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**ДИСПАНСЕРИЗАЦИЯ КАК ЧАСТЬ РАБОТЫ ВРАЧА
УЧАСТКОВОГО ТЕРАПЕВТА**

Учебно-методическое пособие

**DISPENSARY EXAMINATION AS PART OF THE WORK
OF A DISTRICT THERAPIST**

Educational and methodical manual



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В учебно-методическом пособии подробно освещается порядок прохождения диспансеризации взрослого населения различных возрастных групп в России на основании актуальных нормативно-правовых актов Минздрава России, описаны диагностические критерии факторов риска и других патологических состояний и заболеваний, которые повышают вероятность развития хронических неинфекционных заболеваний. В учебно-методическом пособии изложен теоретический материал, приводятся контрольные вопросы.

Пособие предназначено для иностранных студентов медицинских вузов.

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INTRODUCTION

One of the main sections of the work of a primary care physician is such an important method of preventive work as medical examination – a set of measures carried out in medical institutions and including the diagnosis of diseases, pathological conditions and risk factors; accounting for patients and persons with risk factors, monitoring them, dividing them into groups according to their need for monitoring and treatment; carrying out therapeutic, wellness and preventive measures. The selection of contingents for dispensary observation is carried out according to the treatment rate and the results of preventive examinations.

Persons suffering from bronchial asthma, peptic ulcer of the stomach and duodenum, diabetes mellitus, hypertension, and persons with other diseases are subject to mandatory lifelong medical examination within a certain period of time.

The correct organization of the medical examination process is based on the choice of the optimal frequency of observation, the involvement of specialist doctors in dispensary examinations, the appointment of necessary examinations, therapeutic and preventive measures, and the achievement of effectiveness criteria.

The registration of patients under dispensary supervision is carried out according to the control cards of dispensary supervision (Form No. 030/y). The control card of dispensary supervision is the main operational document used to monitor the implementation of doctor's prescriptions and the timeliness of patients' attendance for the next examination, as well as to compile reports of medical institutions on the contingents of patients who are under dispensary supervision for certain types of diseases. The cards are stored in the card file of a doctor of the relevant specialty during the entire period of dispensary observation and are placed by month, depending on the time appointed by the doctor for the next visit. The medical examination is regulated by the Orders of the Ministry of Health of the

Russian Federation. The latest order regulating medical examination since 2021 is given below.

Order of the Ministry of Health of the Russian Federation (Ministry of Health of the Russian Federation) dated April 27, 2021 No. 404n "On approval of the Procedure for preventive medical examination and medical examination of certain groups of the adult population".

**THE PROCEDURE FOR PREVENTIVE MEDICAL
EXAMINATION AND MEDICAL EXAMINATION
OF CERTAIN GROUPS OF THE ADULT POPULATION**

This procedure regulates issues related to the preventive medical examination and medical examination in medical organizations of the following groups of the adult population (aged 18 years and older):

1) working citizens;

2) unemployed citizens;

3) full-time students in educational institutions. This procedure does not apply in cases where legislative and other regulatory legal acts of the Russian Federation establish a different procedure for conducting preventive medical examination or medical examination of certain categories of citizens.

Preventive medical examination is carried out for the purpose of early (timely) detection of conditions, diseases and risk factors for their development, non-medical consumption of narcotic drugs and psychotropic substances, as well as for the purpose of determining health groups and making recommendations for patients.

Medical examination is a set of measures that includes preventive medical examination and additional methods of examinations conducted in order to assess the state of health (including the definition of a health group and a group of dispensary supervision) and carried out in relation to

certain groups of the population in accordance with the legislation of the Russian Federation¹.

Medical measures carried out under this procedure are aimed at:

1) prevention and early detection (screening) of chronic non-communicable diseases (conditions) that are the main cause of disability and premature mortality of the population of the Russian Federation (hereinafter referred to as chronic non-communicable diseases), risk factors for their development, including elevated blood pressure, hypercholesterolemia, elevated fasting blood glucose, tobacco smoking, the risk of harmful consumption alcohol, poor nutrition, low physical activity, overweight or obesity (more - risk factors), as well as the risk of consuming narcotic drugs and psychotropic substances without a doctor's appointment;

2) determination of the health group, necessary preventive, curative, rehabilitation and wellness measures for citizens with identified chronic non-communicable diseases and (or) risk factors for their development, as well as for healthy citizens;

3) conducting preventive counseling for citizens with identified chronic non-communicable diseases and risk factors for their development;

4) determination of the group of dispensary observation of citizens with identified chronic non-communicable diseases and other diseases (conditions), including citizens with high and very high cardiovascular risk.

Preventive medical examination is carried out annually:

1) as an independent event;

2) as part of the medical examination;

3) within the framework of dispensary supervision (during the first dispensary admission (examination, consultation) this year.

Medical (dispensary) examination is carried out:

1) once every three years at the age of 18 to 39 years inclusive;

2) annually at the age of 40 years and older, as well as in relation to certain categories of citizens, including:

a) invalids of the Great Patriotic War and combat invalids, as well as participants of the Great Patriotic War who became disabled due to a general illness, labor injury or other reasons (except for persons whose disability occurred as a result of their illegal actions);

b) persons awarded the badge "Resident of besieged Leningrad", persons awarded the badge "Resident of besieged Sevastopol" and recognized as disabled due to general illness, labor injury and other reasons (except for persons whose disability occurred as a result of their illegal actions);

c) former minor prisoners of concentration camps, ghettos, and other places of forced detention created by the Nazis and their allies during World War II, recognized as disabled due to general illness, labor injury, and other reasons (with the exception of persons whose disability occurred as a result of their illegal actions);

d) working citizens who have not reached the age that entitles them to an old-age pension, including prematurely, within five years before such an age and working citizens who are recipients of an old-age pension or a long-service pension.

The year of medical examination is considered to be the calendar year in which a citizen reaches the appropriate age.

Preventive medical examination and medical examination are carried out within the framework of the program of state guarantees of free medical care to citizens and the territorial program of state guarantees of free medical care to citizens.

In addition to preventive medical examinations and medical examinations, citizens who have been ill with a new coronavirus infection (COVID-19) undergo in-depth medical examination, including studies and

other medical interventions in accordance with the list of studies and other medical interventions conducted as part of in-depth medical examination, established by the program of state guarantees of free medical care to citizens for the corresponding year and planned the period (hereinafter referred to as in-depth medical examination).

