

## ANALYSIS OF THE DYNAMICS OF INFLUENZA IN A FAMILY PRACTICE CLINIC

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### **Abstract**

This article analyzes the dynamics of influenza disease prevalence in a family clinic setting. The study examined the seasonal variation of influenza in the population, the incidence rate by age group, and the effectiveness of preventive measures. According to the analysis results, a significant increase in flu cases was observed during the fall-winter season. It was also noted that the incidence rates were highest among the working-age population. Vaccination, adherence to sanitary and hygiene rules, and raising public health literacy are of great importance in the prevention of influenza.

**Keywords:** influenza, epidemiology, viral infections, family clinic, disease dynamics, prevention.

### **Abstract**

The article presents an analysis of the dynamics of influenza morbidity at the level of a family clinic. The seasonal characteristics of the disease's spread, the age structure of those affected, and the effectiveness of preventive measures are examined. It was found that the highest morbidity is observed during the fall-winter period. The highest level of morbidity is observed among the working-age population. For flu prevention, vaccination, adherence to sanitary and hygienic standards, and raising the population's health literacy are of great importance.

**Keywords:** influenza, epidemiology, family clinic, disease dynamics, prevention.

**Introduction. Influenza is an infectious viral disease characterized by rapid spread among the population and epidemic potential. This disease infects millions of people each year and is one of the most pressing challenges for the healthcare system.**

According to the World Health Organization, 5–10% of adults and 20–30% of children worldwide contract influenza each year. The incidence rates rise sharply, especially during seasonal epidemics.

Family clinics, as primary healthcare institutions, play a crucial role in the early detection, treatment, and prevention of influenza. Therefore, analyzing the dynamics of influenza circulation at the family clinic level is crucial for assessing the epidemiological situation and improving preventive measures.

### **Research Objective**

To study the dynamics of influenza circulation in a family clinic and to analyze the factors affecting morbidity indicators.

### **Materials and Research Methods**

The study was conducted based on statistical data from patients who visited the family clinic from 2022 to 2024.

The following methods were used during the study:

statistical analysis

comparative analysis

epidemiological analysis

graphical and tabular methods

The cases of illness were analyzed by age group, year, and season.

### **Research Results**

According to the data obtained, it was observed that cases of influenza are increasing to a certain extent year by year.

**Table 1**

№	Year	Number of flu cases at the family clinic
1	2022	312
2	2023	405
3	2024	463
4	2025	427

The results showed that flu cases were most prevalent among the working-age population.

№	Season	Prevalence (%)
1	Winter	45
2	Fall	30
3	Spring	15
4	Summer	10

This data indicates that influenza is a seasonal illness.

### **Discussion**

The results obtained showed that a number of factors influence the spread of influenza. They include the following:

seasonal climate changes

a decrease in the population's immunity

crowding in public places

non-compliance with preventive measures

People spending more time indoors, especially during the fall and winter, accelerates the spread of the virus.

Strengthening health education, preventive screenings, and vaccination efforts in family clinics helps to reduce influenza cases.

### **Conclusion**

The dynamics of influenza cases were analyzed based on data from family clinics.

The cases of illness were found to increase mainly during the fall-winter season.

The highest incidence rates were observed among the working-age population.

Vaccination and strengthening sanitary and hygienic measures are of great importance in the prevention of influenza.

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