

## ANNOTATION

**to a dissertation work by Akhmetova Zhadyra Kambylovna on the topic: "Жүкті әйелдерді босануға дайындаудағы мультидисциплинарлы тәсілді бағалау", presented for a doctor degree of Doctor of Philosophy (PhD) majoring in the educational program 6D110200 – "Public health"**

### **Relevance of the topic:**

One of the most priority areas in the healthcare system of the Republic of Kazakhstan is the protection of motherhood and childhood. The Development Strategy of the Republic of Kazakhstan until 2050, presented in 2012, considers Kazakhstan's entry into the top thirty most developed countries in the world, which means a further need to improve work in the healthcare system to provide the population with high-quality, timely, affordable medical care [1].

The World Health Organization (WHO) recommends monitoring and evaluating the satisfaction of pregnant women and mothers with regard to the quality and effectiveness of medical care during the antenatal period. Antenatal care plays an important role in reducing infant mortality, as evidenced by the fact that newborns without antenatal care die five times more often than those newborns who received prenatal care. Access to prenatal care is an important factor in the success of pregnancy outcomes [2].

Over the past decade, systemic changes have taken place in the organization of perinatal care in the Republic of Kazakhstan. Within the framework of the implementation of the National Project "High-quality and affordable healthcare for every citizen "Healthy Nation", highly effective perinatal technologies have been introduced and continue to be implemented, a system of independent medical expertise has been created, and a Unified National Health System (NHS) has been formed [3-7].

Preparing a woman to fulfill the role of a mother is a complex process that affects not only the physiological, but also the social and psychological aspects of this role. Despite the fact that the problems of women's reproductive health and medical care for pregnant women are quite popular and intensively developed in modern science, there is a shortage of works devoted to a comprehensive assessment of the activities of the team approach in the process of preparing a woman to fulfill the role of a mother. This fact focuses on the search for methodological and empirical research strategies capable of adequately considering the indicated phenomenon. [8]. A multidisciplinary approach plays an important role at every stage of a woman's preparation for the role of mother, especially during pregnancy. During the period of waiting for a child, all the contradictions caused by the impact of the social environment on a woman become aggravated: gender discrimination in the labor market, loss of economic independence, forced refusal to participate in public life, and changes in family relations [9]. It is necessary to carry out a medical and sociological analysis of the modern practice of preparing a pregnant woman to fulfill the role of a mother, considering it as a type of multidisciplinary professional activity of a medical, psychological and socio-legal nature aimed at preserving, strengthening and restoring the health of a woman and child.

It is important to note that only the interaction of all social institutions focused on preventing adverse effects on a pregnant woman, the implementation of preventive programs, along with improving diagnosis, treatment, and the use of modern

medical technologies, are able to solve strategic tasks to improve the quality of life of pregnant women and the formation of readiness for the role of a mother.

Preparing a pregnant woman to fulfill the role of a mother is a complex process, the successful implementation of which depends on a whole system of factors aimed at actualizing the biological, psychological and social well-being of a woman. Unfortunately, today there are no state structures in the Republic of Kazakhstan, which are faced with the task of solving complex tasks of socio-psychological, medical, social and legal assistance to a pregnant woman. In these conditions, the activities of the women's clinic aimed at protecting motherhood and childhood, providing real comprehensive assistance to mother and child, improving the demographic situation, reviving and strengthening family values are in urgent demand. Changing the current situation is possible only on the basis of an interdisciplinary approach to obstetric problems. It is necessary to form a new paradigm of medical thinking that admits that not only diseases, but also mental factors such as negative emotions, mental stress, fatigue, anxiety can be etiological factors in the occurrence of obstetric complications. The implementation of this task will be most effective within the framework of an interdisciplinary study of the problem, which will allow us to develop an optimal model for preparing a pregnant woman to fulfill the role of a mother, taking into account both the needs of the woman herself and the capabilities of the Institute of Medicine.

These scientific and practical prerequisites determine the relevance of the completed dissertation research.

**The purpose of the dissertation research:** optimization of a multidisciplinary approach to medical, preventive and socio-psychological care for pregnant women.

