



Safeguarding the Health of Women of Reproductive Age

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Annotation:

This article contains recommendations on health protection and disease prevention for women of reproductive age.

Keywords:

Motherhood, motherhood objectives, childhood periods, healthy lifestyle, reproductive rights, reproductive period, concept of reproductive health.

Summary:

In recent years, significant attention has been given to the concept of “Reproductive Health and Rights.” This concept plays a crucial role in maternal nursing care because it emphasizes the protection of motherhood and childhood. The essence of maternal nursing care has been rapidly evolving, necessitating a review of care issues with an understanding of reproductive health and rights.



Development of the Reproductive Health Concept:

The concept of reproductive health evolved in 1990 with the introduction by Mahmoud Fathalla (head of the Special Program of Research, Development, and Research Training in Human Reproduction). Reproductive health encompasses not only the absence of disease and pathologies during the reproductive period but also the complete physical, mental, and social well-being.

International Focus:

- 1992: The activities of the International Federation of Family Planning aimed at improving reproductive health.

- 1994: At the Third International Conference on Population and Development (Cairo), a plan was approved to promote modern family planning methods to preserve reproductive health.

- 1995: The Fourth International Conference on Women reaffirmed the legal project "Women and Health," incorporating concepts of reproductive health, rights, and sexual health.

Reproductive Rights:

The concept of reproductive health and rights includes the right to safe pregnancy and childbirth, having healthy newborns, freedom from sexually transmitted infections, and control over one's fertility. Women should have full information on contraceptive methods and the right to choose them.

Health Issues and Reproductive Rights:

Women face higher risks to their reproductive health compared to men due to pregnancy and childbirth occurring in their bodies. Complications from unwanted pregnancies and childbirth can negatively affect women's reproductive health. Studies



from Japan indicate that 30% of general illnesses in women of fertile age are related to sexual organ diseases, compared to 12% in men. This highlights the higher risk of sexual infections in women.

Motherhood and Nursing Care:

Understanding the biological, psychological, and socio-cultural aspects of motherhood is essential. The integration of these aspects is necessary for effective maternal nursing care. The importance of parenthood includes two aspects: reproduction and the preservation of personality. From a psychological development perspective, parental roles are crucial for individual and societal well-being.

Family Activities and Development:

Family is defined as an emotional bond among several people (spouses, children, siblings) where economic, psychological, and health factors are significant. Understanding family concepts is necessary for implementing maternal nursing care.

Statistical Overview of Health Care:

Health care statistics involve monitoring and improving the health indicators of the population, including birth and death rates, and disease prevalence. The Ministry of Health in Uzbekistan, along with its health and medical statistics institute, conducts this monitoring.

Maternal and Child Protection:

Maternal and child protection are national priorities in Uzbekistan, with numerous Presidential and Cabinet decisions aimed at improving these areas. The focus is on enhancing health indicators, promoting healthy lifestyles, and supporting the formation of healthy families.



By understanding these concepts and implementing comprehensive strategies, the health and well-being of women of reproductive age can be effectively protected and improved.

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