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## СЕКЦИЯ № 4. МЕДИЦИНСКИЕ НАУКИ/ MEDICAL SCIENCES / TIBBIYOT FANLARI

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### МАКТАВ О‘QUVCHILARIDA KOMPYUTER VIZUAL SINDROMINI KOMPLEKS DAVOLASH

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*Mavzuning dolzarblik: So‘nggi yillarda kompyuterlashtirish yangi muammolarni  
keltirib chiqarmoqda. Ulardan biri – kompyuterning vizual sindromi (GLC).*

### КОМПЛЕКСНАЯ ТЕРАПИЯ КОМПЬЮТЕРНОГО ЗРИТЕЛЬНОГО СИНДРОМА У ШКОЛЬНИКОВ

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*Актуальность: Всеобщая компьютеризация последних лет принесла с  
собой новые проблемы. Одна из них – компьютерный зрительный синдром (КЗС).*

### COMPLEX TREATMENT OF COMPUTER VISUAL SYNDROME IN SCHOOLCHILDREN

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*Relevance: General computerization of recent years has brought new  
challenges. One of them is computer visual syndrome (GLC).*

#### **Purpose**

The purpose of our study was to study the various manifestations of CVD in adolescent children and to develop a protocol for prevention and treatment.

#### **Materials and methods.**

Under our dynamic supervision, there were 60 patients aged 12-14 years who spend more than 4 hours behind monitor screens. All patients underwent

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standard ophthalmologic examination, including visometry, skioscopy, biomicroscopy, ophthalmoscopy, autorefractometry. Also consider complaints of patients surveyed reserve accommodation, a study of the tear film stability.

### **Results**

After analyzing the data from the above studies, we found that 2/3 of children (39 people) complained of visual fatigue in the evening, pain and dryness in the eyes, their redness. Signs of instability of the tear film were observed in 11 patients, 46 of them had myopia or accommodation spasm. We have developed a protocol for the prevention of GLC: 1. Identification and adequate correction of refractive errors. 2. Compliance with the rational regime of visual load. 3. Stimulation of disaccomodative muscles with drugs. 4. Tear replacement therapy. 5. Vitamin therapy and antioxidant therapy.

### **Conclusions**

Thus, the treatment of GLC should certainly be comprehensive and include all of the above activities.