**Research objectives:**

1. To study the domestic and foreign experience in organizing medical and social care for pregnant women and to consider the forms of medical care for pregnant women in historical retrospect.

2. To evaluate organizational, medical and socio-psychological approaches to pregnancy management and preparation for childbirth in the system of their dispensary supervision in the city polyclinic.

3. To analyze the activities of specialists of healthcare organizations in providing medical, preventive and socio-psychological assistance to pregnant women in a multidisciplinary service.

4. To substantiate recommendations on the introduction of a multidisciplinary approach to the management of pregnant women in preparation for childbirth in order to integrate and improve the effectiveness of their medical, socio-psychological support.

**Research methods:** Bibliographic, information-analytical, statistical, sociological.

**Object of the study:** Assessment of the activities of medical workers as part of a multidisciplinary group (obstetrician-gynecologist, general practitioner, midwife, nurse, psychologist, social worker, lawyer).

**Subject of the study:** multidisciplinary approach in preparing pregnant women for childbirth.

**The main provisions of the work submitted for defense:**

1. The existing model of organizing the preparation of pregnant women for childbirth needs to be improved, taking into account multidisciplinary groups, taking into account the functionality of each agent of the maternity care system at different level modern technologies for diagnosis, treatment, management and preparation of pregnant women for childbirth.

2. The results of the analysis of the state of medical examination of pregnant women, their opinions on the ongoing medical examination, as well as the opinions of all agents of the maternity care system, make it possible to judge the need to improve the quality and effectiveness of medical, social, organizational and legal measures both at the polyclinic and hospital levels.

3. In modern conditions, the organization of medical care and multidisciplinary management of pregnant women should be optimized by integrating existing mechanisms and defining new tasks for medical professionals with the most important problems of social determinants of human health.

**Scientific novelty of the study:**

For the first time in Russian science, based on the material of a medical and sociological study, the role and features of the relationship between an obstetrician-gynecologist and other agents of the obstetric care system are explicated, recommendations on prevention and methods of conflict resolution in this area are developed. Based on the analysis of scientific literature, the formation of reproductive behavior in women of fertile age is analyzed and the forms of institutionalization of medical care for pregnant women and women in labor are explicated.

The paper presents a medical and social portrait of a woman who turned to an obstetrician-gynecologist about pregnancy and highlights the prospects for the use of personalized medicine methods in the obstetric care system.

Based on the analysis of the professional dispositions of obstetricians and gynecologists in the maternity care system, recommendations have been developed to optimize relationships in the medical community at different stages of providing medical care to pregnant women. The use of qualitative methods of the sociology of medicine has made it possible to typologize ethical and legal conflicts in the maternity care system and offer recommendations for their prevention and resolution.

**Practical significance:**

At the level of the healthcare system:

The research materials are intended for practical use by healthcare institutions that carry out medical examinations of pregnant women, to develop programs for their medical and psychological support at the PHC level.

On the basis of a comprehensive medical and sociological analysis, pregnancy is considered as a process of secondary socialization, the historical formation of social institutions for the care of pregnant women is presented.

At the level of a medical organization:

The readiness of pregnant women to fulfill the role of a mother is conceptualized as a theoretical basis for the integration of medical, social and psychological components in the activities of a city polyclinic.

A medical and social portrait of a modern pregnant woman living in the city has been formed in order to identify her needs and improve medical care.

A new approach to comprehensive medical, social and psychological support of pregnancy in primary health care, as well as in a hospital, as an important factor in the formation of readiness for the role of a mother is substantiated.

**Theoretical significance:**

The research materials will be intended for practical use in healthcare organizations that carry out medical examinations of pregnant women, to develop programs for their medical and psychological support at the PHC level.

As a basis for further theoretical and applied research in the field of public health

and health organization, obstetrics and gynecology, psychology, as well as in the system of postgraduate professional education in the specialties "Health organization and public health", "Obstetrics and gynecology".

### **Personal contribution of a doctoral student:**

The doctoral student independently summarized and analyzed the data of domestic and foreign literature on the studied problem. The dissertation conducted bibliographic, information-analytical, statistical, sociological research, conducted a questionnaire. The author personally carried out the design of the study, carried out analysis, generalization and statistical processing of data, prepared materials for publication and materials for practical implementation.