In-depth medical examination can also be carried out on the initiative of a citizen for whom there is no information about a disease with a new coronavirus infection (COVID-19).

The executive authorities of the subjects of the Russian Federation in the field of health protection ensure the organization of preventive medical examinations and medical examinations by citizens, including in the evening and on Saturdays, and also provide citizens with the opportunity to remotely register for appointments (examinations, consultations) by medical workers, research and other medical interventions carried out as part of preventive medical examinations and medical examinations.

If a medical organization uses a medical information system of a medical organization or a state information system in the field of healthcare of a constituent entity of the Russian Federation, the executive authorities of the constituent entities of the Russian Federation in the field of health protection provide citizens with the opportunity to undergo a survey (questionnaire), receive information about the purposes and scope of preventive medical examinations and medical examinations, make appointments (examinations, consultations) by medical professionals, research and other medical interventions carried out within the framework of preventive medical examinations and medical examinations, informing about the procedure for passing medical examinations and medical examinations and the sequence of receptions (examinations, consultations) by medical workers, research and other medical interventions, including through the use of the federal state information system "Unified Portal of State and Municipal Services (functions)" and other information systems provided for in part 5 of the article 91 of Federal Law No. 323-FZ.

Preventive medical examination and the first stage of medical examination are recommended to be carried out within one working day.

The executive authorities of the subjects of the Russian Federation in the field of health protection post on their official websites on the Internet information and telecommunications network information about medical organizations on the basis of which citizens can undergo preventive medical examinations and medical examinations.

If necessary, medical workers of medical organizations providing specialized medical care may be involved in conducting receptions (examinations, consultations) by medical workers, research and other medical interventions carried out as part of preventive medical examinations and medical examinations.

Preventive medical examination and medical examination are carried out by medical organizations (other organizations engaged in medical activities) (hereinafter - medical organization), regardless of the organizational and legal form, licensed to carry out medical activities providing work (services) for "preventive medical examinations", "therapy" or "general medical practice (family medicine)", "obstetrics and gynecology" (for licenses to carry out medical activities issued before joining the the force of the decree of the Government of the Russian Federation dated April 16, 2012 No. 291 "On licensing of medical activities (with the exception of the specified activities carried out by medical organizations and other organizations belonging to the private healthcare system on the territory of the Skolkovo Innovation Center)")⁶ or "obstetrics and gynecology (except for the use of assisted reproductive technologies)", "obstetrics and gynecology (except for the use of assisted reproductive technologies and artificial termination of pregnancy)", "obstetrics" or "medical care", "ophthalmology", "neurology", "otorhinolaryngology (except for cochlear implantation)", "surgery" or "coloproctology", "radiology", "clinical laboratory diagnostics" or "laboratory diagnostics", "functional diagnostics", "ultrasound diagnostics", "urology", "endoscopy".

A citizen undergoes a preventive medical examination and medical examination in a medical organization in which he receives primary health care.

In the absence of a medical organization in the locality in which a citizen over 65 years of age lives, in which a preventive medical examination or medical examination can be carried out, a citizen may be transported to a medical organization within the framework of social support measures provided for in the subject of the Russian Federation in accordance with Federal Law No. 184-FZ of October 6, 1999 "On the general principles of the organization of legislative (representative) and executive bodies of state power of the subjects of the Russian Federation".

A medical organization issues a certificate to a working citizen on passing a preventive medical examination or medical examination on the day of passing the specified examination (medical examination) in accordance with the Procedure for issuing certificates and medical reports by medical organizations, approved by Order No. 972n8 of the Ministry of Health of the Russian Federation dated September 14, 2020.

A necessary prerequisite for preventive medical examination and medical examination is the provision of informed voluntary consent of a citizen (his legal representative) for medical intervention in compliance with the requirements established by Article 20 of Federal Law No. 323-FZ.

A citizen has the right to refuse to carry out preventive medical examination and (or) medical examination in general or from certain types of medical interventions included in the scope of preventive medical examination and (or) medical examination.

The head of the medical organization, medical staff of the department (office) of medical prevention and the health center are responsible for conducting preventive medical examination and medical examination of the population undergoing medical care in a medical organization.

A medical worker authorized by the head of a medical organization carries out informational interaction with insurance medical organizations in order to organize informing citizens subject to preventive medical examination and (or) medical examination in the current year, or their legal representatives about the possibility of undergoing preventive medical examination and (or) medical examination in accordance with the Rules of compulsory medical insurance approved by the order of the Ministry of Health of the Russian Federation dated February 28, 2019 No. 108n (hereinafter referred to as the Rules of Compulsory Medical Insurance).

A general practitioner (hereinafter referred to as a general practitioner) is responsible for organizing and conducting preventive medical examination and medical examination of the population of a therapeutic, including a workshop, site (site of a general practitioner (family doctor), the serviced area (hereinafter referred to as the site).

The paramedic of the paramedic health center or the paramedic-obstetric center is responsible for conducting a preventive medical examination and medical examination of the population of the paramedic station in the case of assigning to him certain functions of the attending physician for the direct provision of medical care to the patient during the period of observation and treatment, including preventive medical examination and medical examination, in accordance with the procedure established by the order Ministry of Health and Social Development of the Russian Federation dated March 23, 2012 No. 252n "On Approval of the Procedure for assigning to a paramedic, midwife by the head of a medical organization when organizing the provision of primary health care and emergency medical care certain functions of the attending physician for the direct provision of medical care to the patient during the period of observation and treatment, including the prescription and use of medicines, including narcotic drugs and psychotropic drugs".

