



Some Aspects of Medical and Social Rehabilitation of Combat Veterans

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Abstract

The article examines the age and gender structure of the contingent of persons who were treated in the conditions of the specialized medical organization "Hospital for War Veterans" of the Rostov region in 2020. Low labor employment among working-age people from among combat veterans was noted. A wide prevalence of diseases of the central and peripheral nervous system among the studied population was established. The high demand of combat veterans for medical and social rehabilitation measures was revealed.

Keywords: Combat Veteran; Disabled Person; Rehabilitation; Medical Rehabilitation; Professional Rehabilitation; Working Age; Medical Organization; Disease

Introduction

Currently, the problems of socio-psychological adaptation and medical and social rehabilitation of persons who have been in extreme conditions, including those who took part in military operations in various territories, are becoming increasingly urgent.

About half of the respondents who took part in the fighting in various "Hot" spots say that they can not find understanding either in society or in the family. A quarter of them have difficulty communicating in the workforce. Most of them have impaired ability to maintain optimal social contacts [1,2].

Global statistics show that every fifth combat veteran, even in the absence of physical and traumatic injuries, suffers from a mental function disorder, and among those who have been injured and disabled, this figure reaches 35% [3,4].

In long-term periods, participants in combat operations develop various psychosomatic diseases, and in comparison with

healthy people, they are 2-3 times more likely to develop such diseases as hypertension, gastritis, gastric ulcer and duodenal ulcer [5].

In the transition to a peaceful life, combat veterans are forced to overcome the consequences of the combat situation and restore social ties, while they need the support of not only state structures, but also society as a whole [6].

The purpose of the study. To study the need of combat veterans in various measures for medical and social rehabilitation.

Materials and methods. We studied the social and hygienic characteristics and the need for certain types of medical and social rehabilitation of 1326 combat veterans who were treated in the conditions of the specialized medical organization "Hospital for War Veterans" of the Rostov region in 2020.

The results of the study. By gender, the study contingent was distributed as follows: men-1279 people (96.5%), women-47 peo-

ple (3.5%), that is, most of the combat veterans (>95%) are men, which should be taken into account when planning measures for socio-psychological adaptation and medical and social rehabilitation in relation to this category of persons. More than half of the respondents - 764 people (57.6%) lived in the city, a slightly smaller part - 562 people (42.4%) were residents of the village.

The age structure of combat veterans is presented in table 1: persons under 40 years of age - 150 people (11.3%), the age group from 41 to 50 years is more than one fifth - 299 people (22.5%), more than a third of patients - 505 people (38.1%) were in the age group from 51 to 60 years. The number of subsequent age groups is decreasing, in particular, the age group from 61 to 70 years is more than one fifth-295 people (22.3%), the age group from 71 to 80 years is less than 5 percent - 62 people (4.7%) and, finally, the age group of 80 years and older is just over one percent - 15 people (1.1%).

Years	2020	
Age	Abs.	%
Under 40	150	11,3
41-50 years	299	22,5
51-60 years	505	38,1
61-70 years	295	22,3
71-80 years	62	4,7
80 years and older	15	1,1
Total	1326	100

Table 1: Distribution of combat veterans by age.

As can be seen from the table below, the majority of the study population - 954 people (71.9%) - are people of working age, the smaller part-372 people (28.1%), that is, less than one third, is represented by people over working age. An extremely low percentage in the age group of 80 years and older (1.1%), which indicates not their low need for medical and social assistance, but rather the low life expectancy of combat veterans.

It should be noted that out of the total number of persons in the study group (1326 people) who were treated in the hospital of the GBU RO "Hospital for War Veterans", 146 people (11%) were disabled. According to disability groups, they were distributed as

follows: the first disability group had 9 people (6.2%), the second disability group - 87 people (59.6%) and the third disability group - 50 people (34.2%) (Table 2), that is, most of the disabled people - about 60% had group 2, more than one third of the respondents (34.2%) – the third group and a relatively small part (6.2%) – the first disability group.