### **Conclusions:**

1. The analysis of the studied literary and scientific sources indicates the lack of knowledge of improving the organizational and clinical activities of maternity institutions. To improve the system of a multidisciplinary approach to preparing pregnant women for childbirth, the most important clinical and organizational areas for improvement are: the development and implementation of national and regional targeted programs for the protection of women's health during pregnancy; improvement of technologies for the diagnosis, prevention and treatment of pregnancy complications from the first trimester of pregnancy; antenatal fetal protection, which is closely related to the assessment of his condition during pregnancy; compliance with uniform standards for the detection and examination of pregnancy, from the first trimester of pregnancy and the availability of standardized pregnancy protocols; the use of modern methods of psychological correction and preparation for childbirth; combining the efforts of obstetric and gynecological institutions of various forms of organization in activities to protect the health of pregnant women; priority strengthening of the material and technical base of maternity institutions; reasonable restructuring of obstetric and gynecological hospitals in order to provide modern technologies of obstetric care; formation of a system of hygienic education, promotion of a healthy lifestyle, raising awareness on contraception, harmonious sexual relations, family planning for women of reproductive age.

2. In recent years, there has been a tendency to increase the total number of births. The study showed that one third (36.5%) of pregnant women was not fully examined; standards of pregnancy management were not followed, almost half of the cases (48.5%) were not carried out prenatal care; 1/4 of pregnant women were not taken into account in a timely manner; one in four (27.4%) pregnant women did not carry out timely therapeutic measures; standards the pregnancies were poorly performed. 7.1% of pregnant women - he did not have an individual management plan, and in 22.3% of cases it was low. The most common obstetric pathology in recent years is hypertension during pregnancy, edema caused by pregnancy, chronic diseases, anemia, etc. 70.9% of women have a severe obstetric history.

The main causes aggravating the obstetric and gynecological history according to the results of the study of copying medical documentation are extragenital diseases-20.9%, abortions-16.4%, acute labor-11.4%, the number of pregnancies and childbirth-10.2%, complications of childbirth and the postpartum period-9.9%, premature birth-8.7%, complications of previous pregnancy infertility it was 8.3%, infertility-7.4%, other causes- 5.2%, genital abnormalities-1.6%.

Untimely examination according to the results of evacuation amounted to 25.9% of cases -3, incomplete -36.5% of cases - occurred. The reasons for insufficient

examination, about half of the cases (52.1%) were indiscipline of pregnant women, 12.6% of cases - overload of laboratory and diagnostic rooms, 11.4% of cases-specificity of pregnancy, 10.3%-lack of diagnostic equipment, 9.8%-insufficient qualification of a doctor, 3.8% of cases - other reasons.

An important condition for full control is the regularity of visiting a pregnant woman's consultation and monitoring pregnancy by specialized specialists. According to the study, the frequency of visits was 68.2%. 98.8% of pregnant women were examined by a therapist, 82.9% by a dentist, 62.4% by an oculist, 75.5% by an otorhinolaryngologist, and 31.7% by other specialists of pregnant women. The examination of pregnant women under 12 weeks by a general practitioner amounted to 87.2%.

3. According to the materials of our study, the number of certified doctors was 80.8%, of which 36.0% were doctors of the highest category, and 44.8% were doctors of the first category. 66.4% of average medical workers are certified, of which 25.1% are of the highest category, 27.2% are of the first category, and 14.1% are of the second category.

Over the past 5 years (2014-2019), 3 (7.5%) doctors and 6 (13.6%) average medical workers have not improved their qualifications.

The main questions of our survey, designed for medical professionals, are as follows: "Do you consider pregnant women to be responsible persons of medical workers in preparation for childbirth?"; "Do you have a multidisciplinary approach to preparing pregnant women for childbirth in the clinic?"; "How is assistance provided to pregnant women in preparation for childbirth?"; "Would you rate your relationship with other professionals?"

