Materials of International Scientific-Practical Conference

“Only English: Topical Issues of Healthcare”

Tashkent
15 May, 2022
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15 may 2022
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DEAR YOUNG SCIENTISTS!

The Tashkent Medical Academy with the German Corporation for International Cooperation (GIZ) invites you to take part in the International Scientific- Practical Conference “Only English: Topical Issues of Healthcare”.

This conference has a unique character and is organized this year at the international level with the involvement of young scientists from foreign countries, such as the USA, Germany, Russia, Korea, Latvia, India, Kazakhstan, as well as, medical universities from Uzbekistan, including, Tashkent Pediatric Medical Institute, Andijan State Medical Institute, Samarkand State Medical Institute and other universities.

The official language of the conference is English, which is fulfill the tasks outlined in the Decree of the President of the Republic of Uzbekistan No. UP-6097 "On approval of the Concept for the development of science until 2030", and is aimed at improving the scientific skills and knowledge of young scientists to develop their potential, and facilitate in dissemination of their scientific works around the world.
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THERAPY

ASSESSMENT OF PSYCHOSOCIAL RISK FACTORS IN PATIENTS WITH CARDIOVASCULAR DISEASES IN THE POSTCOVID PERIOD

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Aim. In order to assess the effect of self-isolation during the coronavirus pandemic on the dynamics of the frequency and severity of behavioral and psychosocial factors of cardiovascular risk in CVD patients, depending on the COVID-19.

Materials and methods. The object of the study were 70 patients diagnosed with arterial hypertension (AH) I-III d. of both sexes. The average age of the patients were 60.9±1.46 years. Group 1 included 36 patients with hypertension without a history of COVID-19, group 2 consisted of 34 patients with hypertension who had a coronavirus infection. The assessment of behavioral psychosocial risk factors for CVD were carried out using standard clinical and psychometric research methods.

Results. During the clinical and anamnestic analysis, it was noted that middle-aged men in the range of 56-65 years with hereditary burden prevailed among patients with hypertension. Among the modified FR, one of the most common FR CVD, along with smoking, obesity and hypertension, were psychosocial FR – anxiety-depressive syndrome (ADS) 47.1% of cases, psychosocial stress more than 40% of cases.

It was noted that the postcovid syndrome significantly affected the psychoemotional status of patients with CVD, which was manifested by an increased level of psychological distress, which led to an increase in the number of people with severe anxiety and depression. Thus, the incidence of ADS significantly increased among those who had COVID-19 in 76.6% of cases compared with patients without COVID-19 with affective disorders in 47% of cases among patients with CVD.

Conclusions. That is way, was manifested by an increased level of psychological distress, COVID-19 in patients with hypertension significantly affected the psychoemotional status of CVD patients, which was manifested by an increased level of psychological distress, which led to an increase in the number of people with clinically pronounced anxiety and depression.

Literature:

PROGNOSTIC IMMUNOLOGICAL MARKERS OF PREECLAMPSIA

Akhmedov F.K., Negmatullaeva M.N.

Bukhara State Medical Institute, Uzbekistan, Bukhara

Aim: To study the role of interleukin-10 maternal serum in preeclampsia.

Materials and methods: A prospective case-control study, the study included 100 patients, two groups were formed: the (control) group (n=50) and the preeclampsia group (n=50). (control) group consisted of 50 normal pregnant women with a gestational age of 16-28 weeks. The preeclampsia group consisted of 50 pregnant women with blood pressure \( \geq 140/90 \) mmHg. and proteinuria \( \geq 0.3 \) g/24 h at gestational age 28-34 weeks. Cases were considered severe if blood pressure was \( \geq 160/110 \) mmHg. and proteinuria \( \geq 5 \) mg/24 h. All women underwent a history, general examination, and obstetric ultrasound to ensure they met the inclusion criteria. Both groups were compared for serum IL-10 to refine its significance, then statistical analysis was performed to establish the best cut-off level for predicting preeclampsia, with further evaluation of its association with blood pressure to determine its predictive value.

Results: We noted a statistically significant difference in serum IL-10 (pg/mL) between preeclampsia and controls (P<0.01). The best cut-off value for serum IL-10 in preeclampsia was (16.3 pg/mL) with a sensitivity of 100%, specificity of 80%, and accuracy of 89%. There were also significant fluctuations in its concentration before and after control of blood pressure and a significant positive correlation with the level of systolic blood pressure.

Conclusions: IL-10 is a significant inflammatory biomarker in preeclampsia with useful predictive power for predicting disease severity.

Literature:

INFLUENCE OF HYPOLIPIDEMIC DRUGS ON LIPID METABOLISM IN PATIENTS WITH CORONARY HEART DISEASE IN COMBINATION WITH OBESITY

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Aim: study the influence of hypolipidemic drugs on lipid metabolism in patients with coronary heart disease in combination with obesity.

Materials and methods: 34 patients with IHD were examined. Men - 22 (64,7%) Women - 12 (35,3%). All patients were divided into three age groups: group 1 from 40 to 50 years; 2-group from 50 to 60 years; 3-group 60 years and older. The study assessed lipid spectrum, creatinine, urea. The presence of concomitant risk factors was also assessed: smoking, obesity, diabetes mellitus, degree of arterial hypertension.

Results: In the first group, 10 (100%) men aged 40 to 50 were examined. The mean lipid profiles were: Total cholesterol – 198.4 mg/dL; triglycerides – 271.4 mg / dl; HDL cholesterol – 49.8 mg / dl; VLDL cholesterol – 54.2 mg / dl; LDL cholesterol - 108.4 mg / dl. The average values of the biochemical blood test were: Urea – 4.96 mmol/l; Creatinine – 92.6 µmol / l; ALT – 42.4 U/l; AST – 25.2 U/l. 6 (60%) men suffered from obesity of the first degree; in 4 (40%), obesity of the second degree was determined. In the second age group (from 50 to 60 years old) there were 10 patients: 6 (60%) men and 4 (40%) women. Among them, all men and 2 (50%) women suffered from obesity of the first degree; in the remaining 2 (50%) women, obesity of the second degree was determined. The average lipid spectrum in men were: Total cholesterol – 200 mg/dL; triglycerides – 404.6 mg / dl; HDL cholesterol - 36 mg / dl; VLDL cholesterol - 81 mg / dl; LDL cholesterol – 99.6 mg / dl. The average values of the biochemical blood test were: Urea – 6.6 mmol/l; Creatinine – 87 µmol / l; ALT – 23.6 U/l; AST - 24 U/l. Women: Total cholesterol - 155 mg / dl; triglycerides - 172 mg / dl; HDL cholesterol – 49.5 mg / dl; VLDL cholesterol – 34,5 mg / dl; LDL cholesterol - 71 mg / dl. Indicators of biochemical analysis of blood: Urea – 7,15 mmol/l; Creatinine - 74.5 µmol / l; ALT - 19.5 U/l; AST – 16,5 U/l. In the third group, 6 (42,8%) men and 8 (57,2%) women were examined. The lipid spectrum indicators in men were: Total cholesterol – 181,3 mg/dL; triglycerides – 334,3 mg / dl; HDL cholesterol – 31,6 mg / dl; VLDL cholesterol - 67 mg / dl; LDL cholesterol – 82,6 mg / dl. The indicators of the biochemical blood test were: Urea – 6,15 mmol/l; Creatinine – 120,5 µmol / l; ALT – 34,3 U/l; AST – 31,3 U/l; Total CPK - 106 IU / l. Women: Total cholesterol, 132.5 mg/dl; triglycerides, 125.75 mg/dl; HDL cholesterol - 44 mg / dl; VLDL cholesterol - 25 mg / dl; LDL cholesterol – 63,5 mg / dl. Indicators of the biochemical analysis of blood: Urea – 7,8 mmol/l; Creatinine - 83 µmol / l; ALT - 24 U/l; AST – 21,25 U/l. Obesity of the third degree was suffered by 6 (75%) women; in the remaining 2 (25%) women, obesity of the first degree was determined.

Conclusions: In the study, patients were prescribed a lipid-lowering diet and the corresponding hypolipemic drugs (atorvastatin 20 mg; rosvuastatin 20 mg and fenofibrate 145 mg). The study was carried out for three months. During the study, most patients managed to achieve the target levels of lipid metabolism. With the help of dietary nutrition, it is possible to reduce the level of total cholesterol by 0.5-1.5 mmol / l. This usually occurs within 3 months, but even in the absence of a positive effect, the diet should be followed for at least 6 months before deciding whether to prescribe lipid-lowering drugs.