The main tasks of the paramedic of the paramedic health center or the paramedic-obstetric center in the organization and conduct of preventive medical examination and medical examination are:

1) attracting the population attached to the paramedic station to undergo preventive medical examination and medical examination, informing about their goals, the scope of the examination and the schedule of work of the departments of the medical organization involved in conducting preventive medical examination and medical examination, necessary preparatory measures, as well as increasing the motivation of citizens to regularly undergo preventive medical examination and medical examination, including through explanatory conversations at the family level;

2) instructing citizens who have arrived for a preventive medical examination, medical examination, on the procedure for their passage and the sequence of the examination;

3) performing receptions (examinations), medical examinations and other medical interventions included in the scope of preventive medical examination and the first stage of medical examination:

- a survey (questionnaire) of citizens and preparation of a conclusion based on its results, as well as establishing the fact of additional complaints about the state of health that were not identified during the survey (questionnaire) (hereinafter - the questionnaire);

- calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index;

- blood pressure measurements on peripheral arteries;

- determination of the level of total cholesterol in the blood;

- determination of fasting blood glucose levels;

- electrocardiography at rest;

- intraocular pressure measurements;

- examination by a paramedic (midwife) and (or) taking a swab from the cervix as part of screening aimed at early detection of oncological diseases;

- determination of risk factors and other pathological conditions and diseases that increase the likelihood of developing chronic non-communicable diseases;

- determination of relative cardiovascular risk in citizens aged 18 to 39 years inclusive and absolute cardiovascular risk in citizens aged 40 to 64 years inclusive who do not have cardiovascular diseases of atherosclerotic genesis, type II diabetes mellitus and chronic kidney disease;

- admission (examination) based on the results of a preventive medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes;

- conducting a brief individual preventive counseling within the first stage of medical examination;

4) organization of receptions (examinations), medical examinations and other medical interventions included in the scope of preventive medical examination and the first stage of medical examination not specified in subparagraph 3 of this paragraph, including referral based on the results of preventive medical examination of citizens under medical supervision (with III group of health), to an appointment (examination) by a general practitioner, a doctor for medical prevention of the department (office) of medical prevention or a health center in the amount of, provided for in subparagraph 12 of paragraph 16 of this procedure;

5) explaining to patients with risk factors for chronic non-communicable diseases measures to reduce them, and to patients with high and very high absolute cardiovascular risk, patients with coronary heart disease, cerebrovascular diseases, chronic lower limb ischemia of athero-

sclerotic genesis, diseases characterized by high blood pressure, the main symptoms of myocardial infarction and stroke, as well as the rules first aid in their development, the vital importance of timely (no later than 5 minutes from the onset of symptoms) calling an emergency medical team;

6) summarizing the results of preventive medical examination and medical examination at the paramedic station;

7) formation of a set of documents, filling out a record card for preventive medical examination (medical examination) in the form approved by Order of the Ministry of Health of the Russian Federation No. 1207n11 dated November 10, 2020 (hereinafter referred to as the record card for medical examination);

8) informing citizens about the possibility of a medical examination to detect HIV infection in accordance with Article 7 of Federal Law No. 38-FZ of March 30, 1995 "On Preventing the spread of the disease caused by the human Immunodeficiency virus (HIV infection) in the Russian Federation" (hereinafter - Federal Law No. 38-FZ)¹² with by providing addresses of medical organizations where it is possible to carry out voluntary, including anonymous, medical examination to detect HIV infection.

The main tasks of a general practitioner in the organization and conduct of preventive medical examination and medical examination are:

1) attracting the population attached to the site to undergo preventive medical examination and medical examination, informing citizens about their goals, the scope of the examination and the schedule of work of the departments of the medical organization involved in conducting preventive medical examination and medical examination, necessary preparatory measures, as well as improving motivating citizens to undergo regular preventive medical examinations and medical examinations, including through explanatory conversations at the family level;

2) admission (examination) based on the results of a preventive medical examination, including citizens sent in accordance with subparagraph

4 of paragraph 13 and subparagraph 6 of paragraph 15 of this procedure, to the extent provided for in subparagraph 12 of paragraph 16 of this procedure, admission (examination) based on the results of the first stage of medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish the diagnosis of the disease (condition), determination of the health group, the dispensary observation group, determination of medical indications for examinations (consultations) and research within the framework of the second stage of medical examination, as well as admission (examination) based on the results of the second stage of medical examination in the amount provided for in subparagraph 13 of paragraph 18 of this procedure;

3) explaining to patients with risk factors for chronic non-communicable diseases about measures to reduce them, and to patients with high and very high absolute cardiovascular risk, patients with coronary heart disease, cerebrovascular diseases, chronic lower limb ischemia of atherosclerotic genesis, diseases characterized by high blood pressure, the main symptoms of myocardial infarction and stroke, as well as rules of first aid in their development, the vital importance of timely (no later than 5 minutes from the onset of symptoms) calling an emergency medical team;

4) summarizing the results of preventive medical examination and medical examination at the site;

5) informing citizens about the possibility of a medical examination to detect HIV infection in accordance with Article 7 of Federal Law No. 38-FZ, providing addresses of medical organizations where it is possible to carry out voluntary, including anonymous, examination to detect HIV infection.

The main tasks of the department (office) of medical prevention and the health center in the organization and conduct of preventive medical examination and medical examination are:

1) drawing up a plan for preventive medical examination and medical examination in the current calendar year (monthly, weekly);

2) participation in informing the population who are on medical care in a medical organization about conducting preventive medical examinations and medical examinations, their goals, as well as in conducting explanatory work and motivating citizens to undergo preventive medical examination, medical examination;

3) instructing citizens who have arrived for a preventive medical examination, medical examination, on the procedure for their passage and the sequence of the examination;

4) performing receptions (examinations), medical examinations and other medical interventions included in the scope of preventive medical examination and medical examination:

- calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index;

- blood pressure measurements on peripheral arteries;

- determination of the level of total cholesterol in the blood;

- determination of fasting blood glucose levels;

- intraocular pressure measurements;

- determination of risk factors and other pathological conditions and diseases that increase the likelihood of developing chronic non-communicable diseases;

- determination of relative cardiovascular risk in citizens aged 18 to 39 years inclusive, and absolute cardiovascular risk in citizens aged 40 to

64 years inclusive, who do not have cardiovascular diseases of atherosclerotic genesis, type II diabetes mellitus and chronic kidney disease;

- admission (examination) based on the results of a preventive medical examination in the amount provided for in subparagraph 12 of paragraph 16 of this procedure;

- conducting brief individual preventive counseling as part of a preventive medical examination and the first stage of medical examination, as well as in-depth preventive counseling as part of the second stage of medical examination.

5) organization of medical research and other medical interventions included in the scope of preventive medical examination and medical examination not specified in subparagraph 4 of this paragraph;

6) referral, based on the results of a preventive medical examination, to an appointment (examination) with a general practitioner of citizens whose health complaints and (or) pathological changes in the studied indicators, which had not previously existed or their degree of severity (deviation from the norm) increased, according to the results of a questionnaire, admission (examination) and research;

7) explaining to patients with risk factors for chronic non-communicable diseases measures to reduce them, and to patients with high and very high absolute cardiovascular risk, patients with coronary heart disease, cerebrovascular diseases, chronic ischemia of the lower extremities of atherosclerotic genesis, diseases characterized by high blood pressure, the main symptoms of myocardial infarction and stroke, as well as first aid rules for their development, the vital importance of timely (no later than 5 minutes from the onset of symptoms) calling an ambulance team.

