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THE SIGNIFICANCE OF SANITARY INSPECTION AND THE DESCRIPTIVE METHOD IN HYGIENIC RESEARCH

Barno Abdusattorova

Ismoilov Dilmurod Tavakkalovich

Fergana Medical Institute of Public Health Fergana, Uzbekistan

Abstract. This article describes the role of sanitary inspection and the descriptive method in hygiene, their main purpose and tasks, and their importance for protecting public health. Sanitary inspection is used to assess the sanitary and hygienic condition of various objects, the existing risk factors and their compliance with sanitary requirements. The descriptive method serves to record observed conditions systematically, to study their characteristics and to draw preliminary conclusions. The article analyzes the stages of applying these methods in practice, their advantages, limitations and significance in preventive medicine. The work is based on a theoretical analysis; no original experimental or statistical results are presented.

Keywords: sanitary inspection; descriptive method; hygiene; sanitary control; prevention; risk factors; sanitary and hygienic assessment; public health.

1. Introduction

Preserving public health and preventing diseases is one of the most important areas of modern medicine. Human health depends not only on the quality of medical services but also directly on the sanitary and hygienic condition of the conditions in which people live, work, study and eat. Drinking water quality, the cleanliness of ambient air, the safety of food products, the microclimate of dwellings and harmful factors in the production environment may all affect public health [1, 2, 3, 5, 6].

In hygiene, various research methods are used to study environmental factors, to assess their effect on the human body and to develop preventive measures. Two such methods are sanitary inspection and the descriptive method.

Sanitary inspection is a method aimed at directly examining the sanitary and hygienic condition of a particular object or area, collecting relevant data and assessing compliance with existing sanitary requirements. The descriptive method makes it possible to record consistently and to generalize the condition, characteristics and identified deficiencies of the object under study.

These methods complement each other: sanitary inspection provides information on the real condition of the object, while the descriptive method helps to present and analyze this information in an orderly manner.

The aim of the article is to explain the theoretical basis and practical application of sanitary inspection and the descriptive method and their significance in sanitary and hygienic prevention.

The objectives of the article are:

- to reveal the essence and main tasks of sanitary inspection;
- to explain the place of the descriptive method in hygienic research;
- to describe the stages of carrying out these methods;
- to analyze their advantages and limitations;
- to show their importance in developing preventive measures.

2. Materials and Methods

The article is based on the theoretical principles of hygiene, the general methodology of sanitary and hygienic inspection and the main rules of the descriptive approach. The process of organizing sanitary inspection and recording its results is described in the following stages.

2.1. Sanitary inspection method

Sanitary inspection is based on studying the sanitary condition of an object on site and documenting the identified findings. The method can be applied in preschool educational institutions, general education schools, treatment and preventive institutions, public catering enterprises, production facilities and dwellings.

The following aspects are studied during sanitary inspection:

- **Sanitary condition of the territory:** collection and removal of waste, cleanliness of the territory, and the condition of drainage and wastewater systems.
- **Condition of the building:** cleanliness of rooms, condition of walls and floors, natural and artificial lighting [7], and ventilation.
- **Microclimate indicators:** air temperature, relative humidity and air velocity.
- **Water supply:** the source, storage and distribution of drinking water [3].
- **Food hygiene:** conditions for storing products, the food preparation process and compliance with personal hygiene rules [6].
- **Sanitary documentation:** relevant records, cleaning schedules, necessary control documents and the way they are kept.

Some indicators cannot be determined by visual inspection alone. For example, the microbiological safety of water is assessed by laboratory testing, and the amount of certain chemical substances in the air is assessed by appropriate instrumental analysis.

2.2. Descriptive method

The descriptive method is a method of systematically describing the current state of the object or phenomenon under study, grouping its characteristics and generalizing the results. Its main tasks are:

- to describe the sanitary condition of the object being inspected;
- to record identified deficiencies;
- to group risk factors;
- to prepare data for comparing the condition of different objects;

- to determine directions for further in-depth inspections.

In the descriptive method, approaches such as observation, study of documents, interviews, recording of measurement results and construction of tables can be used.

2.3. Recording and analysis of data

The inspection results are recorded in a special inspection report, an observation sheet or other relevant documents. The data must be accurate, objective and verifiable.

During the analysis, conditions that comply with sanitary requirements are separated from those that do not; the probable causes of the identified deficiencies are considered; the level of risk and the necessary measures are determined; and appropriate recommendations are formulated.