Disability Group	2020	
I group	Abs.	9
	%	6,2
II group	Abs.	87
	%	59,6
III group	Abs.	50
	%	34,2
Total	Abs.	146
	%	100

Table 2: Distribution of combat veterans by disability groups.

Thus, more than 10% of combat veterans have persistent violations of the body's functions of various degrees of severity, leading to restrictions of one or another category of vital activity of various degrees of severity.

One of the main problems of the life of combat veterans is their employment in civilian life. Despite the fact that the majority of the study population, more than two-thirds (71.9%), are people of working age, only 442 people (33.3%) are employed, that is, one-third of them. Two-thirds of respondents - 884 people (66.7%) officially do not work anywhere. Moreover, the presence of a disability group does not play a leading role in the issue of employment, since about 50% of the total number of respondents with a disability group are rationally employed, that is, the percentage of employment among disabled people is higher than among the general contingent of the studied persons.

Of the employed persons (442 people), 56 people (12.7%) are engaged in mental work, 386 people (87.3%) are engaged in physical work. At the same time, the most popular professions among the studied contingent are driver and security guard (51%), that is, combat veterans, when returning to civilian life, often use professional skills acquired during their service in the army, which indicates the insufficient work of state structures that should deal

with issues of professional orientation and professional training of former servicemen for their rational employment in civilian life. Veterans of military operations who are not involved in labor employment experience significant material difficulties in solving everyday household problems, and cannot achieve material independence. The complex of social support measures provided to them by the state is not able to solve the list of issues to ensure the normal functioning of their lives, which in turn leads to the aggravation of psychological problems, the development of psychosomatic diseases, or the abuse of alcoholic beverages or narcotic drugs.

According to the nature of the prevailing disease and the profile of the corresponding structural unit of the medical organization, the study population was distributed as follows (Table 3): the smallest number of patients - 55 people (4.2%) were treated in the urology department, a slightly larger number of patients were treated in the surgical department - 88 people (6.6%), that is, in the surgical departments there were just over 10% of patients (10.8%). Less than a quarter of patients - 321 people (24.2%) with existing general somatic diseases were treated in the therapeutic department. More than a quarter of patients - 351 people (26.5%) with diseases of the cardiovascular system were treated in the cardiology department. The largest number of patients, more than a third - 511 people (38.5%) were treated in the neurological department.

Department	2020	
	Abs.	%
Surgical	Abs.	88
	%	6,6
Urological	Abs.	55
	%	4,2
Cardiac	Abs.	351
	%	26,5
Therapeutic	Abs.	321
	%	24,2
Neurological	Abs.	511
	%	38,5
Total	Abs.	1326
	%	100

Table 3: Distribution of combat veterans by branch profile.

The data obtained indicate a fairly wide spread of diseases of the central and peripheral nervous system, including various post-traumatic injuries to the brain and peripheral nerves, among the participants in the hostilities. On the 2nd place are diseases of the cardiovascular system, which is associated, first of all, with the impact of a psychotraumatic factor on the human body during the period of active combat operations. On the 3rd place are general somatic diseases, among which diseases of the digestive and respiratory organs prevail. It should be noted that the need for surgical interventions in the study population is quite low, within 10%. A distinctive feature of the provision of medical care, including measures for medical rehabilitation, to combat veterans, is their high need for psychocorrective work or for psychological support of the entire medical and rehabilitation process.

Based on the above, the following conclusions can be drawn:

- Most of the study population is represented by people of working age, among whom there is a fairly low employment rate;
- The state authorities pay insufficient attention to the issues of vocational guidance, vocational training and rational employment of combat veterans;
- About a tenth of the combatants are disabled;
- The most common diseases that occur in the study population are diseases of the central and peripheral nervous system;
- The work on medical and social rehabilitation of war veterans requires further improvement.

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