## Pomogaybo K.G.

## assistant of the department of Public health and Healthcare management

## Nartey lydia

## *student of 3course, 27 group «medical faculty»*

## Kharkov National Medical University

Kharkiv, Ukraine

STAGES OF MEDICAL CARE FOR CHILDREN WITH OBESITY AND OVERWEIGHT

At the initial stage, observations are made during annual preventive medical examinations. Specialists with basic and incomplete higher medical education determine the anthropometric indices, calculate the body mass index, conduct a questionnaire survey of parents in order to study behavioral characteristics, identifying features of family history and adverse childhood anamnestic characteristics regarding the development of obesity. In the case of a harmonious physical development of a child, primary care physicians provide medical care to the pediatric population on the basis of the results of the preventive examination, provide parents with individualized recommendations for the formation of a healthy lifestyle of the child, taking into account the behavioral and family characteristics. At the next level, according to the results of the children's examination, the primary care physician forms groups of dynamic observation. Children who do not have a somatic pathology and risk of obesity are observed in a general scheme for a healthy child. Those who are at risk of developing obesity and associated non-communicable diseases are directed to consult a child endocrinologist. In the future, they are observed in the general scheme for a healthy child, and in the presence of recommendations of the children's endocrinologist - they perform them. In consultation with. Children who are first detected excess body weight are sent to this specialists also. It should be remembered that the body mass index is an approximate measure of body fat, because it does not allow to differentiate the body weight due to muscle tissue, and the weight that is due to fatty deposits. Therefore, for the final conclusion on the physical development, child should consult a child's endocrinologist. In case of confirmation by children's endocrinologist, the child is included in the register of patients with excess body weight and is observed by the primary care physician with the involvement of specialist doctors (third level). The surveillance program is aimed at early detection of diseases associated with overweight, interventions for prevention of their development, implementation of recommendations for lifestyle correction and weight reduction. Annually, the child undergoes a preventive medical examination, during which the physician evaluates her physical development and health, conducts individualized preventive counseling and assesses its effectiveness, and sends for consultation to specialist. A child may be excluded from the register of patients with excess body weight if her physical development has become harmonious, as confirmed by the conclusion of the pediatrician endocrinologist and does not require supervision by specialist doctors. Children with obesity also have annual prophylactic reviews by standard programs, as well as the program of dispensary surveillance for obese children. Primary care physicians conduct preventive counseling and evaluate their effectiveness. If necessary, observation is carried out by an endocrinologist, a gastroenterologist, an orthopedist, a cardiologist, dieticians, psychologists and other specialist doctors. According to the results of the surveys, individualized programs of preventive measures are developed, in case of detection of diseases - their treatment. Monitoring of the performance of medical appointments is carried out by the primary care physician [2, с. 42], [1, с. 23].

Conclusion: Staged monitoring of the health status of overweight children, based on the principle of feedback between secondary and primary levels of medical care, will help to optimize medical care for children with this pathology

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