If quantitative indicators have been collected, they can be expressed as percentages, mean values or other suitable statistical indicators, taking into account the scope of the inspection and the nature of the data.

3. Results

The theoretical analysis of sanitary inspection and the descriptive method shows that these methods complement each other in hygienic control. Sanitary inspection provides primary information about the actual condition of the object, while the descriptive method serves to organize and generalize this information. Their main characteristics are given in Table 1.

Table 1. Main characteristics of sanitary inspection and the descriptive method

Indicator	Sanitary inspection	Descriptive method
Main purpose	To determine the sanitary condition of the object	To describe the condition and characteristics systematically
Main source	Direct observation, documents, measurements	Observation records, documents and collected data
Result	Sanitary condition and identified deficiencies	Description, grouping and generalization
Practical significance	Identifying hazards and determining measures	Presenting results clearly and enabling comparison
Limitation	Some hazards cannot be detected visually	Does not by itself prove cause-and-effect relationships

3.1. Practical example: inspection of a public catering enterprise

When studying the sanitary condition of a public catering enterprise, sanitary inspection and the descriptive method can be used together.

1. Observation. The cleanliness of the kitchen, the condition of work surfaces, the separate storage of raw and ready-to-eat products, and the compliance of staff with hygienic requirements are studied.

2. Measurement and documentation. Where necessary, the temperature of refrigerators, the indoor microclimate and other relevant indicators are determined with instruments. The results are recorded.

3. Description and recommendations. The identified conditions are described, non-compliance with sanitary requirements is indicated, and recommendations for eliminating it are developed.

For example, if raw meat and ready meals are found to be stored in the same place, this is recorded, the probable risk of cross-contamination is assessed, and separate storage of the products is recommended. This example is given to explain the method and is not the result of a real inspection.

3.2. Preventive significance of the methods

Sanitary inspection and the descriptive method are important in the following areas:

- identifying factors that create conditions for the spread of infectious diseases;
- controlling the safety of food and drinking water;
- assessing hygienic conditions in educational and medical institutions;
- identifying harmful factors in the production environment;
- improving sanitary rules and planning preventive measures.

It should be emphasized that a good external appearance of an object does not mean that all of its hygienic indicators are within the norm. Therefore, depending on need, the inspection results should be supplemented with laboratory and instrumental studies.

4. Discussion

The effectiveness of sanitary inspection and the descriptive method depends on their correct organization, objective recording of data and assessment on the basis of the relevant norms.

The main advantage of sanitary inspection is the opportunity to study the real condition of the object directly. With this method, visible deficiencies, violations of sanitary requirements and conditions that require additional inspection can be identified. However, a final conclusion on microbiological or chemical safety cannot be drawn on the basis of visual observation alone.

The advantage of the descriptive method is that it helps to present various data in an orderly form, to group deficiencies and to compare observation results. At the same time, the descriptive method alone does not prove the exact cause of the observed condition or that a particular factor caused a disease.

For example, if poor sanitary conditions and an increase in intestinal infections are observed in an area at the same time, there may be a relationship between them. However, to establish a causal relationship, epidemiological data, laboratory results and other factors must also be studied.

To reduce the limitations of these methods, it is advisable to carry out inspections according to a pre-developed plan, to record the results in standardized forms, to organize the necessary measurements and laboratory tests, to compare the identified deficiencies with the sanitary norms in force and to re-check the implementation of the recommended measures. Training of specialists in hygiene, including the use of integrated teaching approaches, also supports the competent application of these methods [4].

Thus, sanitary inspection and the descriptive method are useful even when applied separately, but more reliable results can be achieved when they are combined with each other and with other necessary research methods.

5. Conclusion

Sanitary inspection and the descriptive method are research approaches that occupy an important place in hygiene and preventive medicine. Sanitary inspection makes it possible to study the sanitary and hygienic condition of an object directly, to identify risk factors and to record existing deficiencies. The descriptive method serves to systematize, generalize and present the obtained data in a clear form.

The combined use of these methods is important for assessing the sanitary condition in educational institutions, treatment and preventive organizations, public catering enterprises and other objects. However, their results should be supplemented with the relevant norms, necessary laboratory tests and instrumental measurements.

Final conclusion. The main practical significance of sanitary inspection and the descriptive method is that they help to identify sanitary and hygienic problems in a timely manner, to describe them on a scientific basis and to develop effective measures aimed at disease prevention.

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