

## Quality of Life in Children with Disabilities as a Basis for Medical and Social Characterization: A Pediatric Rehabilitation Study

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Protecting the health of the population and ensuring proper conditions for its development are the basis of the social policy strategy for our state. According to WHO experts, health is a state of complete physical, spiritual and social well-being, and not just the absence of diseases and physical defects. At the same time, the high level of health of each individual is formed and maintained by a number of aggregate conditions of everyday life, therefore WHO recommends to use a comprehensive approach to ensure a healthy lifestyle, taking into account all the factors affecting it.

One of the most common ways to assess the state of the population's health and determine its medical and social needs, as well as its general well-being, is the study of the quality of life, which, at the same time, is a fairly simple, highly informative and reliable method. Significant day-to-day changes in public health indicators (increased life expectancy, drastic changes in the structure of morbidity, etc.), as well as active involvement in the process of treating patients themselves, have led in recent years to a significant increase in interest in studying the quality of life not only of clinicians, but also of scientists of other related fields branches of medicine.

The quality of life indicator is a separate characteristic of the patient's well-being, which makes it possible to supplement objective data and more comprehensively assess the effectiveness of the treatment process. Based on this, a comprehensive study of the level of quality of life is a guarantee of achieving one of the main goals of the health care system - preserving and strengthening the health of the population.

Studying the quality of life is a complex multi-component process, which includes a number of components (psychological, social, economic, medical, environmental and many others). WHO experts chose the following among the main criteria for assessing the quality of life: physical, psychological, level of independence, social life, environment and spirituality.

The main method of studying the quality of life is questionnaire (using various questionnaires). At the same time, questionnaires for researching the quality of life according to the requirements of the MARI Institute should be universal, reliable, highly sensitive, reproducible, easy to use, standardized and reliable.

## Metal Ions in Life Sciences

We adapted to domestic conditions the methodology for researching the quality of life of disabled children and analyzed the levels of the quality of life of disabled children in the city of Kharkiv and the region in terms of providing them with medical and social assistance.

According to the results of the research, we found that the quality of life indicator of disabled children is on average 64.3% and ranges from 23.4% to 85.4%. The main factors that reduce the quality of life of these children include: socio-psychological restrictions (34.3%) and restrictions on the level of independence (27.5%). It was established that  $33.9 \pm 2.0\%$  of the examined children had a low quality of life, average -  $62.5 \pm 2.1\%$ , optimal - only  $3.4 \pm 0.8\%$ .

Thus, based on the results we obtained, we are able to develop, implement and implement programs of habilitation-rehabilitation and medical-social measures to improve the quality of life of this cohort of children in a more efficient, cost-effective, integrated, rational and purposeful manner.

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