8) formation of a set of documents, filling out a medical examination record card;

9) filling out statistical reporting forms used during preventive medical examination and medical examination;

10) summarizing the results of preventive medical examination and medical examination in a medical organization;

11) informing citizens about the possibility of a medical examination to detect HIV infection in accordance with Article 7 of Federal Law No. 38-FZ, providing addresses of medical organizations where it is possible to carry out voluntary, including anonymous, examination to detect HIV infection.

Preventive medical examination includes:

1) survey of citizens aged 18 years and older 1 time per year in order to:

collection of anamnesis, identification of burdened heredity, complaints, symptoms characteristic of the following non-communicable diseases and conditions: angina pectoris, transient ischemic attack or acute cerebrovascular accident, chronic obstructive pulmonary disease, diseases of the gastrointestinal tract;

- determination of risk factors and other pathological conditions and diseases that increase the likelihood of developing chronic non-communicable diseases: smoking, the risk of harmful alcohol consumption, the risk of consuming narcotic drugs and psychotropic substances without a doctor's appointment, the nature of nutrition, physical activity; conducting a brief individual preventive consultation for persons with identified risk factors in the department (office) of medical prevention, a health center and (or) a general practitioner;

- detection of the risk of falls, complaints characteristic of osteoporosis, depression, heart failure, uncorrected hearing and vision disorders in citizens aged 65 years and older;

2) calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index, for citizens aged 18 years and older 1 time per year;

3) measurement of blood pressure in the peripheral arteries for citizens aged 18 years and older 1 time per year;

4) the study of the level of total cholesterol in the blood (the use of the express method is allowed) for citizens aged 18 years and older 1 time per year;

5) determination of fasting blood glucose (the use of the express method is allowed) for citizens aged 18 years and older 1 time per year;

6) determination of the relative cardiovascular risk in citizens aged 18 to 39 years inclusive 1 time per year;

7) determination of the absolute cardiovascular risk in citizens aged 40 to 64 years inclusive 1 time per year (cardiovascular risk is determined by the cardiovascular risk SCORE scale, while in citizens with cardiovascular diseases of atherosclerotic genesis, type II diabetes mellitus and chronic kidney disease, the level of absolute cardiovascular risk is not determined by the SCORE risk scale and is regarded as very high regardless of the scale indicators);

8) lung fluorography or lung radiography for citizens aged 18 years and older 1 time in 2 years (not performed if the citizen had fluorography, radiography (X-ray) or computed tomography of the chest organs during the previous calendar year);

9) electrocardiography at rest during the first preventive medical examination, then at the age of 35 and older 1 time per year;

10) measurement of intraocular pressure at the first preventive medical examination, then at the age of 40 years and older 1 time per year;

11) examination by a paramedic (midwife) or an obstetrician-gynecologist of women aged 18 to 39 years 1 time per year;

12) admission (examination) based on the results of a preventive medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, by a paramedic of a paramedic health center or a paramedic-obstetric center, a general practitioner or a doctor for medical prevention department (office) of medical prevention or health center;

STAGES OF MEDICAL (DISPENSARY) EXAMINATION

Medical examination is carried out in two stages.

The first stage of medical examination (screening) is carried out in order to identify signs of chronic non-communicable diseases in citizens, risk factors for their development, the risk of harmful alcohol consumption, consumption of narcotic drugs and psychotropic substances without a doctor's appointment, determining the health group, as well as determining medical indications for additional examinations and examinations by specialist doctors to clarify the diagnosis of the disease (condition) at the second stage of medical examination and includes:

1) for citizens aged 18 to 39 years, inclusive, 1 time in 3 years:

a) conducting a preventive medical examination in the amount specified in subparagraphs 1-11 of paragraph 16 of this procedure;

b) conducting screening activities aimed at early detection of oncological diseases;

c) conducting a brief individual preventive consultation in the department (office) of medical prevention, health center by a general practitioner;

d) an appointment (examination) by a general practitioner based on the results of the first stage of medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, follow-up group, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination;

2) for citizens aged 40 to 64 years, inclusive, 1 time a year (with the exception of receptions (examinations), medical examinations and other medical interventions included in the scope of the first stage of medical examination, with a different frequency):

a) conducting a preventive medical examination in the amount specified in subparagraphs 1-10 of paragraph 16 of this procedure;

b) carrying out screening measures aimed at earlier detection of oncological diseases;

c) general blood test (hemoglobin, leukocytes, ESR);

d) conducting a brief individual preventive consultation in the department (office) of medical prevention, health center;

e) an appointment (examination) by a general practitioner based on the results of the first stage of medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, follow-up group, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination;

3) for citizens aged 65 years and older 1 time per year (with the exception of receptions (examinations), medical examinations and other

medical interventions included in the scope of the first stage of medical examination, with a different frequency):

a) carrying out a preventive medical examination in the amount specified in subparagraphs 1-10 of paragraph 16 of this procedure;

b) conducting screening activities aimed at early detection of oncological diseases;

c) a general blood test (hemoglobin, leukocytes, ESR);

d) conducting a brief individual preventive consultation in the department (office) of medical prevention, health center;

e) an appointment (examination) by a general practitioner based on the results of the first stage of medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, follow-up group, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination;

If, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier within the time limits recommended in paragraphs 16 and 17 of this procedure, then the study is conducted upon application, the schedule of subsequent studies is shifted according to the recommended frequency of the study.