Literature:

EFFECTS OF GLUCOSE-METHOTREXATE (GLU-MTX) CONJUGATE IN TARGETED TREATMENT OF CANCERS

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Aim: Unlike normal cells of the human body, tumor cells have the ability to perform intensive anaerobic glycolysis. Although aerobic glycolysis produces a large amount of energy, the rapid passage of anaerobic glycolysis and its persistence even in the state of hypoxia leads to an increase in the amount of ATF they produce. On the other hand, the accumulation of intermediate glycolysis metabolites stimulates the pentose phosphate pathway and the resulting NADPH and Ribose-5-phosphate spent on the synthesis of fatty acids and nucleic acid necessary for cell growth and division. Another reason for the intensity of glycolysis in tumor cells is the high regulation of the synthesis of glucose transporters GLUTs as a result of oncogenic mutations. These factors are the basis for targeting the glycolysis process in cancer cells in therapeutic treatments.

Materials and methods: Methotrexate (MTX) is an effective, widely used antimetabolite in the treatment of cancer, inhibiting the rapid proliferation of tumor cells by inhibiting folic acid and DNA synthesis. However, MTX therapy causes some side effects because it does not have the property of selectively affecting tumor cells. One of the correct strategies to achieve the desired result is to bind the therapeutic agent to the ligand which selectively interacts to pathological cell. To increase the safety and efficacy of therapy, ligand-binding drug synthesis with high levels of proximity to target cells is required. We know that in cancer cells, a “Warburg effect” i.e. a significant increase in the flow of substrates through glucose consumption and glycolysis is observed. Elevated glucose intake requires an overproduction of glucose carriers (GLUTs), which are common in neoplasms and provide clinical targets for therapy. Therefore, glucose-associated glycoconjugation of cytotoxic agents or targeted anticancer therapis may improve the selective effect of anticancer drugs. The GLU-MTX conjugate we are studying allows tumor cells to effect methotrexate when the complex enters neoplasmas after it has been selected by the GLUT-1 glucose transporter. GLU-MTX inhibits the growth of colorectal (DLD-1), thoracic (MCF-7) and pulmonary (A427) adenocarcinomas, squamous cell carcinoma (SCC-25), and osteosarcoma (MG63).

Results: Absorption of GLU-MTX in tumor cells was 17-fold higher than that of unconjugated MTX. These results show that, the GLUT-MTX conjugate can be selected by a number of tumor cells and significantly reduces their in vitro growth. This is also confirmed in the breast cancer model. The Glu-MTX conjugate led to a significant delay in tumor growth in mice with breast cancer.

Conclusions: In summary, the new GLU-MTX conjugate exhibits broad-spectrum anticancer activity. It accumulates in tumor cells with high efficiency and destroys them, while accumulating less in normal fibroblasts and showing low toxicity. These studies are necessary for the further clinical development of a class of glucose-bound compounds.

Literature:
1. Черников. В. Г. "Онкология" 2020г Москва
SIDE EFFECTS OF STATINS IN ISCHEMIC HEART DISEASE WITH FATTY LIVER DISEASE

Ibragimov O.U.
Scientific adviser: Abdurazzakova D.S.
Tashkent Medical Academy, Tashkent, Uzbekistan

**Aim:** The side effects of statins in ischemic heart disease associated study with hepatic hepatosis.

**Materials and methods:** Patients in cardiology department of Tashkent Medical Academy were examined survey conduct laboratory diagnostics results.

**Results:** The results showed that out of 50 patients, 70% were men and 30% were women. The following side effects occurred in patients taking statin drugs: headache 30%, abdominal pain 20%, tumors in the body 2%, memory loss 4% and muscle aches caused rickets in 2% of patients. The results of biochemical analysis of blood showed that in 4% of patients who did not take statins, their cholesterol levels increased from 5.4 mmol / g to 5.8 mmol / g, and in the remaining 96% decreased. UTT results compared when 20% of patients receiving statins developed hepatic hepatitis I to grade III, 8% developed changes in the liver parenchyma, and 14% developed hepatomegaly.

**Conclusion:** In short, reconsider the distribution of statin doses when ischemic heart disease is associated with hepatic hepatosis, or switch to weaker statins, stop using statins altogether if liver disease progresses, with other drugs should be strictly controlled in combination with diet № 5 and increase physical activity depending on the patient's condition.

**Literature:**

5. https://uz1.evidentista.org/8274-7623
STUDY CLINICAL AND NEUROLOGICAL CRITERIA OF DORSALGIA

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Aim: to study of clinical and neurological criteria for dorsalgia.

Materials and methods: The study included 30 patients (15 men and 15 women). The average age of the patients was 45 (from 22 to 70 years).

Results: In 53.3% of men (8 patients) and 66.6% of women (10 patients) dorsopathy was localized in the lumbosacral region, the remaining patients had cervical dorsopathy. During the interview and on examination, the most common complaints in case of damage to the cervical region were headaches and tinnitus, and in case of damage to the lumbar region - irradiation of pain along the posterior-outer surface of the lower limb (both or one without statistical differences in relation to the side of lateralization) and functional block. Neurological examination most often revealed in patients: limitation of mobility in the corresponding section of the spine; tension of the rectus muscles of the back and long muscles of the neck; local pain on palpation of the paravertebral points and percussion of the spinous processes of the vertebrae, often corresponding to the zone of regional pain syndrome. The clinical diagnosis of dorsopathy was confirmed instrumentally: in 76.6% (23) of patients protrusions of the intervertebral discs (IVD) were detected, of which in 52.1% (12) they were combined with one or more hernias. Dorsopathy had a chronic course in 20% (6) of 30 examined cases.

Conclusion: Chronic back pain can limit the ability to work and self-care up to disability, thereby reducing the quality of life. Low back pain is not a specific disease but rather a complaint that may be caused by a large number of underlying problems of varying levels of seriousness. The majority of LBP does not have a clear cause but is believed to be the result of non-serious muscle or skeletal issues such as sprains or strains. Obesity, smoking, weight gain during pregnancy, stress, poor physical condition, poor posture and poor sleeping position may also contribute to low back pain. Women may have acute low back pain from medical conditions affecting the female reproductive system, including endometriosis, ovarian cysts, ovarian cancer, or uterine fibroids.

Literature:

TO THE QUESTION OF STUDYING THE RELATIONSHIP OF CHRONIC PAIN AND QUALITY OF LIFE OF PATIENTS ON PROGRAM CHRONIOHEMODIALYSIS

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Tashkent Pediatric Medical Institute¹,
Republican Specialized Scientific and Practical Medical Center for Nephrology and Kidney Transplantation², Tashkent, Uzbekistan

Aim: to study the relationship between chronic pain and quality of life in patients on program hemodialysis (PHD).

Materials and methods: This study included 328 PHD patients. The Visual Analogue Scale – VAS, The McGill Pain Questionnaire was used to assess pain, and the Leeds Assessment of Neuropathic Symptoms and Signs (LANSS) scale was used to assess neuropathic pain, and the SF-36 questionnaire was used to assess quality of life.

Results: Of the patients, 244 experienced pain (74.4%) and this pain was neuropathic in nature in 61.8% of these patients. Pain range was from 2 to 7 in some cases. 80% of patients also noticed headache. Patients with pain had longer dialysis experience than patients without pain (4.00 (2.00-8.00), 3.00 (2.00-4.75), p = 0.01). The most common site of pain was the upper and lower limbs. Pain was more common in women and older patients. Only 46.4% of patients used analgesics. It was found that the assessment of pain in patients in the routine state was most often not carried out, it was also found that the quality of life of patients with pain is lower. The frequency of pain was higher among patients without residual kidney function and was more neuropathic in nature. The quality-of-life score was the lowest in leisure activities and highest in relationships with medical staff. Energy-vitality, relationships with friends, leisure activities and physical well-being scores were significantly lower in hemodialysis population. Patients complained of insomnia, lack of sleep in 27% and 48%, respectively.

Conclusions: Pain is a major problem for most HD patients and is not treated effectively. To improve the quality of life of patients, clinicians must regularly assess pain and manage it effectively. In this context, residual kidney function should be regularly monitored and efforts made to preserve it.
THE ASSESSMENT OF THE ORAL MICROBIOME IN PATIENTS WITH CHRONIC PHARYNGITIS CAUSED BY GASTROESOPHAGEAL REFLUX DISEASE

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Aim: to evaluate the microbiome composition of the pharynx in patients with chronic pharyngitis caused by GERD.

Material and methods: we studied 28 patients with chronic pharyngitis caused by GERD. For diagnosis microbial smear s from the posterior wall of the oropharynx were performed.

Results. According to microbiological data from the posterior wall of the oropharynx there was the growth of microorganisms such as Staphylococcus aureus, Streptococcus saprophyticus, Streptococcus viridans, Klebsiella pneumoniae, Streptococcus haemoliticus. The number of detected microorganisms ranged within $10^4$-$10^6$ CFU. Staphylococcus aureus was diagnosed in 20 (71.4%) cases, Streptococcus saprophyticus – in 10 (35.7%), Streptococcus viridans – in 8 (28.5%), Klebsiella pneumoniae – in 5 (17.8%) patients. Also Streptococcus haemoliticus of group B was diagnosed in 2 (7%) cases.

