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**SCIENCE AND PRACTICE:
SYNERGY OF INNOVATIONS
IN MULTIDISCIPLINARY
DIMENSIONS**

**San Francisco, United States of America
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**II International
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**«SCIENCE AND PRACTICE:
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IN MULTIDISCIPLINARY
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EMOTIONAL INTELLIGENCE OF A PHYSICIAN-EPIEMIOLOGIST: A CHALLENGE OR A NECESSITY?

Introduction. In the context of martial law and modernization of education and medical systems, the importance of emotional intelligence in pedagogy, medicine, epidemiology, and public health is increasing, where the effectiveness of professional activity is determined by communication skills, empathy, and the ability to manage emotional states. Modern epidemiology is transforming into an integrated branch of public health, in which the epidemiologist works not only with morbidity data, but also with the population, institutions, and media, which especially increases the role of emotional intelligence during epidemics, emergencies, and crisis communications.

Main part. At the Department of Hygiene, Epidemiology, Disinfection and Occupational Diseases of Kharkiv National Medical University, teachers

postgraduate education interpret emotional intelligence as a complex of professionally significant skills. Therefore, research has been started in this direction, which is at the first stage and involves substantiating the chosen direction of work.

The concept of “emotional intelligence” has become widespread in the scientific community after the publication of the works of the American psychologist Daniel Goleman, who emphasized a comprehensive approach to the interpretation of this concept. Thus, emotional intelligence is an integrated ability of a person to recognize their own emotions and the emotions of other people, to understand their causes, to regulate emotional states and to use emotional information to optimize thinking and behavior.

Despite the active development of research in this field, emotional intelligence remains a certain challenge for the public health system. This is due to several key factors, namely: insufficient integration into postgraduate medical education, psycho-emotional stress in the professional activities of a doctor, social and medical upheavals (war, pandemic, etc.).

Despite these challenges, most modern studies show that emotional intelligence is not just an additional characteristic of a person, but an important component of professional competence. In the medical field, emotional intelligence plays a key role in the interaction of a doctor with a patient, which increases adherence to treatment, reduces conflict situations, and contributes to more effective clinical decision-making. For epidemiologists and public health specialists, emotional intelligence is important during crisis situations, outbreaks of infectious diseases, and risk communication with the population.

A preliminary analysis of the state of emotional intelligence of epidemiologists showed that emotional intelligence is an important factor in the effectiveness of the epidemiologist. Thus, during outbreaks of infectious diseases, the epidemiologist plays the role of an expert who explains to the population the causes of morbidity, the need for preventive measures, and restrictive decisions. The ability to take into account the emotional reactions of society (anxiety, distrust, fear) is an important factor in successful communication. It should be noted that the work of an epidemiologist involves coordinating the actions of medical institutions, government agencies, laboratory services, and educational institutions.

In such conditions, empathy, social interaction, and conflict management skills are important. The significant importance of emotional intelligence is manifested in making managerial decisions during epidemic investigations. Epidemiological decisions are often made in conditions of time shortage, uncertainty and social pressure. The developed emotional intelligence of an epidemiologist helps to maintain professional stability and objectivity in assessing the situation. Prevention of professional stress and emotional burnout among epidemiologists is possible thanks to emotional intelligence. Periods of intensive anti-epidemic work are accompanied by significant psychological stress, which requires a high level of self-regulation and psychological adaptation.

Conclusions. Emotional intelligence in modern conditions should be considered not only as a challenge, but primarily as a necessity that determines the effectiveness of professional activity, the quality of interpersonal interaction and resistance to social and professional transformations. Modern challenges associated with pandemics, information crises and growing distrust of medical recommendations increase the need to develop communication and emotional competencies of epidemiological specialists. The training of epidemiologists shows that the issue of developing emotional intelligence is not yet sufficiently integrated into the system of postgraduate professional training, which is traditionally focused mainly on analytical and statistical aspects.