

THE ROLE OF A NURSE IN FORMING ADHERENCE TO THERAPY IN CHILDREN WITH BRONCHIAL ASTHMA

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Introduction. Bronchial asthma (BA) is a pressing health problem. There are more than 350 million BA patients in the world, of which 5-10% are children. The main goal of therapy is to achieve control and management of BA, which depends, among other things, on adherence to therapy.

Objective. To assess the degree of adherence to asthma treatment, the role of the nurse in its formation, to identify "blank spots" in informing patients about asthma and the nuances of its treatment.

Materials and methods. A survey of 53 parents of children with bronchial asthma and patients with bronchial asthma over 10 years of age who were undergoing treatment was conducted. The age of the surveyed children ranged from 4 to 17 years. Boys accounted for 67.9% (n = 36), girls — 32.1% (n = 17). The age of the surveyed parents ranged from 31 to 50 years. Parents with higher education accounted for 75.5% (n = 40), with secondary vocational education — 18.8% (n = 10), with primary secondary education — 5.7% (n = 3). Patients with severe bronchial asthma accounted for 7%, with moderate bronchial asthma — 37%, with mild bronchial asthma — 56%.

Results and discussion. 100% of respondents receive the prescribed basic therapy, but only 81.1% (n = 43) take the medications daily. Only 58.5% (n = 31) believe that they know how to use emergency medications. At the same time, 18.9% (n = 10) do not understand the difference between emergency and basic therapy. 13.2% (n = 7) of patients will stop taking basic medications after 1-3 months if they cannot see a doctor. 71.6% of patients (n = 38) were trained in the rules of using a nebulizer, 56.6% (n = 30) in the use of individual inhalers (MAI, etc.), 59% (n = 31) in peak flowmetry. Only 68.2% of patients (n = 36) count doses in devices without a dose counter, and 84.9% (n = 45) adhere to the intervals between inhalations. Only 35.8% (n = 19) regularly replace the filter in the nebulizer, and 22.6% (n = 12) replace the nebulizer cup. It is worth noting that only 5.7% (n = 3) of patients change the filter and nebulizer cup. Sanitary treatment of the nebulizer and/or spacer is correctly performed by 60.4% (n = 32).

Conclusion. The conducted study demonstrates high readiness of patients with bronchial asthma and their parents to conduct basic therapy. Based on the survey results, it is advisable to train patients by nurses who are directly involved in inhalation therapy for patients undergoing inpatient treatment.

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BOLALARNI GRIPGA QARSHI EMLASH SAVOLLARI VA COVID-19 PANDEMIKASI DAVRIDAGI O'SMIRLAR

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Dolzarbligi. O'tkir respirator virusli kasalliklar orasida gripp klinik ko'rinishlari, asoratlarning chastotasi va salbiy oqibatlariga olib kelishi bo'yicha eng og'ir infektsiya hisoblanadi. COVID-19 pandemiyasi davrida nafas yo'llarining gripp viruslari va SARS-CoV-2 bilan bir vaqtda yuqishi kasallikning yanada og'ir kechishiga olib kelishi va asoratlar xavfini oshirishi mumkin.

Maqsadi. Bolalar klinikasi shifokorlari, o'smirlar va bolalar klinikasi bemorlarining ota-onalari o'rtasida grippga qarshi emlash bo'yicha xabardorlik va majburiyat darajasini baholash.

Material va uslublari. 2022-yilda ToshPTI klinika shifokorlari (30 kishi), o'smirlar (30 kishi) va bolalar poliklinikasi bemorlarining ota-onalari (100 kishi) o'rtasida o'tkazilgan so'rov tahlili o'tkazildi.

Natijalar va muhokamasi. O'rganish natijalariga ko'ra, pediatrlar orasida grippga qarshi emlashning O'zbekiston Milliy profilaktik emlashlar taqvimiga kiritilishi to'g'risida xabardorlik darajasi.

Klinikalar o'rtasida xabardorlik darajasi 97% ni tashkil etdi, ota-onalar va o'smirlar o'rtasida xabardorlik darajasi sezilarli darajada past - mos ravishda 33 va 23%. Bolalar poliklinikasi shifokorlari orasida grippga qarshi emlashga rioya qilish 100% ni tashkil etdi va ota-onalar va o'smirlar orasida sezilarli darajada farq qildi - mos ravishda 74 va 63%. 2022 yilda ToshPTI klinikasida bolalarni grippga qarshi emlash bilan qamrab olish darajasioylikdan 3 yoshgacha bo'lgan bolalarda - 10%; 3 yoshdan 6 yoshgacha bo'lgan bolalarda - 41%; 7 yoshdan 17 yoshgacha bo'lgan maktab o'quvchilari orasida - 83%; kasb-hunar maktablari va texnikumlarda tahsil olayotgan 15 yoshdan 17 yoshgacha bo'lgan o'smirlar orasida - 12%.

Xulosa. Bolalar poliklinikasi shifokorlari grippga qarshi emlash bo'yicha yuqori darajadagi xabardorlik va majburiyatlarni ko'rsatdi; O'smirlar va ota-onalar orasida grippga qarshi emlash haqida xabardorlik va rioya qilishning past darajasi aniqlandi. Pandemiya davrida COVID-19 Bolalar va o'smirlarni grippga qarshi emlash bilan qamrab olish darajasini oshirish uchun o'smirlar va ota-onalar o'rtasida sog'lomlashtirish ishlarini kuchaytirish zarur.