Conclusion. Chronic pharyngitis caused by GERD leads to the disturbance of the microbiome of the posterior pharyngeal wall. This fact suggests the need for the use of oral probiotics to normalize the microbiome of the oropharynx in chronic pharyngitis caused by GERD

Literature:


DETERMINATION OF ASPIRIN RESISTANCE IN PATIENTS WITH CORONARY HEART DISEASE

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Material and methods: The study included 61 patients with stable forms of coronary heart disease (with stable angina pectoris (SAP) FC II 52 (85,2%) people, FC III — 9 (14,7%). The average age was 68,4 ±9,3 years. Patients with SAP were divided into 4 groups according to the prescription of taking ASA. Group 1 consisted of patients who did not receive aspirin, the second group consisted of patients taking aspirin up to 1 year, the third group consisted of patients taking aspirin from 1 year to 5 years and the fourth group included patients taking aspirin over 5 years. The degree of spontaneous and ADP-induced platelet aggregation was studied on a two-channel laser analyzer of platelet aggregation LA230 "Biola" [1]. The method is based on the analysis of fluctuations in light transmission of plasma enriched with platelets with final concentrations of 0,1; 1,0 and 5,0 micrograms/ml of adenosine diphosphate (ADP) inductor and followed by computer processing according to the AGGR program [2]. The level of platelet aggregation with 5,0 mmol ADP ≥72% was used as a criterion of resistance. Statistical processing of the results of the study was carried out using the Stat. 6.0 statistical software package.

Results: The average degree of aggregation in group 1 was 48.2%, in group 2 33,2%, in group 3 42,2% and in group 4 58,8%. According to the results of the study of platelet aggregation activity, 10 (16,4% and the average degree of platelet aggregation with 5.0 mmol ADP was 82,1%) patients with no reaction to aspirin intake were identified, and the vast majority of resistant patients – 8 out of 10, were in group 4. In this regard, this particular group of patients was analyzed in more detail. Inadequate response to aspirin intake was significantly often observed in women and the elderly (70% and 80%). There were more patients with multifocal atherosclerosis and hypertension in the aspirin-resistant group, but these differences did not reach reliability. Patients with diabetes mellitus were significantly more likely to be resistant to aspirin (7 out of 10, respectively) than patients with a normal platelet response to ASA (p<0,05), as well as obese patients (6 out of 10, respectively) (p<0,05). At the same time, according to the clinical manifestations of arterial hypertension, CHF and SAP (headache, pain in the heart area behind the sternum, shortness of breath, weakness, fatigue) there were no statistically significant differences between the groups. When analyzing the results of routine laboratory tests in patients with aspirin resistance, there was a tendency to higher cholesterol and glucose levels.

Conclusion: Thus, high rates of ADP-induced platelet aggregation were observed in a quarter of patients taking aspirin for more than 5 years with coronary heart disease. Taking into account the relationship of diabetes mellitus and obesity with aspirin resistance, it is necessary to conduct a study of this aggregatogram indicator in order to determine the adequacy of drug correction in order to control antithrombotic therapy in this category of patients.

Literature:

THE ROLE OF MAGNETIC RESONANCE IMAGING IN THE ASSESSMENT OF CHRONIC HEART FAILURE

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**Aim.** Exploring the role of cardiac magnetic resonance imaging in the evaluation of patients with heart failure.

**Materials and methods.** A retrospective analysis of medical records of 14 patients was carried out. The majority of patients (9 people: 3 women and 6 men, mean age 59+5.45 years) were treated with a diagnosis of chronic heart failure (CHF) (functional classes II–III according to the New York Heart Association), 5 patients were on treatment with a diagnosis of hypertension stage II-III (2 women and 3 men, mean age - 56+6.12 years). All patients underwent clinical, laboratory and instrumental examinations in accordance with the standards for the diagnosis and treatment of cardiovascular diseases. A 12-lead ECG, echocardiography in B- and M-modes was performed using pulsed, constant-wave, color and power Doppler blood flow studies with an assessment of the size of the heart cavities, the degree of left ventricular hypertrophy (LVH), global and regional LV contractility and disorders its diastolic function. Magnetic resonance imaging of the heart was performed using the General Electric Bravo MR355 device using the SE (spin echo), Double-IR (T1VI analog), Triple-IR (T2 analog with fat suppression) and FIESTA programs in dynamic (cinema) scanning mode with the ability to evaluate the nature of the blood flow, along the short and long axis of the heart, with a section thickness of 8 mm.

**Results.** Almost half of patients with HF have abnormal diastolic function with preserved ejection fraction. MRI can evaluate diastolic function in several ways. Similar to echocardiography, rate coding MRI can measure early diastolic (E) and atrial systolic (A) peak flow rates and mitral inflow E/A ratios. In addition, the time-volume curves generated by flash-closed movie images provide indices of global diastolic function such as peak fill rate and time to peak fill rate. Selective saturation repulses are used to overlay the grid on the field of view. Grid lines deform as a result of contraction, deformation, and torsion of the myocardium, allowing direct quantification of myocardial deformation and deformation.

**Conclusions.** Thus, the ability of MRI to establish a specific diagnosis in a significant proportion of patients with CHF allows the clinician to choose the best management strategy adapted to the patient's imaging findings. In addition, MRI is ideal for monitoring treatment outcome or disease progression, due to the high accuracy of reproducibility measurements and patients can undergo sequential MRI scans without exposure to ionizing radiation.

**Literature:**

THE COMPARATIVE ANALYSIS OF CLINICAL FEATURES OF ATRIAL FIBRILLATION IN PATIENTS WITH SARS-COV-2 INFECTION

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Aim: To study the clinical features of atrial fibrillation in patients with coronavirus infection.

Materials and methods: The study included 82 patients hospitalized to the Cardiac Arrhythmias Department of the Republican specialized scientific-practical medical center of cardiology. The analysis include anthropometric data and clinical laboratory analysis of patients. Statistical processing of the obtained results was carried out using the standard data analysis package "Microsoft Office Excel 2010", the program "Statistica 10.0".

Results: It was found that the average age of patients was 63.69±12.36 years, which is significantly lower than in most similar studies conducted in the developed countries of Europe. Patients with various clinical forms of AF were of particular (special) interest. In the group of patients with a history of COVID-19, paroxysmal AF was detected somewhat more often (17.14% vs. 13.19%), while persistent (11.11% vs. 8.57%) and permanent (20.83% vs. 28%) forms of atrial fibrillation were more often recorded in the group of patients with no history of COVID-19. In the group of patients who underwent COVID-19, men predominated 64.3% versus 49.24%. Individuals who underwent COVID-19 had a higher BMI (body mass index) of 32.2 - corresponding to Obesity 1st grade, while in the group without COVID-19, BMI value was 29.76, which corresponds to overweight (p>0.05). Past COVID infection was associated with greater comorbidity with myocardial infarction. Postinfarction cardiosclerosis was detected in 42.9% of patients with COVID-19, against 9.1% in the comparison group.

Conclusions: According to our analysis, the average age of patients with atrial fibrillation on the background of coronavirus infection was significantly lower than in most studies conducted in the development countries. In the group of patients, men predominated women. Past COVID infection was associated with greater comorbidity with myocardial infarction.

Literature:

4. Рекомендации ESC по лечению пациентов с фибрилляцией предсердий, разработанные совместно с EACTS. Российский кардиологический журнал 2017, 7 (147): 7–86.
CAN ZINC AND IRON DEFICIENCY AFFECT THE FUNCTIONAL STATE OF THE THYROID GLAND IN PATIENTS WITH AUTOIMMUNE THYROIDITIS?

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Aim: Exploring the relationship between zinc and iron micronutrient deficiencies and the functional activity of the thyroid gland in patients with autoimmune thyroiditis.

Materials and methods: Study objects consisted of 40 women in reproductive age from 18 to 49 years with autoimmune thyroiditis. TSH, free triiodothyronine, free thyroxine, thyroid peroxidase antibodies, zinc serum, iron serum were assessed by lab methods, thyroid ultrasound was carried out in the hospital.

Results: Patients were divided into 2 groups based on the structural changes and 3 groups based on functional activity of the thyroid gland. First group with structural changes who have an atrophic form (thyroid volume 4.5±0.8 cm³) included 4 patients (10%), while 2nd group with a hypertrophic form (thyroid volume 28.5±8.5 cm³) 36 patients (90%), among which 10 women (25%) with a nodular form, 14 (35%) with a diffuse form and 12 (30%) with a mixed form. According to the functional activity, the majority of women had an euthyroid state (n=18, 45%), almost 1/3 part of the women had subclinical hypothyroidism (n=14, 35%) and 1/4 women had overt hypothyroidism (n=8, 25%).