The second stage of medical examination is carried out for the purpose of additional examination and clarification of the diagnosis of the disease (condition) and includes:

1) examination (consultation) by a neurologist (in the presence of newly identified indications or suspicions of a previously suffered acute cerebral circulatory disorder for citizens who are not under medical super-

vision for this reason, as well as in cases of detection of motor function disorders, cognitive impairment and suspected depression in citizens aged 65 years based on the results of a questionnaire and older, who are not under medical supervision for this reason);

2) duplex scanning of brachycephalic arteries (for men aged 45 to 72 years inclusive and women aged 54 to 72 years inclusive in the presence of a combination of three risk factors for the development of chronic non-communicable diseases: high blood pressure, hypercholesterolemia, overweight or obesity, as well as by referral of a neurologist for the first time an identified indication or suspicion of a previously suffered acute violation of cerebral circulation for citizens aged 65 to 90 years who are not under medical supervision for this reason);

3) examination (consultation) by a surgeon or urologist (for men aged 45, 50, 55, 60 and 64 years with an increase in the level of prostate-specific antigen in the blood of more than 4 ng/ml);

4) examination (consultation) by a surgeon or a coloproctologist, including rectoromanoscopy (for citizens aged 40 to 75 years inclusive with revealed pathological changes based on the results of screening for the detection of malignant neoplasms of the colon and rectum, with burdened heredity-familial adenomatosis and (or) malignant neoplasms of the colon and rectum, if other medical indications are identified according to the results of the questionnaire, as well as by appointment of a general practitioner, a urologist, an obstetrician-gynecologist in cases of detection of symptoms of malignant neoplasms of the large intestine and rectum);

5) colonoscopy (for citizens in case of suspicion of malignant neoplasms of the large intestine as prescribed by a surgeon or a coloproctologist);

6) esophagogastroduodenoscopy (for citizens in case of suspected malignant neoplasms of the esophagus, stomach and duodenum as prescribed by a general practitioner);

7) lung radiography, computed tomography of the lungs (for citizens in case of suspicion of malignant neoplasms of the lung as prescribed by a general practitioner);

8) spirometry (for citizens with suspected chronic bronchopulmonary disease, smokers identified by the results of a questionnaire - as prescribed by a general practitioner);

9) examination (consultation) by an obstetrician-gynecologist (for women aged 18 years and older with identified pathological changes based on the results of screening for malignant neoplasms of the cervix, aged 40 to 75 years with identified pathological changes based on the results of screening measures aimed at early detection of malignant neoplasms of the mammary glands);

10) examination (consultation) by an otorhinolaryngologist (for citizens aged 65 years and older, if there are medical indications based on the results of a questionnaire or an appointment (examination) by a general practitioner);

11) examination (consultation) by an ophthalmologist (for citizens aged 40 years and older who have increased intraocular pressure, and for citizens aged 65 years and older who have a decrease in visual acuity that cannot be corrected by glasses, revealed by the results of a questionnaire);

12) examination (consultation) by a dermatovenerologist, including dermatoscopy (for citizens with suspected malignant neoplasms of the skin and (or) mucous membranes as prescribed by a therapist based on the results of an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes);

13) conducting a study of the level of glycated hemoglobin in the blood (for citizens with suspected diabetes mellitus as prescribed by a general practitioner based on the results of examinations and studies of the first stage of medical examination);

14) conducting individual or group (schools for patients) in-depth preventive counseling in the department (office) of medical prevention, health center for citizens:

a) with identified coronary heart disease, cerebrovascular diseases, chronic ischemia of the lower extremities of atherosclerotic genesis or diseases characterized by high blood pressure;

b) with the risk of harmful alcohol consumption and (or) the use of narcotic drugs and psychotropic substances identified by the results of the questionnaire without a doctor's appointment;

c) for all citizens aged 65 years and older in order to correct the identified risk factors and (or) prevent senile asthenia;

d) when detecting a high relative, high and very high absolute cardiovascular risk, and (or) obesity, and (or) hypercholesterolemia with a total cholesterol level of 8 mmol/l or more, as well as smoking more than 20 cigarettes per day, the risk of harmful alcohol consumption and (or) the risk of non-medical use of narcotic drugs and psychotropic substances;

15) admission (examination) by a general practitioner based on the results of the second stage of medical examination, including the establishment (clarification) of the diagnosis, determination (clarification) of the health group, determination of the group of dispensary supervision, taking into account the conclusions of specialist doctors), referral of citizens, if there are medical indications, for additional examination not included in the scope of medical examination, including referral for examination (consultation) by an oncologist in case of suspected oncological diseases in accordance with the Procedure for providing medical care to the population in the "oncology" profile, approved by the order of the Ministry of Health of the Russian Federation dated November 15, 2012 No. 915h13, as well as to receive specialized, including high-tech, medical care for sanatorium treatment.

Preventive medical examination and the first stage of medical examination may be carried out by mobile medical teams operating in accordance with the Rules organization of the activities of the mobile medical team provided for in Appendix No. 8 to the Regulation on the Organization of Primary Health Care for Adults, approved by Order No. 543n14 of the Ministry of Health and Social Development of the Russian Federation dated May 15, 2012.

When conducting a preventive medical examination and medical examination, the results of previously conducted (no later than one year) medical examinations, medical examinations, confirmed by medical documents of a citizen, may be taken into account, except in cases when symptoms and syndromes of diseases are detected in him, indicating the presence of medical indications for repeated research and other medical measures within the framework of a preventive medical examination and medical examinations.

When a citizen is identified in the process of preventive medical examination and (or) medical examination of medical indications for examinations (consultations) by specialist doctors, studies and measures, including examination (consultation) by an oncologist when detecting suspicions of oncological diseases of visual and other localizations that are not included in the scope of preventive medical examination and (or) medical examinations in accordance with this procedure, they are prescribed and performed in accordance with the provisions of the procedures for providing medical care, according to the profile of the identified or suspected disease (condition), taking into account the standards of medical care, as well as on the basis of clinical recommendations.

If, according to the results of a preventive medical examination, a citizen has a high relative, high and very high absolute cardiovascular risk, and (or) obesity, and (or) hypercholesterolemia with a total cholesterol level of 8 mmol/l or more, as well as establishing, according to the results of a questionnaire, smoking more than 20 cigarettes a day, the risk of

harmful consumption alcohol and (or) the risk of consumption of narcotic drugs and psychotropic substances without a doctor's appointment, a citizen is sent for in-depth preventive counseling outside the framework of a preventive medical examination.

Based on information about the passage of a preventive medical examination and (or) medical examination by a medical worker of the department (office) of medical prevention or a health center, as well as a medical assistant's health center or a paramedic obstetric center (based on the results of studies conducted as part of a preventive medical examination and medical examination in this case a medical assistant's health center or a paramedic-obstetric center), a medical examination record card is filled in.

