

KEY INDICATORS OF HEALTH AND MORBIDITY STRUCTURE OF INCIDENCE  
OF POLICE OFFICERS, FIREMEN AND SERVICEMEN OF THE RUSSIAN FEDERATION

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**Abstract.** *The purpose of the study* is to assess the main indicators of health status as well as the structure of overall morbidity of employees of the Ministry of Internal Affairs of Russia in 2015–2019 on the basis of long-term data. Authors compare them with the corresponding indicators of the employees of the Federal Fire Service of the State Fire Service of the EMERCOM of Russia and of the contract servicemen, including officers, of the Armed Forces of the Russian Federation.

*Materials and research methods.* The materials of medical reports on the health status of police officers were analyzed, which contained generalized medical and statistical data on the overall morbidity of all police officers who served in 2015–2019. The comparison of these indicators with the indicators of the employees of the State Fire Service of the Ministry of EMERCOM of Russia and of military personnel under the contract, including officers, of the Armed Forces of the Russian Federation, is made.

*Research results and their analysis.* Analysis of health indicators of police officers for 2014–2019 showed that the effectiveness of preventive measures was quite high: about 90% of employees were classified as "healthy" and "practically healthy"; almost every police officer applied for medical help every year.

It was noted that the indicators of the health status of the police officers were similar to those of the military personnel of the Armed Forces and the employees of the State Fire Service of the EMERCOM of Russia. At the same time, the level of general morbidity and mortality was significantly lower among the police officers, in comparison with the military personnel of the Armed Forces, but there were more cases and days of temporary disability. In comparison with the employees of the State Fire Service of the Ministry of EMERCOM of Russia, the police officers had significantly lower "primary access to disability", etc.

It is concluded that data on the health status of police officers can serve as a starting point in the work on further improving the system of medical support for police officers.

**Key words:** *Armed Forces of the Russian Federation, disability, dispensary registration groups, employees, general morbidity, health status, military personnel, Ministry of Internal Affairs of Russia, mortality, State Fire Service of the EMERCOM of Russia, temporary disability*

**Conflict of interest.** The authors declare no conflict of interest

**For citation:** [Sidorenko V.A., Rybnikov V.Yu., Nesterenko N.V. Key Indicators of Health and Morbidity Structure of Incidence of Police Officers, Firemen and Servicemen of the Russian Federation. *Meditsina katastrof* = Disaster Medicine. 2021;2:11-15 (In Russ.). <https://doi.org/10.33266/2070-1004-2021-2-11-15>

ОСНОВНЫЕ ПОКАЗАТЕЛИ СОСТОЯНИЯ ЗДОРОВЬЯ И СТРУКТУРА ЗАБОЛЕВАЕМОСТИ  
СОТРУДНИКОВ ОРГАНОВ ВНУТРЕННИХ ДЕЛ, ФЕДЕРАЛЬНОЙ ПРОТИВОПОЖАРНОЙ  
СЛУЖБЫ ГОСУДАРСТВЕННОЙ ПРОТИВОПОЖАРНОЙ СЛУЖБЫ МЧС РОССИИ  
И ВОЕННОСЛУЖАЩИХ ВООРУЖЕННЫХ СИЛ РОССИЙСКОЙ ФЕДЕРАЦИИ

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**Резюме.** *Цель исследования* – на основе многолетних данных оценить основные показатели состояния здоровья и структуру общей заболеваемости сотрудников органов внутренних дел (ОВД) МВД России за 2015–2019 гг. и сравнить их с соответствующими показателями сотрудников Федеральной противопожарной службы Государственной противопожарной

службы (ФПС ГПС) МЧС России и военнослужащих по контракту, в том числе офицеров, Вооруженных Сил (ВС) Российской Федерации (Вооруженные Силы).

**Материалы и методы исследования.** Проанализированы материалы медицинских отчетов о состоянии здоровья сотрудников ОВД, в которых содержались обобщенные медико-статистические данные об общей заболеваемости всех сотрудников ОВД, проходивших службу в 2015–2019 гг. Выполнено сравнение указанных показателей с показателями сотрудников ФПС ГПС МЧС России и военнослужащих по контракту, в том числе офицеров, ВС Российской Федерации.