According to the laboratory studies, patients with euthyroid autoimmune thyroiditis had normal serum concentration of zinc (14±1.0 µmol/l), however iron serum levels were reduced (8.5±0.4 µmol/l). Serum zinc and iron levels were decreased in group with subclinical hypothyroidism with 11±1.2 µmol/ and 8.3±0.6 µmol/l, respectively. Whereas, in the group of patients with overt hypothyroidism, serum concentration of zinc (8.4±1.2 µmol/l) was significantly lower compared to the group of patients with euthyroidism and subclinical hypothyroidism by 43% (p<0.05) and by 28% (p<0.05), respectively. There was no difference in serum iron levels between groups with overt hypothyroidism and subclinical hypothyroidism.

Moreover, the serum levels of zinc and iron were also analyzed based on the structural changes in the thyroid gland. In the group of patients with a nodular form of autoimmune thyroiditis serum concentration of zinc and iron was lower than in the group with a diffuse form; however, these results were not reliable.

Conclusions:
1. Studies shows that the serum levels of zinc and iron decrease in the group of patients with subclinical and overt hypothyroidism.
2. There is a significant decrease in serum zinc levels in the groups with overt and subclinical hypothyroidism compared to the euthyroid group by 43% and 22%, respectively.

Literature:
4. Квиткова Л.В., Халимова А.С.. Опухоли щитовидной железы, микроэлементы, ожирение и инсулинорезистентность: есть ли взаимосвязь? «РМЖ» №1 25.03.2022.
RESULTS OF A COMPARATIVE STUDY OF THE EFFECTIVENESS OF HORMONOTHERAPY IN THE MOVEMENT OF MULTIPLE SCLEROSIS

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**Aim:** A comparative study of the efficacy of methylprednisolone and dexamethasone in developing multiple sclerosis.

**Materials and methods:** Forty-two patients with MS were selected for the study. The efficacy of methylprednisolone and dexamethasone during the onset of the disease was compared. Those included in the cohort were divided into two groups: The leading group (group 1) consisted of 22 patients with methylprednisolone (Solu-medrol) 500 mg daily for five days and then reduced to 80 mg per day. The control group (group 2) consisted of 20 patients prescribed dexamethasone 24 mg daily for five days, followed by parenteral 12 mg daily. The result was evaluated after 24 days. In addition, the severity of neurological disorders and the effectiveness of treatment with corticosteroids were studied using the Expanded Disability Status Scale (EDSS).

**Results:** The severity of the neurological disorders was initially 7.4 ± 2.7 points in group 1 and 7.2 ± 2.2 points in group 2 on EDSS prior to initiating treatment. Twenty-four days later, the severity of clinical disorders decreased by 3.6 points in group 1 (R <0.001) and by 4.2 points in the control group (R <0.05). Thus, in both groups studied on the EDSS scale, the degree of disability decreased statistically convincingly, but in group 1, the positive dynamics were characterized by a high degree of effectiveness. When comparing the final results of the two groups, the functional recovery in group 1 was 1.6 times higher than in group 2 (R <0.01).

**Conclusions:** Methylprednisolone is more effective than dexamethasone in treating multiple sclerosis with corticosteroids, reduces the degree of disability, has a positive effect on the recovery of neurological functions and improves the quality of life.
TREATMENT WAYS OF CHRONIC HEPATITIS B PATIENTS AND SIDE EFFECTS OF ANTIVIRAL DRUGS

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Aim: The ultimate goals of treating chronic hepatitis B is prevention of hepatocellular carcinoma, hepatic decompensation and to achieve sustained viral suppression of HBV replication. Currently, six treatments are approved for hepatitis B including interferon (IFN) have two formulations IFN and PEG – IFN and five nucleotide/ nucleoside analogues (lamivudine, adefovir, entecavir, telbivudine and tenofovir)

Materials and methods: Lamivudine (LAM) was the first nucleoside analogue reverse transcriptase inhibitor that was approved for use by the United States Food and Drug Administration (FDA) in 1998 for prevention cirrhosis and risk of HCC.Adefovir dipivoxil (ADV) was the first nucleotide analogue approved in United States in 2002 for the treatment of HBV.ADV didn’t only have increased antiviral potency but also had an intrinsic stereoscopic structure which was an important factor against the emergence of viral resistance.One year of therapy with ADV leads to a 12% rate of HBeAg seroconversion and 53% rate of histological improvement in HBeAg-positive patients. Entecavir (ETV) a nucleoside analogue devised in 2005. It is a potent inhibitor of HBV polymerase at a dose of 0,5mg. ETV demonstrates better virological suppression (91% varies 73%) and improved histology (70% varies 61%) and 88% of the patients had improvement in fibrosis score after 6 years of ETV therapy this holds true even in patients with cirrhosis.Telbivudine (TLV) another nucleoside analogue was approved by the FDA in 2006 for treatment of chronic HBV.Tenofovir rescue therapy for patients with viral resistance to the nucleoside analogues. Tenofovir was approved in 2008 and it is more potent than ADV. Treatment with TDF for 5 years showed regression of cirrhosis in 74% of those who showed cirrhosis at baseline.

Results: Along with its needed effects, a medicie may cause some unwanted effects. All antiviral drugs for HBV may be side effects: abdominal or stomach discomfort, cough, decreased appetite, nausea, sleepiness, unusual tiredness or weakness. These side effects may go during treatment as human body adjusts to the medicine.

Conclusion: Timely use of nucleotide/nucleoside analogues may improve liver function and increase survival in patients with hepatic decompensation. Maintained suppression of HBV replication with antiviral therapy halt the progression of liver disease, may reverse liver fibrosis and can reduce the development of cirrhosis and HCC.

Literature:
2. Гепатит Б. https://www.who.int/ru/news-room/fact-sheets/detail/hepatitis-b
CLINICAL MANIFESTATIONS OF GOUTHY NEPHROPATHY

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Aim: to study the clinical manifestations of gouty nephropathy.

Materials and methods: The history of 52 patients who developed gouty nephropathy was studied. Among them there were 40 men and 12 women. The average age of the patients was 53.2 years. The complaints of the patients, anamnestic data, results of objective examination were studied.

Examination methods: in addition to general laboratory tests we analyzed the results of uric acid in blood and urine, urea in blood, creatinine, Rehberg and Zimnitsky tests, renal ultrasound and renography.

Results: One of the signs of gout was urolithiasis. In 26 patients (50%) there were tophi in the renal tubules and in 7 patients (12%) stones in the renal tubules. This is due to the accumulation of urates in the interstitial tissue of the kidney, which in turn leads to the development of interstitial nephritis. It is known that the symptoms of urate nephrolithiasis, i.e. urine pH, are associated with an increased risk of stone formation, years of gouty arthritis, irritating renal colic, often complicated by pyelonephritis, often associated with obesity and arterial hypertension. The incidence of chronic kidney disease has been found in many studies. In the studied patients, i.e. men, urate nephrolithiasis was detected 10 times more often than in women: this condition was detected in 3 women and 20 men. Risk factors included grade II-III obesity in 20 sick men and 4 women, as well as arterial hypertension in 70% (36) and coronary heart disease in 35% (18). Functional classes II-III of stable angina were associated with the basic disease.

In the general analysis of urine in all patients, a decrease in the relative density of urine, microhematuria, proteinuria, uric acid crystals was revealed, and in the biochemical blood test, hyperuricemia, azotemia. Ultrasound of the kidneys and radioisotope renography revealed renal failure in 62% (32 patients). Thirteen patients (25%) developed chronic kidney disease.

Conclusions: For early diagnosis of gouty nephropathy, it is necessary to determine the amount of uric acid in the blood and renal excretion, ultrasound of the kidneys, urinary tract, CT of the kidneys, MRI. Renal excretion of uric acid (with daily urine) is recommended for patients with hereditary gout, a history of urolithiasis up to 25 years.
ASSESSMENT OF THE QUALITY OF LIFE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS RECEIVING INSULIN DEGLUDEC

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Aim. Assess the quality of life in patients with type 2 diabetes receiving insulin Degludec.