The results of receptions (examinations, consultations) by medical professionals, studies and other medical interventions included in the scope of preventive medical examination and medical examination are entered into the medical record of the patient receiving medical care in outpatient conditions,¹⁶ marked "Preventive medical examination" or "Medical examination".

If a medical organization uses the medical information system of a medical organization¹⁷ or the state information system in the field of healthcare of a subject of the Russian Federation¹⁸ during preventive medical examination and medical examination, information on the results of receptions (examinations, consultations) by medical workers, research and other medical interventions included in the scope of preventive medical examination and medical examination, including information on medical documentation generated in the form of electronic documents, It is submitted to the unified state information system in the field of healthcare, including for the purpose of providing citizens with healthcare services in electronic form through the use of the federal state information system "Unified Portal of State and Municipal Services (functions)"¹⁹ and other

information systems provided for in Part 5 of Article 91 of Federal Law No. 323-FZ.

THE HEALTH GROUPS OF A CITIZEN AND THE GROUPS OF MEDICAL SUPERVISION

The following criteria are used to determine, based on the results of a preventive medical examination or medical examination, the health group of a citizen and the group of medical supervision:

Health group I - citizens who have not been diagnosed with chronic non-communicable diseases, there are no risk factors for the development of such diseases, or there are specified risk factors with low or medium absolute cardiovascular risk and who do not need dispensary supervision for other diseases (conditions);

II health group - citizens who have not been diagnosed with chronic non-communicable diseases, but there are risk factors for the development of such diseases with a high or very high absolute cardiovascular risk, as well as citizens who have been diagnosed with obesity and (or) hypercholesterolemia with a total cholesterol level of 8 mmol/l or more, and (or) people who smoke more 20 cigarettes per day, and (or) persons with an identified risk of harmful alcohol consumption and (or) the risk of consuming narcotic drugs and psychotropic substances without a doctor's appointment, and who do not need dispensary supervision for other diseases (conditions). Citizens with health group II with high or very high absolute cardiovascular risk are subject to dispensary supervision by a doctor (paramedic) of the department (office) of medical prevention or a health center, as well as by a paramedic of a paramedic health center or a paramedic-obstetric center, with the exception of patients with total cholesterol levels of 8 mmol/l or more, who are subject to dispensary supervision by a general practitioner. In the presence of medical indications, the general practitioner prescribes medicines for medical use for the purpose of pharmaco-

logical correction of the identified risk factors to citizens with group II of health;

Health group III - citizens with chronic non-communicable diseases requiring the establishment of dispensary supervision or the provision of specialized, including high-tech, medical care, as well as citizens with suspected presence of these diseases (conditions) in need of additional examination;

Health group III - citizens who do not have chronic non-communicable diseases, but require the establishment of dispensary supervision or the provision of specialized, including high-tech, medical care for other diseases, as well as citizens with suspected presence of these diseases who need additional examination.

Citizens with IIIa and IIIb health groups are subject to dispensary supervision by a general practitioner, specialist doctors with preventive, curative and rehabilitative measures.

According to the results of an additional examination, the citizen's health group may be changed. If a patient has chronic non-communicable diseases and at the same time other diseases (conditions) requiring dispensary supervision, he is included in the III health group.

The main indicator of the effectiveness of preventive medical examination, medical examination is the coverage of citizens with preventive medical examination, medical examination, respectively, in a medical organization.

The medical organization keeps records of citizens who have undergone preventive medical examination and medical examination, as well as refusals of citizens to undergo individual studies and measures or, in general, from preventive medical examination and medical examination.

Preventive medical examination and the first stage of medical examination are considered completed if at least 85% of the volume of preven-

tive medical examination and the first stage of medical examination are completed within a calendar year, while it is mandatory for all citizens to conduct a questionnaire and receive (examination) by a doctor for medical prevention of the department (office) of medical prevention or a health center or a paramedic, as well as mammography, examination of feces for latent blood by immunochemical qualitative or quantitative method, examination by a paramedic (midwife) or an obstetrician-gynecologist, taking a smear from the cervix, cytological examination of a smear from the cervix, determination of prostate-specific antigen in the blood.

Preventive medical examination and medical examination measures are subject to inclusion in the territorial program of state guarantees of free medical care and payment to citizens.

The authorized person of the insurance medical organization at least once a quarter informs the insured persons subject to medical examination or preventive medical examination in the current year, including those who have not passed these measures, or the legal representatives of these insured persons about the possibility of undergoing medical examination or preventive medical examination in accordance with the Rules of compulsory medical insurance.

EXAMINATION LIST CARRIED OUT IN THE FIRST STAGE OF MEDICAL EXAMINATION FOR MEN AGED 18 TO 64 YEARS INCLUSIVE

- Calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index;
- Measurement of blood pressure in peripheral arteries;
- Determination of the level of total cholesterol in the blood;
- Determination of fasting blood glucose levels;
- Determination of relative cardiovascular risk;
- Determination of absolute cardiovascular risk;
- Lung fluorography;
- Electrocardiography at rest (performed at the first preventive medical examination, then at the age of 35 and older 1 time per year);
- Measurement of intraocular pressure (performed at the first preventive medical examination, then at the age of 40 and older 1 time per year);
- Admission (examination) based on the results of a preventive medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, by a paramedic of a paramedic health center or a paramedic-obstetric center, a general practitioner or a doctor for medical prevention of the department (office) medical prevention or health center (not carried out if preventive medical examination is part of the first stage of medical examination);
- CBC (Complete Blood Count);
- Brief individual preventive counseling;

- Examination of feces for latent blood by immunochemical method;
- Determination of prostate-specific antigen (PSA) in the blood;
- Admission (examination) by a general practitioner based on the results of the first stage of medical examination, including examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, the group of dispensary supervision, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination;
- Esophagogastroduodenoscopy;

**EXAMINATION LIST CARRIED OUT IN THE FIRST STAGE
OF MEDICAL EXAMINATION FOR WOMEN AGED 18 TO 64
YEARS INCLUSIVE**

- Calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index;
- Measurement of blood pressure in peripheral arteries;
- Determination of the level of total cholesterol in the blood;
- Determination of fasting blood glucose levels;
- Determination of relative cardiovascular risk;
- Determination of absolute cardiovascular risk;
- Lung fluorography;
- Electrocardiography at rest (performed at the first preventive medical examination, then at the age of 35 and older 1 time per year);
- Measurement of intraocular pressure (performed at the first preventive medical examination, then at the age of 40 and older 1 time per year);