**Результаты исследования и их анализ.** Анализ показателей состояния здоровья сотрудников ОВД за 2014–2019 гг. показал, что эффективность профилактических мероприятий, проводившихся среди данного контингента, была достаточно высокой: около 90% сотрудников относились к группам диспансерного учета «здоровые» и «практически здоровые»; за медицинской помощью ежегодно обращался почти каждый сотрудник ОВД.

Отмечено, что показатели состояния здоровья сотрудников ОВД имели сходство с аналогичными показателями военнослужащих Вооруженных Сил и сотрудников ФПС ГПС МЧС России. В то же время у сотрудников ОВД, по сравнению с военнослужащими ВС, был достоверно ниже уровень общей заболеваемости и смертности, но было больше случаев и дней временной утраты трудоспособности. При этом, по сравнению с сотрудниками ФПС ГПС МЧС России, у сотрудников ОВД был достоверно ниже «первичный выход на инвалидность» и др.

Сделан вывод, что данные о состоянии здоровья сотрудников ОВД могут стать отправной точкой в работе по дальнейшему совершенствованию системы медицинского обеспечения сотрудников органов внутренних дел МВД России.

**Ключевые слова:** военнослужащие, Вооруженные Силы Российской Федерации, временная нетрудоспособность, группы диспансерного учета, инвалидизация, общая заболеваемость, органы внутренних дел МВД России, смертность, состояние здоровья, сотрудники, Федеральная противопожарная служба Государственной противопожарной службы МЧС России

**Конфликт интересов.** Авторы статьи подтверждают отсутствие конфликта интересов

**Для цитирования:** Сидоренко В.А., Рыбников В.Ю., Нестеренко Н.В. Основные показатели состояния здоровья и структура заболеваемости сотрудников органов внутренних дел, Федеральной противопожарной службы Государственной противопожарной службы МЧС России и военнослужащих Вооруженных Сил Российской Федерации // Медицина катастроф. 2021. №2. С. 11-15. <https://doi.org/10.33266/2070-1004-2021-2-11-15>

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Service and professional activities of police officers to ensure public safety, law enforcement and fight against crime take place in extreme conditions and are linked to many stress factors that adversely affect their health [1]. Irregular working hours, constant threat to life and health, occupational stress and a number of other factors contribute to stress and depletion of the body's functional reserves, which inevitably leads to the development of diseases, disability and even to death [1, 2].

The monograph by V. I. Evdokimov, S. S. Aleksanin and E. V. Bobrinev presents the results of a comparative medical and statistical analysis of health indicators, including morbidity, of employees of the State Fire Service (FFS) in 1996–2015 as well as of the military personnel — officers and servicemen under contract: privates, sergeants, foremen — of the Armed Forces. The authors made conclusion about the influence of the professional activity of the indicated contingents on their health, on the formation of somatic pathology, on the structure of morbidity, labor loss and mortality [3].

However, there is no systematic data on similar indicators for police officers.

A number of works present data on the peculiarities of mental maladjustment of police officers, on risk factors for diseases, as well as on the results of assessing their psychological status and prenosological mental pathology [2]. However, there is no detailed analysis of the health status of police officers.

It should be emphasized that the data on the main indicators of the state of health and on the structure of morbidity of police officers need to be generalized and are the basis for further improvement of the system of medical support for police officers.

**The purpose of the study** is to assess the main indicators of health status and the structure of morbidity among Russian police officers in 2015–2019 on the basis of long-term data.

**Materials and research methods.** We analysed the data of annual medical reports on the health status of police officers, which provided generalized statistical information (more than 3 million observations) on the health status of all police officers who served in 2015–2019. Generalized medical and statistical indexes were calculated. They characterize the main indicators of health status: coverage with preventive medical examinations, level and structure of morbidity, primary disability, labor losses (cases and duration) and mortality among police officers. The calculation of the incidence rate (per 1,000 employees or per thousand) and the morbidity structure (as a percentage of the total number of diseases for each year and in general) was carried out according to the classes of diseases of the International Classification of Diseases and Related Health Problems, 10th revision — ICD-10.

The long-term indicators of the health status of police officers is represented by the arithmetic mean values and their standard errors, which were compared using Student's t-test, as well as Spearman's rank correlation.

**Research results and their analysis.** The main indicators of the health status of police officers in 2015–2019 are presented in Table 1.