Materials and methods. The study included 80 patients with a reliable diagnosis of type 2 diabetes mellitus. Among them, 30 (37.5%) men and 50 women (62.5%). Of these, the main group (1) consisted of patients with type 2 diabetes (n = 40) receiving insulin Degludec (Tresiba), and the control group (2) - patients with type 2 diabetes (n = 40) receiving NPH insulin (Insulotard). Patients of both groups, in addition to insulin, took oral hypoglycemic drugs (Metformin, Amaril). The average age of the patients was 59.5 ± 5.9 years, the duration of type 2 diabetes was 8.5 ± 6.7 years. In this case, the average insulin dose was 30.8 ± 5.9 units / day in group 1, and 32.8 ± 6.1 units / day in group 2. The examination revealed the following late complications: 80 (100%) patients had distal sensory symmetric polyneuropathy, 45 (56.2%) - diabetic macroangiopathy, 38 (47.5%) - chronic kidney disease, 54 (67.5%) - retinopathy, distal angiopathy of the lower extremities - 30 (37.5%) patients. Of the comorbidities, 75 (93.7%) had arterial hypertension, 35 (43.7%) had coronary heart disease. Also, 20 practically healthy individuals were studied. To assess carbohydrate metabolism, fasting blood glucose and postprandially, glycated hemoglobin (HbA1c) were studied at the beginning of the study and after 6 months. Hypoglycemia was assessed based on patient self-monitoring diaries and recent blood test results. To assess the quality of life, patients completed the SF-36 questionnaire.

Results. At the beginning of the study, the patients of both groups showed DM decompensation. Fasting glucose in the 1st group 11.7 ± 3.2 mmol/l versus 12.2 ± 2.5 mmol/l in the control group, postprandial glucose - 14.8 ± 3.7 mmol/l versus 16.3 ± 3.5 mmol/l, HbA1c - 9.2 ± 1.3% versus 10.5 ± 1.2%. After 6 months, certain differences were found between the patients of both groups. Thus, the fasting glucose level in the main group was 8.7 ± 3.2 mmol/l, postprandial glucose - 11.8 ± 3.7 mmol/l, HbA1c - 7.8 ± 1.3%, while in the 2nd group - the average level of fasting blood glucose was 9.2 ± 2.5 mmol/l, postprandial glucose - 12.3 ± 3.5 mmol/l, and HbA1c - 8.5 ± 1.2%. Also, BMI values were comparable in both groups (27.6 ± 1.2 kg / m2 and 27.2 ± 1.5 kg / m2, respectively). When analyzing the results of the lipid spectrum, in the main group, the values of total cholesterol and triglycerides were lower than in the control, while the values of HDL-C, on the contrary, were higher. The average blood pressure was also lower in the study group compared to the control group. In the 1st group, mild episodes of hypoglycemia were recorded in 12 (30%) patients, in the 2nd group - in 14 (35%) patients. Among them, 8 (20%) patients of the 1st group and 10 (25%) patients of the 2nd group had nocturnal hypoglycemia.

In patients of both groups, all parameters of the quality of life during the examination were significantly lower than in healthy individuals (P<0.001) for all scales. There were the following differences between the patients of the two groups: RF (role functioning), SF (social functioning), EF (emotional functioning) and MH (mental health) parameters were significantly higher in group 1 (P<0.001), PF (physical functioning), GH (general health), V (vitality) did not differ significantly in both groups of patients, but in both groups they were lower than the control values. SF indicators were also significantly higher (by 20.7%) in group 1 (P<0.001). EF and MH in the 1st group of patients were also higher by 20.0% and 18.5%, respectively.

Conclusion. Insulin Degludec (Tresiba) in combination with other oral hypoglycemic drugs leads to improved glycemic control in patients with type 2 diabetes mellitus, while reducing the risk of nocturnal hypoglycemia and all hypoglycemic events, and also has a beneficial effect on the quality of life of patients, which is confirmed by higher values of the RF, SF, EF and MH parameters.

Literature
ENDOGENOUS INTOXICATION SYNDROME IN CHILDREN AND ITS EFFECT ON THE CLINICAL COURSE OF VARIOUS FORMS OF LARYNGOTRACHEITIS

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Aim: to study the development of endogenous intoxication in patients with acute stenosing laryngotracheitis.

Materials and methods: 275 children with acute stenosing laryngotracheitis were examined. All patients were divided into two groups of OSLT according to the forms according to the classification of Yu.V. Mitin. Group 1 - 122 (44.4%) children with primary stenosing laryngotracheitis, group 2 - 153 (55.6%) children with recurrent stenosing laryngotracheitis. The following indicators were studied: the content of medium—molecular peptides according to the method of N.I. Gabrielyan, toxic blood factor using specific antigenic biological tests - paramecium test-determination of the time of death of paramecia in the patient's blood serum. Circulating immune complexes were also determined and the leukocyte intoxication index was calculated. The degree of endogenous intoxication of the body was assessed by the content of medium-weight molecules in blood serum and by the Kalf-Calif index (LII).

Results: As shown by the results of laboratory studies in patients with acute stenosing laryngotracheitis at the height of clinical manifestations, there was a significant increase in the content of all indicators of endogenous intoxication in comparison with the healthy group. For example, the content of medium—molecular peptides in children with primary stenosing laryngotracheitis increased by 94.6% and in children with recurrent stenosing laryngotracheitis - by 114.6%, the toxic factor in children with primary stenosing laryngotracheitis increased by 81.5% and in children with recurrent stenosing laryngotracheitis – by 134.7%. The level of circulating immune complexes in children with primary stenosing laryngotracheitis increased by 3.4 times, and in children with recurrent stenosing laryngotracheitis by 4.1 times. Consequently, the level of circulating immune complexes in children with acute stenosing laryngotracheitis was combined with the severity of the patient's condition. Comparing the informative value of the indicators in the assessment of EI, it should be noted that the most informative was the leukocyte intoxication index, the level of which increased 4.4 times in children with primary stenosing laryngotracheitis, and 7.4 times in children with recurrent stenosing laryngotracheitis.

Conclusion: Thus, our studies have revealed an increase in circulating immune complexes, which are known to play a direct role in the pathogenesis of bacterial infections. Analyzing the data, it can be judged that in acute stenosing laryngotracheitis in children, the level of indicators of endogenous intoxication is in direct proportion to the clinical features and severity of the course. In a moderate condition, the level of content of medium—molecular peptides increased by 14.7%, in severe – by 94.6% and in very severe - by 141.1% relative to the corresponding indicator of healthy children. In a moderate condition, the level of the toxic factor increased by 26.4%, in severe – by 81.5% and in very severe – by 103.1% relative to the corresponding indicator of healthy children.

Literature:


CLINICO-NEUROLOGICAL CHARACTERISTICS OF CHILDREN WITH CONGENITAL AND ACQUIRED NEUROSENSORY HEARING LOSS

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Material and research methods: Clinical observation included 85 patients aged 3 to 6 years. The patients underwent an audiological examination with a computer audiometric method.

Registration of the total bioelectric activity of the brain (EEG), isolation, and analysis of visual evoked potentials was carried out using a computer encephalography.

Long-latency VEPs were formed for a flash of 50 Lx (0.5 J) with a duration of 4 ms, the interstimulus interval was 2 s (n = 100) with a probability deviation of 25%.

The absolute amplitudes of the components were estimated relative to the baseline, which was calculated relative to the physical zero.

The latent period of the peak was measured relative to the start of stimulation. When analyzing the material obtained, the components of the evoked potential were isolated: P1 (positive - up to 60 ms), N1 (negative - up to 75 ms), P2 (up to 140 ms), N2 (up to 170 ms), P3 (up to 220 ms), N3 (up to 260 ms), P4 (300 ms) (up to 320 ms).

Results: When determining the degree of hearing impairment, the following results were obtained: hearing loss of 2 degrees - in 20 (18%) patients, 3 degrees - in 25 (22%) patients, and 4 degrees - in 40 (60%) patients. In the structure of etiological factors, the use of ototoxic antibiotics took place in 20 (15%) patients, hereditary-genetic factor - 13 (10%) patients, the consequence of meningitis - 7 (7%) patients, in 40 (61%) patients the etiology was not determined managed. The majority of children had diffuse organic neurological symptoms, in the form of central insufficiency of the VII and XII pairs of FMN, anisoreflexia, and revitalization of tendon reflexes.

68 (85.3%) children had a history of perinatal lesions of the nervous system. According to the results obtained, in children with hearing impairments of 3-6 years old, the maximum for the P1 component was in the occipital region, children with congenital neurosensory hearing loss - in the right hemisphere, and children with acquired - in the left. In addition, in these areas of the brain, an asymmetry in the formation of the N1 component was found: in children with acquired neurosensory hearing loss - mainly in the right hemisphere, and in children with congenital - in the left hemisphere.

Conclusions: As a result of the study of the characteristics of visual evoked potentials in children with neurosensory hearing loss, data were obtained indicating the existence of a relationship between the degree and nature of the dysfunction of the central nervous system and their influence on the generation of VEP components.

Low coherence between brain regions in hearing-impaired children characterizes the functional insufficiency of the frontal-occipital and interhemispheric connections of the cerebral cortex and also manifests itself in a decrease in attention function.