- Examination by a paramedic (midwife) or an obstetrician-gynecologist;

- Admission (examination) based on the results of a preventive medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, by a paramedic of a paramedic health center or a paramedic-obstetric center, a general practitioner or a doctor for medical prevention of the department (office) medical prevention or health center (not carried out if preventive medical examination is part of the first stage of medical examination);

- Brief individual preventive counseling;

- CBC (Complete Blood Count);

- Examination of feces for latent blood by immunochemical method (if, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier within the time limits recommended in paragraphs 16 and 17 of this procedure, then the study is carried out at the time of treatment, the schedule of subsequent studies is shifted according to the recommended frequency of the study);

- Mammography of both mammary glands in two projections (if, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier in the time recommended in paragraphs 16 and 17 of this procedure, then the study is carried out upon request, the schedule of subsequent studies is shifted according to the recommended frequency of the study);

- Examination by a paramedic (midwife) or an obstetrician-gynecologist;

- Taking a cytological cervical smear (scraping) from the surface of the cervix (external uterine pharynx) and cervical canal using a brush for cytological examination (further - a smear from the cervix), a cytological examination of a smear from the cervix (if, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier in the time recommended in paragraphs 16 and 17 of this procedure, then the study is carried out at the time of treatment, the schedule of subsequent studies is shifted according to the recommended frequency of the study);

- Admission (examination) by a general practitioner based on the results of the first stage of medical examination, including examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, the group of dispensary supervision, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination;

- Esophagogastroduodenoscopy.

EXAMINATION LIST CARRIED OUT IN THE FIRST STAGE OF MEDICAL EXAMINATION FOR MEN AGED 65 YEARS AND OLDER

- Calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index;

- Measurement of blood pressure in peripheral arteries;

- Determination of the level of total cholesterol in the blood;

- Determination of fasting blood glucose levels;

- Lung fluorography;

- Electrocardiography at rest (performed at the first preventive medical examination, then at the age of 35 and older 1 time per year);

- Measurement of intraocular pressure (performed at the first preventive medical examination, then at the age of 40 and older 1 time per year);

- Admission (examination) based on the results of a preventive medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, by a paramedic of a paramedic health center or a paramedic-obstetric center, a general practitioner or a doctor for medical prevention of the department (office) medical prevention or health center (not carried out if preventive medical examination is part of the first stage of medical examination);

- CBC (Complete Blood Count);

- Examination of feces for latent blood by immunochemical method (if, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier within the time limits recommended in paragraphs 16 and 17 of this procedure, then the study is carried out at the time of treatment, the schedule of subsequent studies is shifted according to the recommended frequency of the study);

- Brief individual preventive counseling;

- Admission (examination) by a general practitioner based on the results of the first stage of medical examination, including examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, follow-up group, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination.

EXAMINATION LIST CARRIED OUT IN THE FIRST STAGE OF MEDICAL EXAMINATION FOR WOMEN AGED 65 YEARS AND OLDER

- Calculation based on anthropometry (measurement of height, body weight, waist circumference) of the body mass index;
- Measurement of blood pressure in peripheral arteries;
- Determination of the level of total cholesterol in the blood;
- Determination of fasting blood glucose levels;
- Lung fluorography;
- Electrocardiography at rest (performed at the first preventive medical examination, then at the age of 35 and older 1 time per year);
- Measurement of intraocular pressure (performed at the first preventive medical examination, then at the age of 40 and older 1 time per year);
- Admission (examination) based on the results of a preventive medical examination, including an examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, by a paramedic of a paramedic health center or a paramedic-obstetric center, a general practitioner or a doctor for medical prevention of the department (office) medical prevention or health center (not carried out if preventive medical examination is part of the first stage of medical examination);
- CBC (Complete Blood Count);
- Examination of feces for latent blood by immunochemical method (if, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier within the time limits recommended in paragraphs 16 and 17 of this procedure, then the study is carried out at the time of treatment, the schedule of

subsequent studies is shifted according to the recommended frequency of the study);

- Mammography of both mammary glands in two projections (if, when applying to a citizen for a preventive medical examination, medical examination, it is established that the study was not conducted earlier in the time recommended in paragraphs 16 and 17 of this procedure, then the study is carried out upon request, the schedule of subsequent studies is shifted according to the recommended frequency of the study)

- Brief individual preventive counseling;

- Admission (examination) by a general practitioner based on the results of the first stage of medical examination, including examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes, in order to establish a diagnosis, determine the health group, follow-up group, determine medical indications for examinations (consultations) and examinations within the framework of the second stage of medical examination.

A LIST OF SCREENING MEASURES AND RESEARCH METHODS AIMED AT EARLY DETECTION OF CANCER

As part of a preventive medical examination or the first stage of medical examination, the following are carried out:

- a) screening for the detection of malignant neoplasms of the cervix (in women):

- at the age of 18 years and older - examination by a paramedic (midwife) or an obstetrician-gynecologist 1 time a year;

- at the age of 18 to 64 years inclusive - taking a smear from the cervix, cytological examination of a smear from the cervix 1 time every 3 years (except in cases where it is impossible to conduct a study for medical reasons due to extirpation of the uterus, virgo. Cytological examination of

a smear (scraping) from the cervix is carried out when it is stained with Papanicolaou (other methods of staining are not allowed). Cytological examination of a smear (scraping) from the cervix can be carried out for medical reasons without taking into account the established frequency);

b) screening for the detection of malignant neoplasms of the mammary glands (in women):

at the age of 40 to 75 years inclusive - mammography of both mammary glands in two projections with double reading of radiographs 1 time in 2 years (except in cases where it is impossible to conduct a study for medical reasons in connection with mastectomy. Mammography is not performed if mammography or computed tomography of the mammary glands has been performed during the previous 12 months);

c) screening for the detection of malignant neoplasms of the prostate gland (in men):

at the age of 45, 50, 55, 60 and 64 years - determination of prostate-specific antigen in the blood;

d) screening for the detection of malignant neoplasms of the colon and rectum:

at the age of 40 to 64 years inclusive - examination of feces for latent blood by an immunochemical qualitative or quantitative method every 2 years (immunochemical research methods include all qualitative and quantitative research methods that use an immunochemical antigen-antibody reaction);

at the age of 65 to 75 years inclusive - stool examination for latent blood by immunochemical qualitative or quantitative method 1 time per year;

e) examination to identify visual and other localizations of oncological diseases, including examination of the skin, mucous membranes of the lips and oral cavity, palpation of the thyroid gland, lymph nodes;

f) screening for the detection of malignant neoplasms of the esophagus, stomach and duodenum:

at the age of 45, esophagogastroduodenoscopy (if necessary, it can be performed with the use of anesthesiological aids, including in medical organizations providing specialized medical care, in a day hospital).

