis significantly reduces the likelihood of severe complications and improves treatment outcomes.

Tertiary prevention includes medical rehabilitation measures designed to minimize complications of existing diseases and preserve an individual's working capacity [4].

Preventive Medical Examinations

Preventive medical examinations are among the most important methods for assessing the health status of internal affairs officers. They make it possible to identify pathological changes at an early stage before clinical manifestations become severe.

Regular medical examinations provide an opportunity to assess the condition of the cardiovascular, respiratory, endocrine, and nervous systems. Early detection of arterial hypertension, diabetes mellitus, metabolic syndrome, and other chronic diseases is particularly important for maintaining long-term health and professional performance.

The inclusion of psychophysiological assessments in medical examinations is also advisable. Such evaluations help identify stress levels, occupational burnout syndrome, and psycho-emotional disorders in a timely manner [5].

Healthy Lifestyle as a Preventive Factor

A healthy lifestyle plays a significant role in maintaining the health of internal affairs officers. Regular physical activity improves cardiovascular function, increases muscle strength, and enhances resistance to stress.

Balanced nutrition is another essential component of prevention. A diet that corresponds to the body's energy expenditure and physiological needs helps prevent obesity, diabetes mellitus, and atherosclerosis [6].





Eliminating harmful habits further increases the effectiveness of preventive medical measures. Smoking and alcohol consumption significantly increase the risk of cardiovascular, respiratory, and neurological diseases [7].

Immunoprophylaxis and Sanitary-Hygienic Measures

Immunoprophylaxis is an important component of disease prevention. Since internal affairs officers maintain constant contact with the public, their risk of exposure to infectious diseases is relatively high.

According to the World Health Organization, vaccination is one of the most effective public health interventions for saving lives and preventing the spread of infectious diseases [8].

Compliance with sanitary and hygienic regulations, improvement of personal hygiene practices, and maintenance of appropriate sanitary conditions in workplaces are also essential factors in protecting employees' health.

Impact on Professional Efficiency

Scientific studies indicate that organizations implementing regular preventive medical measures demonstrate higher labor productivity and improved employee performance. Healthy personnel are able to perform their duties more accurately and efficiently [9].

Early detection of diseases reduces treatment costs, decreases the duration of temporary disability, and helps preserve valuable human resources.

Preventive medical measures contribute to stronger discipline, reduction of the negative effects of occupational stress, and improvement of overall professional effectiveness [10].

Conclusion

Preserving the health of internal affairs officers is one of the essential prerequisites for ensuring public and state security. Preventive medical measures





play a vital role in disease prevention, early diagnosis, and the preservation of employees' work capacity.

Regular medical examinations, immunoprophylaxis, sanitary-hygienic measures, and the promotion of a healthy lifestyle contribute significantly to improving professional performance and maintaining long-term health. Therefore, further development and broader implementation of preventive medical programs should remain a priority within the internal affairs system.

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