Literature:
STUDY CLINICAL COURSE - DIAGNOSTIC CRITERIA AND FEATURES MANIFESTATIONS OF COVID-19 IN AT RISK PATIENTS

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Aim: to study clinical course-diagnostic criteria and features manifestations of COVID-19 in at risk patients.

Materials and methods: In a clinical study in which 136 cases were included, where patients were hospitalized for COVID-19 at the Zangiota Specialized Hospital No. 1 in the Tashkent region. In which, all patients had COVID-19. in the period 2019-2022 Conventional research methods were used, that is, attention was paid to the presence of clinical manifestations, (body temperature > 37.5 °C and one or more signs: cough, dry or scanty sputum, shortness of breath, feeling of stuffiness in the chest, SpO2 ≤ 95%, Return from overseas travel 14 days prior to onset of symptoms included close contact in the past 14 days with individuals

Results: All patients were diagnosed with COVID-19. Among them, 56 men (29.2%) aged 28 to 78 years, 80 women aged 25 to 72 years (70.8 %) The incubation period ranged from 2 to 14 days, on average 5-7 days. All patients had clinical symptoms of SARS. This is an increase in body temperature (> 80%) cough (dry or with a small amount of sputum) in 70% of cases, shortness of breath (35%), fatigue (40%), a feeling of congestion in the chest (> 20%), in addition, there was pain in sore throat, runny nose, decreased sense of smell and taste, signs of conjunctivitis (30). The most severe shortness of breath develops by the 6-8th day from the moment of infection. It was also found that among the first symptoms may be myalgia (20%), confusion (15%), headaches (20%), hemoptysis (2-3%), diarrhea (10%), nausea, vomiting, palpitations (4-5%).

Conclusions: These symptoms at the onset of infection can be observed even in the absence of an increase in body temperature. The age of the patients ranged from 40-55 years. Of the 20 patients, 16 had an increase in temperature at the level of 37.6-39°C, and the fever began 2-10 days before admission to the hospital. In addition, 15 patients complained of cough, 8 - of general weakness, 5 complained of sore throat, 3 more - of diarrhea. In 17 women, there was a decrease in the number of lymphocytes, in 16 - an increase in the level of C-reactive protein. By the end of the study and after therapy in 18-20 patients, PCR tests for SARS-CoV-2 showed negative results. The number of lymphocytes reached normal values in 18 patients, the level of C reactive protein in all 20. At the end of treatment, cough and other clinical symptoms stopped in all patients. In 70% of patients with clinical symptoms, the disease occurs in the form of mild SARS.

Literature:
HEMOSTATIC CHANGES IN PATIENTS WITH AUTOIMMUNE THYROIDITIS

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Scientific supervisor: Bekchanova N.I.
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Aim: Evaluation of hemostatic changes in patients with autoimmune thyroiditis.

Materials and methods: Blood test - general, for TSH, T3, T4 hormones and antibodies to them. Ultrasound is an affordable, quick and informative examination to assess the condition of the gland, its size, uniformity of structure, the presence of nodes, seals, fibrous areas and other pathologies.

Scintigraphy will help distinguish thyroiditis with thyrotoxicosis from other diseases with similar signs. It is based on the property of the affected gland not to accumulate a contrast agent in large quantities.

After the diagnosis is clarified by the endocrinologist, the method of therapy is selected.

Result: The disease is diagnosed in 3% of all thyroid pathologies. Most of the patients are women. In them, this diagnosis occurs 10-20 times more often than in men. There is also a dependence on age - Hashimoto's thyroiditis rarely occurs in people under thirty years old. Most patients are middle-aged women (30-50 years). Symptoms of autoimmune thyroiditis of the thyroid gland

The clinical picture largely depends on the form of the disease. In autoimmune thyroiditis, there are: Atrophic course - the gland retains its previous dimensions, but as the cells die, the glandular tissue is replaced by fibrous tissue. Hypertrophic - a dense goiter is formed. This is a slowly progressive inflammation, which is rarely characterized by exacerbations and signs of damage to the body as a whole (fever, increased ESR). A typical picture at the beginning of the inflammatory process is implicit. Usually there are no symptoms.

About 10% of women and 5% of men are carriers of antibodies to TPO or TG, while thyroid dysfunction may develop in 3-6%. Later, the production of TSH increases, the diagnosis is made according to the results of the tests. A sign of the next stage is hypothyroidism - the growth of the gland and a significant decrease in the hormones T3 and T4. As a result of the inflammatory process in the thyroid gland, it is destroyed and it stops producing hormones.

Conclusion: In the early stages, when there are still no disorders in the thyroid gland, specific treatment is not required. The doctor will recommend leading a healthy lifestyle, normalizing nutrition, giving up bad habits and monitoring your well-being. Regular annual consultations and examinations are necessary in order not to miss the further development of the disease. If the function of the gland is already impaired, then in most cases hormone replacement therapy is prescribed.
Against the background of maintenance therapy, it is recommended to periodically undergo examinations to monitor the dynamics of changes and, if necessary, change the dosage of the drug. It is not recommended to self-medicate, use folk remedies, take vitamins on your own or increase the dose of iodine in the diet. Autoimmune thyroiditis is not associated with its deficiency, and an excess of micronutrients can worsen the situation.
THE EFFECTIVENESS OF BEVACIZUMAB (AVASTIN) IN THE TREATMENT OF OVARIAN CANCER

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Materials and methods. The analysis included 56 patients with ovarian cancer with positive VEGF (vascular endothelial growth factor) stage III c treated in Tashkent in 2015-2021. The average age of the patients was about 54. Depending on the treatment options, the patients were divided into 2 groups: 25 (44.6%) women who underwent surgical treatment with 6-8 courses of adjuvant polychemotherapy with standard regimens: paclitaxel + carboplatin or cyclophosphamide + carboplatin and 31 (55.4%) of patients who received polychemotherapy with standard schemes: paclitaxel + carboplatin or cyclophosphamide + carboplatin with the addition of bevacizumab (Avastin) in the treatment. The objective effect was fixed using computer tomography.

Results. When conducting a control CT study after 4 courses of PCT, it was found that the effectiveness (complete or partial regression) of treatment in the 2nd group in the treatment of which bevacizumab was used was 83.9% (n=26). The effectiveness of standard polychemotherapy used in the 1st group was 64% (n=16).

Conclusion. These results suggest that the use of monoclonal antibodies such as bevacizumab significantly improves the prognosis of survival in comparison with the standard scheme of polychemotherapy and provide a basis for including it in the list of standard therapy.

Literature:

1. Agustin Garcia, University of Southern California, Norris Comprehensive Cancer Center, 1441 Eastlake Av., Rm. 3449, Los Angeles, CA 90033, USA; 2013 Mar; 5(2): 133–141. doi: 10.1177/1758834012467661 PMCID: PMC3556875 PMID: 23450196
FEATURES OF THE DIAGNOSIS AND TREATMENT OF LOCALLY ADVANCED RECTAL CANCER

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Aim. To improve the results of treatment by individualizing the choice of diagnostic and therapeutic tactics.

Materials and methods. For the period from 2017 to 2021 years 480 patients with a diagnosis of rectal cancer were operated on in the Department of Coloproctology of the Republican Specialized Scientific and Practical Medical Center of Oncology and Radiology, among whom 82 (17.07%) were operated on with LARC. All patients underwent a complex of standard examinations. Characteristics of patients with LARC: mean age was 59.22; there were significantly more women than men (61% and 39%); the tumor predominantly affected the middle and lower ampulla of the rectum (56.09%), most of patients were morphologically diagnosed with adenocarcinoma.

Results. Based on the data, the patients were divided into three groups: the first group consisted of 46 (56.09%) patients without purulent-destructive complications with a compensated bowel phase. Patients at the first stage of complex treatment underwent neoadjuvant chemoradiotherapy: oral fluoropyrimidines (Ftorafur or capecetabine) + radiotherapy for classical fraction with a single dose of 1.8 to 2.2 Gr to a total of 44.8–49.7 Gr followed, after 6–8 weeks, by surgical treatment. Group II - 26 (31.71%) patients with purulent-destructive complications, unresolved intestinal obstruction with dysfunction of the pelvic organs. At the first stage, these patients underwent surgical treatment. Group III consisted of 10 (12.19%) patients who were diagnosed with a widespread tumor process (T4N0–1–2M1(hep et pulm etoss)), patients underwent preoperative preparation, and symptomatic surgical treatment was performed. The median survival among patients in this group was 7.86 months. Using a multimodal approach, if indispensible, including an oncurologist, an oncogynecologist or a vascular surgeon in the operating teams, made it possible to achieve resectability of 85.58% among patients in the first group and 74.38% in the second, with an R0 resection rate of 84.14% and 67.22, respectively. %. Mostly surgical interventions were performed in a combined volume, among patients of the first group it was 72.43%, in the second - 83.31%. Surgical interventions with primary restoration of colon continuity were more often performed in patients of the first group and amounted to 66.37%, while in patients of the second group only 50.24%.