At the second stage of medical examination, for the purpose of additional examination and clarification of the diagnosis of the disease (condition), if there are medical indications, in accordance with clinical recommendations prescribed by a general practitioner, dermatovenerologist, surgeon or coloproctologist, the following are carried out:

a) studies to identify malignant neoplasms of the lung:

lung X-ray or computed tomography of the lungs;

b) studies to identify malignant neoplasms of the esophagus, stomach and duodenum:

esophagogastroduodenoscopy (if necessary, it can be performed with the use of anesthesiological aids, including in medical organizations providing specialized medical care, in a day hospital);

c) studies to identify malignant neoplasms of the large intestine and rectum:

rectoromanoscopy;

colonoscopy (if necessary, it can be performed with the use of anesthesiological aids, including in medical organizations providing specialized medical care, in a day hospital);

d) examination for the detection of malignant neoplasms of the skin and (or) mucous membranes:

examination of the skin under magnification (dermatoscopy).

**DIAGNOSTIC CRITERIA FOR RISK FACTORS AND OTHER
PATHOLOGICAL CONDITIONS AND DISEASES
THAT INCREASE THE LIKELIHOOD OF DEVELOPING
CHRONIC NON-COMMUNICABLE DISEASES**

- Elevated blood pressure - systolic blood pressure is equal to or above 140 mmHg, diastolic blood pressure is equal to or above 90 mmHg. Citizens with this risk factor include citizens with hypertension or symptomatic hypertension (encoded by ICD-10 codes I10 - I15), as well as citizens with high blood pressure in the absence of a diagnosis of hypertension or symptomatic hypertension (encoded by ICD-10 code R03.0).

- Hypercholesterolemia - total cholesterol level of 5 mmol/l or more (encoded by ICD-10 code E78).

- Hyperglycemia - fasting glucose level in venous plasma of 6.1 mmol/l or more, in whole capillary blood of 5.6 mmol/l or more (encoded by ICD-10 code R73.9) or the presence of diabetes mellitus, including if normoglycemia has been achieved as a result of effective therapy.

- Tobacco smoking is the daily smoking of one or more cigarettes (encoded by the ICD-10 code Z72.0).

- Irrational nutrition - excessive consumption of food, fats, carbohydrates, salt intake of more than 5 grams per day, insufficient consumption of fruits, vegetables, fish. It is determined by means of a survey (questionnaire) of citizens provided for by the procedure for preventive medical examination and medical examination approved by this order (hereinafter referred to as the questionnaire) (encoded by ICD-10 code Z72.4).

- Overweight - body mass index 25 - 29.9 (encoded by ICD-10 code R63.5).

- Obesity is a body mass index of 30 or more (encoded by the ICD-10 code E66).

- Low physical activity (encoded by the ICD-10 code Z72.3) is determined by means of a questionnaire.

- The risk of harmful alcohol consumption (encoded by the ICD-10 code Z72.1) and the risk of consuming narcotic drugs and psychotropic substances without a doctor's appointment (encoded by the ICD-10 code Z72.2) are determined using a questionnaire.

- Burdened heredity for cardiovascular diseases is the presence of myocardial infarction (encoded by ICD-10 code Z82.4) and (or) cerebral stroke (encoded by ICD-10 code Z82.3) in close relatives (mother or siblings under the age of 65 or father, siblings aged up to 55 years old).

- Burdened heredity for malignant neoplasms (encoded by the ICD-10 code Z80):

- colorectal region - the presence of malignant neoplasms of the colorectal region and (or) familial adenomatosis in close relatives at a young or middle age, or in several generations;

- other localizations are the presence of malignant neoplasms in close relatives at a young or middle age, or in several generations.

- Burdened heredity for chronic diseases of the lower respiratory tract is the presence of asthma and other chronic diseases of the lower respiratory tract in close relatives at a young or middle age (encoded by ICD-10 code Z82.5).

- Burdened heredity for diabetes mellitus is the presence of diabetes mellitus in close relatives at a young or middle age (encoded by ICD-10 code Z83.3).

- The absolute cardiovascular risk is established in citizens aged 40 to 64 years in the absence of identified diseases associated with atherosclerosis, while high cardiovascular risk corresponds to values from 5% to 10%, set on the SCORE scale, very high - 10% or more. In citizens over the age of 65 and/or in citizens with cardiovascular diseases, type 2 diabe-

tes mellitus and/or chronic kidney disease, the level of absolute cardiovascular risk is very high and is not calculated on the cardiovascular risk scale.

- Relative cardiovascular risk is determined by an additional SCORE scale for citizens aged 21 to 39 years inclusive, while values of more than 1 correspond to a high relative cardiovascular risk.

- Senile asthenia (encoded by ICD-10 code R54) is an age-related syndrome, the main clinical manifestations of which are slowness and/or unintended weight loss, general weakness. It includes more than 85 different geriatric syndromes, the main of which are syndromes of falls, malnourishment (malnutrition), sarcopenia (decrease in muscle mass and muscle strength), urinary incontinence, sensory deficits, cognitive impairment, depression. It is determined as part of a preventive medical examination using a questionnaire for citizens 65 years of age and older, including a questionnaire "Age is not a hindrance".

CONTROL QUESTIONS

1. The main tasks of medical examination?
2. How often does medical (dispensary) examination take place for different groups of the adult population?
3. What measures does the medical examination of the adult population include?
4. The main stages of medical (dispensary) examination?
5. The health groups of a citizen and the groups of medical supervision?
6. List of laboratory and instrumental studies of the first stage of medical examination of men aged 18 to 64 years inclusive?
7. List of laboratory and instrumental studies of the first stage of medical examination of women aged 18 to 64 years inclusive?
8. List of laboratory and instrumental studies of the first stage of medical examination of men aged 65 years and older?
9. List of laboratory and instrumental studies of the first stage of medical examination of women aged 65 years and older?
10. A list of screening measures and research methods aimed at early detection of cancer?

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