The main indicators of the health status of police officers in 2014–2019 represent the following:

- effectiveness (based on the evaluation of the volume of services) of preventive measures is quite high — "coverage by preventive medical examinations" is  $(96.27 \pm 0.10)\%$ ;

- majority of employees have a fairly high level of health status — groups I and II of dispensary registration — "healthy"

and "practically healthy" — include (88.27 ± 0.10)% of employees;

- level of general morbidity for 5 years was (907.80 ± 10.1) ‰, i.e. almost each police officer applied for medical help every year;

- level of disability is quite high — annually more than 700 employees leave the service for health reasons and receive a primary disability group;

- cases of labor losses among employees averaged (54.92 ± 0.13)%, i.e. every second employee got a certificate of temporary incapacity for work ("sick leave") due to illness within each year. Average duration of temporary disability was (12.66 ± 0.1) days;

- mortality rate among police officers is also high and amounts to 0.78 ‰, i.e. more than 500 employees die every year, including more than 100 in the line of duty.

It seems relevant to compare the main indicators of the health status of police officers with the available data on servicemen (officers and servicemen under contract): privates, sergeants, foremen of the Armed Forces and employees of the State Fire Service of the Ministry of Emergency Situations of Russia, who also perform professional activities in extreme conditions. However, their tasks and conditions of their implementation differ from those of police officers (Table 2).

As can be seen from the data in the Table 2, the main indicators of the health status of the three compared contingents of "law enforcement agencies" do not differ significantly, with the exception of three indicators: "morbidity" (the level of general morbidity) and "mortality" among police officers are significantly lower compared to military personnel of the Armed Forces, and "the number of days of temporary disability" — significantly higher in comparison with military personnel and employees of the State Fire Service.

Application of the Spearman rank correlation method showed the identity of three rows of medical and statistical indicators of the health status of police officers, military personnel of the Ministry of Defense and employees of the State Fire Service of the Russian Emergencies Ministry,  $p < 0.01$ .

Consequently, the health indicators of police officers (data for 2015–2019) are similar to those of military personnel of the Armed Forces (data for 2003–2015) and employees of the State Fire Service of the Russian Emergencies Ministry (data for 1996–2015 and 2010–2017) — [3–6].

However, police officers have significantly lower levels of general morbidity and mortality compared to military personnel, but the number of cases and days of temporary disability is higher. At the same time, in comparison with the employees of the State Fire Service of the Ministry of Emergency

Таблица 1/ Table No. 1

**Основные показатели состояния здоровья сотрудников ОВД в 2015–2019 гг.**

Main indicators of the health status of employees of internal affairs institutions (OVD) 2015–2019

Показатель состояния здоровья Health indicator	2015	2016	2017	2018	2019	X±m
Охват сотрудников профилактическими медицинскими осмотрами, % Coverage of employees with preventive medical examinations, %	96,59	95,9	96,1	96,54	96,21	96,27±0,10
Отнесены к I и II группам диспансерного учета – «здоровые» и «практически здоровые», %/Attributed to groups I and II of dispensary registration – "healthy" and "practically healthy", %	87,61	87,89	88,29	88,59	89,00	88,27±0,10
Общая заболеваемость, ‰/General morbidity, ‰	1004,44	910,37	880,34	872,59	871,27	907,80±10,1
Первичный выход на инвалидность, ‰/Primary disability, ‰	1,38	1,24	1,09	0,91	0,84	1,09±0,06
Число случаев ВУТ*, на 100 чел./Number of temporary loss of working capacity cases, per 100 people	60,27	54,42	50,66	54,41	54,83	54,92±0,13
Число дней ВУТ, на 100 чел./Number of days of temporary loss of working capacity, per 100 people	762,05	688,75	638,93	694,98	694,54	695,85±5,01
Средняя продолжительность ВУТ, сут./Average duration of temporary loss of working capacity, days	12,58	12,66	12,61	12,77	12,67	12,66±0,1
Смертность, ‰/Mortality, ‰	0,93	0,77	0,77	0,74	0,71	0,78±0,01

\* ВУТ – временная утрата трудоспособности /Temporary loss of working capacity cases

Таблица 2/ Table No. 2

**Основные показатели состояния здоровья сотрудников ОВД, военнослужащих Минобороны России и сотрудников ФПС ГПС МЧС России**