Adjuvant polychemotherapy (APChT) was performed in 69 (84.47%) patients of the first group and in the second group in 39.46% of patients. The following schemes were used - FOLFOX-6 in 31.84% and CAPOX -23.76% and in 4.93% the technique was used ((SANDBICH) 2 courses of PChT + chemo-radiotherapy (ChRT) + 2 courses of PCT). Locoregional relapses in patients of the first group occurred in 3 (5.26%) cases, generalization of the process in 2 (4.60%) patients, and among patients of the second group, respectively, 10.44% and 7.46%. Long-term results of treatment are being studied.

Conclusion. Thus, MRCPC is an immobile tumor that affects two or more parts of the rectum, grows beyond the organ and its own rectal fascial space with spread of the surrounding organs and tissues, in more than half of cases complicated by a purulent-destructive process with dysfunction of the pelvic organs. The distribution by groups of patients of this category made it possible to individualize the approach in choosing the stages of complex treatment and get clear results.

Literature:
KALLIDINOGENASE (TISSUE KALLIKRIEN) IN COMPLEX THERAPY IN PATIENTS WITH ISOLATED CLOSED TRAUMATIC BRAIN INJURY

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Aim of the study – to determine the effectiveness of the use of callidinogenase in the complex treatment of patients with isolated craniocerebral trauma.

Materials and methods. We examined 8 patients with isolated TBI aged 17 to 72 years and depression of the level of consciousness from 5 to 10 points on the Glasgow Coma Scale (GCS). ICP was measured in all patients, both invasively - with the help of a lumbar puncture with manometry and non-invasively - using a portable diagnostic ultrasound machine (Complexmed, Russia) by M-echo of the pulsation of the 3rd ventricle of the brain (normal, moderate and pronounced increase in ICP). In dynamics, such blood parameters as coagulogram, general clinical and biochemical studies were measured. On the 5th day, intravenous administration of collagenase was started at a dose of 0.15 ED intravenously per 100 ml of saline at a rate of 1.7 ml/hour.

Results. The average score on the Glasgow scale at admission was 7.1 ± 0.6 points, which corresponds to a loss of consciousness equivalent to a coma of the II degree. Already on the 3rd day after the use of the drug kallidinogenase in complex therapy, the consciousness of patients gradually cleared up both clinically and according to the Glasgow scale. By the end of 10 days, the level of consciousness reached 14.5 points (P<0.05), indicating an almost complete recovery of consciousness. CPP at the time of admission was 61.0±6.5, in dynamics (3, 10 days) it improved to 80.6±2.4 and 92.5±0.7. Intracranial pressure was initially 25.5±2.5 and in dynamics (3, 10 days) decreased to 19.0±1.0 and 10.5±0.5, while CPP increased in parallel. The presented data testify to the improvement of the clinical picture, the CVP indicators normalized in patients. Infusion therapy improved the rheological properties of blood. Ht was within 31-34%. The data of the hemostasis system were interesting. Elevated values of fibrinogen and D-dimers (relative to the upper limits of physiological values by 25% and 84%, respectively) and PTI indicated stage I of DIC, which returned to normal by the end of the study.

Conclusions. The drug Kallidinogenase demonstrated a pronounced effect on the survival of patients with isolated CTBI. The use of Kallidinogenase in isolated CTBI improves the general condition of patients and clinical and biochemical laboratory data. After the application of the drug Kallidinogenase, a decrease in ICP and an increase in CPP, an improvement in the level of consciousness were noted.

Literature:

THE EFFECTIVENESS OF THE RITUXIMAB+ABVD REGIMEN IN CONTRAST TO THE STANDARD ABVD REGIMEN IN THE TREATMENT OF MIXED CELL TYPE HODGKIN’S LYMPHOMA

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Aim. Analysis of the direct effectiveness of different polychemotherapy regimens in the treatment of patients with Hodgkin's lymphoma.

Materials and methods. The retrospective analysis included 66 patients observed in the Tashkent city branch of RSSPMCOR of the Ministry of Health of the Republic of Uzbekistan, in the chemotherapy departments. All patients underwent determination of the expression of the CD20 antigen in tumor cells using the method of immunohistochemical analysis, 22 of which had a mixed cell type in which the CD20 antigen is expressed. Positive expression was observed in all 22 (33.3%) patients with a mixed cell type. According to the expression level of the CD20 antigen, the following groups were distinguished: negative and positive expression in tumor cells. Further, this group was divided into two groups: the group receiving polychemotherapy with Rituximab + ABVD (10 patients - 45%). And the second group, which received the standard ABVD polychemotherapy regimen (12 patients - 54%).

Results. After 12 months, the patients underwent follow-up PET examination. In all patients under the influence of chemotherapy, regression of the process was observed, but in 4 (33%) patients from the group of standard polychemotherapy with the ABVD regimen, residual active foci of the tumor process were found. In the group receiving the Rituximab+ABVD therapy regimen, no residual active lesions were detected on PET examination, which was regarded as complete remission.

Conclusions. The results of our study show that the inclusion of monoclonal antibodies such as Rituximab in the line of standard therapy significantly improves the quality of life, which is evidenced by increased overall survival and increased disease-free survival. The results obtained may indicate the potential feasibility of developing a personalized approach to the treatment of Hodgkin's lymphomas, including the use of treatment with a targeted effect on the antigenic structures of tumor cells.

Literature:


2. Results of Rituximab Plus ABVD in 65 Newly Diagnosed Patients with Classical Hodgkin Lymphoma: Improvement of Event Free Survival (EFS) in All International Prognostic Score (IPS) Groups. Anas Younes, MD, Houston, TX, USA. Luis Y. Fayad, M.D., Houston, TX, USA. Andre Goy, M.D., Houston, TX, USA. Peter McLaughlin, M.D., Houston, TX, USA. Lymphoma/Myeloma Dept, The University of Texas, M.D. Anderson Cancer Center, Houston, TX, USA. POSTER SESSIONS | Blood (2006) 108 (11): 2742. NOVEMBER 16, 2006
THE ROLE AND IMPORTANCE OF VIDEOLAPAROSCOPY IN THE SURGICAL TREATMENT OF STRANGULATED INGUINAL HERNIAS

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Aim: to study the role and significance of videolaparoscopy in the surgical treatment of strangulated inguinal hernias.

Materials and methods: Currently strangulated hernia accounts for up to 7% of acute surgical diseases of the abdominal organs. At the same time, diagnostic errors in the preoperative period reach up to 10%, and in the hospital up to 8%. If you pay attention to the frequency of complications, this figure in the postoperative period is reached up to 30% and death, unfortunately, is observed up to 6% of cases. When referring to the emergency department, during examination or transportation, there is a spontaneous reduction of the strangulated inguinal hernia in up to 18% of cases, which complicates the tactics of the surgical solution of the situation.

Results: All patients underwent standard transabdominal preperitoneal hernioplasty. After reduction of the hernial contents into the abdominal cavity, an arcuate incision was made in the parietal peritoneum in the medial and lateral directions, wide above the upper edge of the hernial orifice. The peritoneal flap, together with the hernial sac, was separated from the underlying structures by blunt and sharp ways. A polypropylene mesh was introduced and fixed in the abdominal wall with a hernia stapler. Then the integrity of the peritoneum was restored with a continuous suture. In 4 cases, revision revealed the presence of a wide internal inguinal ring on the contralateral side. One of the indicators of the quality of surgical interventions is the duration of the operation, which was up to 58.2 ± 4.5 minutes (with unilateral), 83.3 ± 4.7 minutes (with bilateral LHL). There were no intraoperative complications or recurrence of the disease.

Conclusions: Laparoscopy for strangulated hernias allows for good visualization of the inguinal regions, assessing the viability of strangulated organs after their incarceration, and, in most cases, performing laparoscopic hernioplasty. The operation of choice for strangulated inguinal hernias is transabdominal preperitoneal plasty, which can be performed simultaneously from both sides in the presence of an inguinal hernia on the contralateral side.

Literature:

METHODS FOR DETERMINING PREGNANT WOMEN WITH A HIGH INFECTIOUS RISK

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**Aim:** To determine the echographic diagnostic criteria of placental dysfunction in pregnant women with intraamniotic infection.