Most medical professionals believe that they are responsible for preparing pregnant women for childbirth by obstetricians and gynecologists, which is an average of 73.96%, including obstetricians and gynecologists themselves. Unfortunately, psychologists, social workers, as well as therapists/therapists replied that the person responsible for preparing pregnant women for childbirth is an obstetrician-gynecologist, while only 37.5% of psychologists and 12.5% of social workers, as well as 8.3% of therapists/therapists stated that they are responsible for preparing pregnant women I figured it out by childbirth. Among obstetricians and gynecologists, psychologists were considered responsible for preparing pregnant women for childbirth in 20.4% of cases. None of the surveys recorded the answer "social worker", which indicates the low efficiency of health care institutions and social services in providing social and psychological assistance to pregnant women and the family as a whole during the reproductive period.

The results of the survey of doctors showed that in the polyclinic there is 54.8% of a multidisciplinary approach to preparing pregnant women for childbirth, 9.2% refused to answer. According to respondents, preparation of pregnant women for childbirth should be carried out in schools of expectant mothers - 86.1% of cases.

4. 85% of respondents believe that there is no need to change the size of the team. About 2/3 of the respondents rate the effectiveness of the delivery technologies used by the group as "medium" and "low". Partly following a common approach to the case according to jointly agreed principles: 17.5% of respondents consider the division of team responsibilities between obstetricians and gynecologists unfair. 1/4 of the respondents feel "personal responsibility", about 1/10 of the respondents feel "joint responsibility", and 2/3 of the respondents feel "personal and joint responsibility" for

the actions committed in the group. A third of respondents consider team agreement to be low (below average on a scale of 5 points), and a quarter of respondents rate the level of trust in the team below average (on a scale of 5 points). The opinion of doctors and midwives differs significantly in assessing the fairness of the distribution of responsibilities in the team ( $t=2.440$ ,  $p<0.05$ ) and in assessing the level of trust in the team ( $t=2.029$ ,  $p<0.05$ ).

In accordance with the order of the Minister of Health of the Republic of Kazakhstan dated August 24, 2021 No. KR DSM-90 "On approval of the Rules for the provision of primary health care", as well as the order of the Department of Public Health dated 10/21/2021 No. 378 "On the multidisciplinary healthcare team of Almaty city " medical, social, psychological and legal services to the population, including Among other things, the series should include continuity between all specialists in medical organizations to prepare pregnant women for childbirth. During dynamic monitoring of pregnant women, in accordance with the rules of primary health care, PHC and hospital specialists should provide a multidisciplinary group. The solution of the above tasks is a multidisciplinary approach to the activities of multidisciplinary teams as an integrated model that prepares pregnant women for childbirth.

#### **Approbation of the research:**

The main results of the dissertation research were presented at the conferences: "Endovideosurgery in gynecology" IV International Congress, May 14-15, 2019, Almaty, Apsattar readings: "The future of medicine. Problems and solutions" International scientific and practical Conference for students and young scientists, April 24, 2019, Almaty, "Reproductive potential of women of Kazakhstan" Republican scientific and practical Conference, March 28-29, 2019, Astana, "Topical issues of improving medical care to the population of the Republic of Kazakhstan" Scientific and practical conference with international participation, dedicated to the 35th anniversary of the City Clinical Hospital No. 1, December 20-21, 2018, Almaty, "Public health protection today - this is a healthy generation of tomorrow" Republican Scientific and Practical Conference, May 3, 2019, Almaty.

#### **Publications:**

The materials of the dissertation work are published in 7 scientific papers, including 1 article in an identifiable Journal in the Scopus database, 5 articles in journals recommended by the committee for control in the field of Education and science of the Ministry of Education and science of the Republic of Kazakhstan, as well as a textbook on "Analysis of the activities of medical organizations in preparing pregnant women for childbirth".

#### **Scope and structure of the dissertation:**

The dissertation work is presented on 130 pages. The structure is represented by the following elements: normative references, definitions, a list of abbreviations and designations, an introduction, a literary review, research materials and methods, a chapter of own research, a conclusion, a list of sources used and appendices. The dissertation is illustrated with 22 tables and 37 figures. The bibliographic list contains 197 sources.