Main indicators of health status of police officers, of military personnel of the Russian Ministry of Defense and of employees of the State Fire Service of the EMERCOM of Russia

Показатель состояния здоровья Health indicator	Сотрудники ОВД – группа 1 Police officers – group No. 1	Военнослужащие [4] – группа 2 Military personnel – group No. 2	Сотрудники ФПС ГПС [3, 5, 6] – группа 3 Employees of the State Fire Service of the EMERCOM of Russia – group No. 3	Достоверность различий между группами, P< The reliability of differences between groups, P<		
				gr.1/gr.2	gr.1/gr.3	gr.2/gr.3
Заболеваемость, ‰/Morbidity, ‰	907,80±50,1	1152,0±63,9	1067,0±56,1	0,01	0,05	–
Первичный выход на инвалидность, ‰/Primary disability, ‰	1,09±0,06	ДО /NA*	1,69±0,07	–	0,01	–
Число случаев ВУТ, ‰/Number of temporary loss of working capacity cases, ‰	549,2±31,3	499,6±30,7	419,3±28,3	–	0,01	0,05
Число дней ВУТ, ‰/Number of days of temporary loss of working capacity, ‰	6958,5±30,1	4150±30,7	5259±34,5	0,001	0,001	0,001
Соотношение день/случай ВУТ, абс./Correlation of day/case of temporary loss of working capacity	12,65±0,28	8,53±0,35	12,55±0,17	0,01	–	0,01
Смертность, ‰/Mortality, ‰	0,78±0,05	1,21±0,06	1,096±0,06	0,001	0,01	0,05

\* ДО – данные отсутствуют / NA – no data available

Situations of Russia, the police officers have significantly lower level "primary disability".

It should be noted that among men of working age, citizens of the Russian Federation, the mortality rate is significantly higher. It reached  $(10.41 \pm 4.68) \%$  in 2003-2015 [3].

Apparently, this is due to the high health requirements of candidates for service in the Ministry of Internal Affairs, in the Armed Forces and in the Ministry of Emergency Situations of Russia, as well as to a developed system of their medical support, focused on maintaining their health.

Table 3 shows data on the structure of the general morbidity of the police officers in 2015–2019. Data is presented separately for each year. Also there is an averaged data for the specified period, as well as rank significance and rank place (R) for each group of diseases.

As can be seen from these data, the following diseases dominate in the structure of the general morbidity of the police officers: "respiratory diseases" (J00-J98, R = 1); "diseases of the musculoskeletal system and connective tissue" (M00-M99, R = 2); "diseases of the circulatory system" (I00-I99, R = 3); "diseases of the digestive system" (K00-K93, R = 4); "injuries, poisoning and some other consequences of external causes" (S00-S93, R = 5), the share of which in the overall structure of disease groups was about 70%.

This information is consistent with the data of V.I. Evdokimov et al., who analyzed the state of health of the Armed Forces officers and noted that in 2003–2015 in the structure

of the general morbidity of officers, "respiratory diseases" (J00-J98, R = 1), "diseases of the musculoskeletal system and connective tissue" (M00-M99, R = 2), "diseases of the circulatory system" (I00-I99, R = 3), "diseases of the digestive system" (K00-K93, R = 4), "diseases of the skin and subcutaneous tissue" (L00-L99, R = 5) dominated. The share of them also amounted to about 70% in the structure of morbidity of the officers [4].

Consequently, the structure of the main classes of diseases in police officers and in Armed Forces officers has pronounced similarities. The difference lies in the high significance of the 19th class of diseases among the police officers. "Injuries, poisoning and some other consequences of external causes" (S00-S93, R = 5) have the 5th rank significance for them. While among the officers of the Armed Forces it has the 8th rank significance in the structure of general morbidity. In our opinion, this is due to a high importance in the daily service and professional activities of police officers of the factor of forceful counteraction to criminals and violators of law and order who injure police officers.

