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IMPROVING THE GLOBAL HEALTHCARE PARADIGM THROUGH THE INTRODUCTION OF AN INNOVATIVE METHODOLOGICAL CONCEPT OF PREVENTIVE MEDICINE - THE MEDICINE OF BORDERLINE CONDITIONS

A healthcare paradigm is a set of knowledge and methodological approaches to solving healthcare problems accepted by society and the professional community [1].

The existing healthcare paradigm defines compliance with physiological, psychological and psychophysiological health standards through the implementation of appropriate preventive and therapeutic measures to overcome pathological conditions - certain diseases. This is used by doctors through the identification and elimination of risk factors for health deterioration (primary prevention), clinical diagnosis and treatment of patients (secondary prevention), and rehabilitation of patients with disease complications (tertiary prevention).

The change in the healthcare paradigm should be accompanied by the introduction of an improved methodological concept of preventive medicine. Medicine of borderline conditions (MBC) is an innovative field of medical science and healthcare practice that studies the general patterns of formation of pre-disease states and transitional processes of their transformations, with the aim of preventing somatic and mental diseases of various genesis by establishing and minimising (eliminating) the risks of their occurrence, with targeted individual and (or) group correction of the functional state of the body [2, 3].

The new healthcare paradigm based on the innovative concept of edge state medicine is characterised by the dominance of preventive medicine, by maintaining a healthy lifestyle for each person through prenological diagnosis and correction of the functional state of the body. This will directly contribute to the possibility of restoring the health of each person. Prenological diagnosis, i.e. determining the risk of a particular disease, is used by doctors alongside traditional medical treatments.

The implementation of the MBC concept, in order to overcome risk factors and comply with the rules of health determinants, is based on the following principles: 1) health-centredness - the priority of health over all other components of a person's existence (educational, environmental, economic, legal, etc.). All these factors are separate health-forming components; 2) Dialectic of transitional processes - human life is based on objective laws inherent in transitional processes, which combine a certain sequence of limit states on the way to achieving a stable state of the organism; 3) Methodological sequence - the procedure for practical implementation of the MBC

principles aimed at preserving health; 4) Evidence - the implementation of the MBC programme in health care involves the introduction of standardised methods for measuring indicators of mental and functional states and objective criteria for their assessment; 5) Changing the health care paradigm - the introduction of an improved methodological concept of preventive health care.

Stages of implementation of MBC principles: Stage I - determination of the health level of the study population with a focus on the prevalence of certain diseases likely to be associated with damage to systems and organs that are "targets" of adverse environmental factors or heredity. Stage II - identification of environmental factors that are risk factors for deterioration of the health of the study population due to general and targeted pathogenic effects on the body and individual systems and organs. Stage III - determination of indicators of the functional state of the organism, which are related to the criteria of the pre-exposure state, based on the measurement of the level of implementation and stability of psychophysiological and physiological functions, paraclinical indicators of homeostasis. Stage IV - determination of psychodiagnostic indicators that are signs of conditions and periods of increased risk of mental health disorders. Stage V is the development of preventive measures based on the data of hygienic pre-diagnosis and implementation of preventive measures aimed at preventing diseases, including individual and group psycho-hygienic, adaptogenic, sanitary and organisational measures. Stage VI - evaluation of the effectiveness of the implemented measures based on the analysis of the dynamics of the health and functional status of the subjects according to the criteria of pre-nosological diagnosis (feedback principle).

Improvement of the global healthcare paradigm through the introduction of an innovative methodological concept of preventive medicine, i.e. medicine of borderline conditions, is based on the use of health determinants.

Health determinants are a set of individual, social, economic and environmental factors that determine the state and level of health of individuals, population groups and the nation as a whole [4].

Social determinants of health that are considered at the societal level: different living conditions in early childhood; different educational opportunities; different levels of social security; unequal access to healthcare; different income levels; different environmental and communal living conditions; different norms and values of society.

Behavioural determinants that are considered to be risk factors include: unhealthy diet; insufficient or excessive physical activity; non-compliance with personal hygiene rules; failure to perform cold hardening; presence of bad habits and addictions (drug addiction, alcoholism, substance abuse and tobacco smoking); sexually transmitted diseases.

The environmental determinants of public health are directly or indirectly related to all the sustainable development goals of Ukraine and the world as a whole. The analysis of these data shows an increasing role of evolutionary environmental factors, such as dietary structure and nutrition, physical activity, quality of drinking water and indoor air, acute and chronic stress (including information) in shaping the level of general health of the population.

Based on the definition of an objective preventive health paradigm, health determinants are defined as a kind of "causes of causes" that affect the possibility of improving health and forming a healthy lifestyle, as well as the nature of the development, manifestations and consequences of the disease. In other words, sanogenesis is a complex of protective and adaptive mechanisms aimed at restoring impaired self-regulation of the body. Sanogenetic mechanisms are regulated by the nervous system, mainly the central nervous system.

Until recently, studies of health determinants in Ukraine were not comprehensive and were not sufficiently taken into account in the process of formulating healthcare strategies. The priority in determining health in modern conditions are socio-economic determinants: income and its distribution; employment; working conditions and unemployment; housing conditions; social protection; social capital; social conflicts; early life; education, gender, etc. An analysis of recent

publications shows that this group of determinants accounts for approximately 40% of health. However, this rate may vary depending on the country or territory for which the study is conducted [5].

Based on this, the objective implementation of the principles of the determinants of human health is carried out on the basis of the scientific and practical concept of "Medicine of borderline conditions".

Conclusions:

1. Modern healthcare is being improved through the introduction of the innovative concept of Medicine of borderline conditions. At the same time, the modern healthcare paradigm implements the paradigms of preventive medicine based on the implementation of the relevant principles of Medicine of borderline conditions.

2. The scientific and practical concept of Medicine of borderline conditions is an optimal component of the implementation of the global healthcare paradigm based on the principles of health determinants. Health determinants are a complex of individual, social, economic and environmental factors that determine the state and level of health of individuals, population groups and the nation as a whole.

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