### Conclusion

1. Service and professional activities of police officers take place in extreme conditions that have an adverse effect on their health. The results of the assessment of the main indicators of the state of health and of the structure of the general morbidity of police officers made it possible to note some similarities and a number of differences in comparison with the

Таблица 3/ Table 3

Структура общей заболеваемости сотрудников ОВД в 2015–2019 гг., %  
Structure of police officers' general morbidity 2015–2019, %

Наименование заболевания Classes of diseases	Шифр по МКБ-10-го пересмотра ICD Code - 10th revision	2015	2016	2017	2018	2019	$\bar{x} \pm m$	R
Некоторые инфекционные и паразитарные болезни Some infectious and parasitic diseases	A00-B99	2,22	2,23	2,20	2,28	2,13	2,21±0,02	12
Новообразования / Neoplasms	C00-D48	1,99	2,03	2,25	2,29	2,19	2,15±0,06	11
Болезни крови, кроветворных органов и отдельные нарушения, вовлекающие иммунный механизм Diseases of the blood, hematopoietic organs and individual disorders involving the immune mechanism	D50-D89	0,36	0,39	0,43	0,47	0,50	0,43±0,03	16
Болезни эндокринной системы, расстройства питания и нарушения обмена веществ Diseases of the endocrine system, eating disorders and metabolic disorders	E00-E89	4,05	4,03	3,7	3,54	3,80	3,82±0,10	8
Психические расстройства и расстройства поведения Mental and behavioural disorders	F00-F99	0,74	0,7	0,64	0,61	0,71	0,68±0,02	14
Болезни нервной системы Diseases of the nervous system	G00-G98	2,30	2,4	2,3	2,39	2,60	2,40±0,06	10
Болезни глаза и его придаточного аппарата Diseases of the eye and its appendage	H00-H59	7,84	6,67	5,54	4,97	4,96	6,00±0,56	7
Болезни уха и сосцевидного отростка Ear and mastoid diseases	H60-H95	1,88	2,03	1,94	2,07	1,94	1,97±0,03	13
Болезни системы кровообращения Diseases of the circulatory system	I00-I99	8,82	9,02	9,33	9,58	9,36	9,22±0,12	3
Болезни органов дыхания /Respiratory diseases	J00-J98	32,00	32,5	32,57	32,04	32,21	32,26±0,12	1
Болезни органов пищеварения / Digestive diseases	K00-K92	8,06	8,06	8,19	8,45	8,55	8,26±0,10	4
Болезни кожи и подкожной клетчатки Diseases of skin and subcutaneous tissue	L00-L98	3,05	3,14	3,16	3,29	3,21	3,17±0,04	9
Болезни костно-мышечной системы и соединительной ткани Musculoskeletal and connective tissue diseases	M00-M99	11,26	11,3	12,13	12,08	11,73	11,7±0,19	2
Болезни мочеполовой системы / Urogenital diseases	N00-N99	6,09	6,0	6,15	6,49	6,47	6,24±0,10	6
Травмы, отравления и некоторые другие последствия воздействия внешних причин Injuries, poisoning and some other consequences of external causes	S00-T98	7,64	7,7	7,86	7,6	7,53	7,67±0,06	5
Прочие / Other	–	1,40	0,6	0,34	0,56	0,62	0,70±0,18	15
<b>Всего / Total</b>	A00-T98	100,0	100,0	100,0	100,0	100,0	100,0	1-16

military personnel of the Ministry of Defense of Russia and employees of the state fire service of the EMERCOM of Russia.

2. The main indicators of the health status of police officers, military personnel of the Armed Forces and employees of the State Fire Service of the Russian Emergencies Ministry are practically the same, which, in our opinion, is explained by the high health requirements of candidates for service in the Ministry of Internal Affairs, in the Armed Forces and in the Ministry of Emergency Situations of Russia, as well as by a fairly developed system of their medical support, focused on the preservation and maintenance of their health.

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3. In the structure of the general morbidity of the police officers, "diseases of the respiratory system", "diseases of the musculoskeletal system and connective tissue", "diseases of the circulatory system", "diseases of the digestive system", "injuries, poisoning and some other consequences of exposure to external causes" dominate. Their share in the overall structure of groups of diseases is about 70%. These data are the basis for determining the main directions and specific measures for further improving the system of medical support for employees of the Ministry of Internal Affairs of Russia.

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The material was received 26.02.21; the article after peer review procedure 15.03.21; the Editorial Board accepted the article for publication 15.06.21  
Материал поступил в редакцию 26.02.21; статья принята после рецензирования 15.03.21; статья принята к публикации 15.06.21