**Material and methods:** The course of pregnancy was examined and studied in 89 pregnant women admitted to the department of pathology of pregnant women of the 2nd maternity complex, with placental dysfunction with a high infectious risk (main group). The control group (group 2) consisted of 32 healthy pregnant women. The gestational age corresponded to 34-36 weeks. The women ranged in age from 19 to 35 years. General clinical, obstetric, ultrasound methods of research were carried out. Ultrasound examinations were carried out on the device "Mindray DC-30" and "SONOSCAPE S22". The determination of the infectious risk was based on the analysis of anamnestic data, the peculiarities of the course of the present pregnancy, the identified complications and clinical and laboratory parameters.

**Results:** As the study showed, a burdened obstetric history was noted in 76% of pregnant women of the main and study groups: a scar on the uterus 17.7%; Laboratory data of the general blood test reflected a high rate of leukocytosis in pregnant women of the main group of 12.03±1.03; ESR level of 22.7±7.7 compared with the control group of 7.02±2.04; 16.7±1.5, respectively. In the main group, pathology of amniotic fluid was found in 68 (76.4%) patients. Separately, water scarcity was detected in 13 (19.1%), polyhydramnios - in 18 (26.4%) women, hyperechoic inclusions were detected in 14 (20.5%) women. The combination of signs was registered in 8 (9.1%) cases. In addition, in 5 (7.3%) cases, the presence of amniotic cords freely located in the amniotic cavity was revealed. According to the echographic study of the structural organization of the placenta, the following results were obtained. In the first group, premature maturation of the placenta was registered in 26 (29.2%) cases, an increase in the thickness of the placenta in 14 (15.6%) cases, an expansion of the interstitial space in 22 (24.7%) cases. In a Doppler study in the main group, a violation in the mother-placenta-fetus system was noted in 69 (78%) women. Of these, 38 (55%) women had a violation of uteroplacental blood flow (grade 1a), 28 (40%) women had a violation of fetoplacental blood flow (grade 1b). Grade 2-violation of uteroplacental and fetoplacental blood flow occurred in 4 (4.7%) pregnant women. Blood flow disorder of the 3rd degree was detected in 1.4% woman. In the control group, 4 (12.5%) women had registered grade 1a and 2 (6.2%) women had grade 1b dysfunction uteroplacental circulation.

**Conclusions:** It is always necessary to collect an anamnesis deeply in order not to miss complications in pregnancy, childbirth and after childbirth. Every pregnant woman who has a burdensome obstetric history and a threat of interruption should definitely do routine ultrasound diagnostics with dopplerometry. The presence of amniotic fluid pathology, structural changes in the placenta and impaired blood circulation in the mother and fetus can be signs of amniotic fluid infection and require further investigation both bacteriological and histological.

**Literature:**


2. Долгушина, В.Ф. Клинико-иммунологические критерии внутриутробной инфекции / В.Ф. Долгушина, И.И. Долгушин, И.В. Курносенко, Ю.В. Лебедева // Акушерство и гинекология. – 2017. - № 1. – С. 40-45
THE STRATEGY OF CHOOSING THE METHOD OF HERNIA REPAIR OF THE ANTERIOR ABDOMINAL WALL IN WOMEN OF FERTILE AGE (EXPERIMENTAL CLINICAL STUDY)

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The aim of this study was to improve the results of surgical treatment of women of fertile age with hernias of the anterior abdominal wall by substantiating a differentiated approach to the choice of the method of allogernioplasty.

Materials and methods: The results of surgical treatment of 64 women of fertile age with hernias of the anterior abdominal wall who were on inpatient treatment for the period from 2017 to 2020 were analyzed. In a comparative aspect, the results of treatment with patients of the control group were carried out. The initial state of women in the compared groups did not differ.

Results: The clinical picture of the disease in all patients was characterized by the presence of hernial protrusion, 10 (15.6%) patients had various dyspeptic phenomena. When assessing the local status, all women had a positive symptom of a "cough push". The size of the hernial gates, as in the control group, ranged from 2 to 10 cm. The average size of the hernial gate was 4.2±1.4 cm and did not differ much from those in the comparison group (4.5±1.7 cm; t=0.136), 61 (95.3%) patients had a single–chamber hernia, 3 (4.7%) had two chambers with postoperative hernias. There were similar data in the control group. The average values of laboratory tests were within normal values. Blood leukocyte counts ranged from 4.9 to 10.9*10⁹/l (on average 6.5±1.1*10⁹/l); ESR – from 5.0 to 12.5 mm/h (9.8±1.5 mm/h); hemoglobin – from 91 to 124 g / l (107.3 ± 10.8 g/l). In biochemical blood tests, ALT values ranged from 0.41 to 0.87 mmol/l (0.64±0.14 mmol/L), AST – from 0.43 to 0.88 mmol/l (0.66±0.15 mmol/L), bilirubin – from 12.1 to 20.3 mmol/l (15.5±2.5 mmol/L), total protein – from 56.6 to 72.7 g/l (63.3±5.1 g/l). In the comparative aspect, there were no significant differences between the main and control groups in any indicator. In the postoperative period, as in the control group, the indicators of the general blood test did not undergo any significant changes, during the observation period there were no significant differences from the initial value. A comparative assessment between the clinical groups also revealed no statistically significant differences. The duration of the patients' stay in the hospital ranged from 2 to 8 days. This indicator was lower than in the control group. The frequency of early complications of a general nature was 1.6 ±1.0%, which did not differ much from those complications in the control group (1.2± 0.9%; t=0.250), 1 (1.6%) patient developed pneumonia after surgery for a ventral hernia. Against the background of conservative therapy, the patient's condition improved and on the 8th day she was discharged for outpatient treatment. In the long-term period up to 3 years, all patients had a pregnancy that ended in childbirth. Of the total number of patients, in 9 (14.1±2.9%) cases, caesarean section had to be resorted to, but this indicator in the main group was significantly lower than in the control group (25.6±3.6%; t=2.500). Only in 1 (1.6%) case, 1.5 years after allogioplasty for a hernia of the white line of the abdomen, a postoperative hernia developed, requiring surgical treatment as planned. It should be noted that in this clinical case, a paraprosthetic hernia developed. Overall, the overall complication rate in the main group significantly decreased from 23.2±3.5% to 9.4±2.4% (t=3.251).

Conclusions: Thus, a comparison of the size and weight characteristics of the mother and the fetus / newborn suggests that fetometric features of fetuses and newborns (different weight, but comparable body size at birth from mothers of different physiques, but with differences within growth groups) are associated with the inheritance of the morphofunctional type of the structure of its tissues, and primarily the ratio of the muscle and connective tissue component.
IMMEDIATE RESULTS OF SURGICAL CANCER TREATMENT OF CARDIOESOPHAGEAL ZONE

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Aim: to evaluate the immediate results of surgical treatment of cancer cardioesophageal zone

Materials and methods: For the period from 2018 to 2021, 60 patients diagnosed with cancer were taken cardioesophageal zone of the esophagus and operated in the department of thoracic oncosurgery Republican Specialized Scientific and Practical Center of Oncology and Radiology. Men were 39 (65%) women - 21 (35%), mean age was 57.8 years (from 39 to 76 years). Depending on the type of operation of patients, for an adequate data compilation, the patients were divided into 3 groups. A group - 28 patients with type III after extended gastrectomy with resection of the lower third of the thoracic esophagus, group B – 13 patients with type II who underwent an operation according to the Garlock type, group C 19 patients with type IV who underwent an operation according to the type of Garlock-Osawa.

Results: The majority of patients 56 (93.3%) were operated on at stages III and IV of the disease. Histologically diagnosed adenocarcinoma in 47 (78.3%), squamous cell carcinoma in 10 (16.66%), signet cell carcinoma in 3 (5%). Radical, according to intraoperative revision and results histological examination of the removed preparation, 57 (95%) of the total number of operations. Locally advanced process involving surrounding organs was observed in 3 (5%) patients, which required combined and extended by the extent of the resection. Simultaneous surgery was performed in 5 (8.33%) patients: splenectomy in 2 (3.33%), cholecystectomy in 3 (5%). Intraoperative blood loss ranged from 200 ml to 350ml. Of the complications of the postoperative period, the failure of the sutures of the anastomosis 3 (5%), also not directly related to the surgical technique, pleuropneumonia - in 1 (1.66%), respiratory failure - in 2 (3.33%), bile leakage - 1 (1.66%), cardiac insufficiency - in 2 (3.33%), lymphorrhea - 1 (1.66%). It should be noted that in all cases complications were eliminated by intensive conservative therapy.

Conclusions: The study of immediate results indicates the feasibility perform the operation mentioned above for cancer of the cardioesophageal zone, which accompanied by up to 95% satisfactory results. In our observation, up to 11% cases were accompanied by the development of postoperative complications, which corresponds to data of leading specialized clinics of the world. However, the frequency of postoperative complications depended on the stage of the disease and the age category of patients (~60 years). Also inclusion postoperative adequate therapy leads to a decrease in possible complications postoperative period.

Literature:

THIN ENDOMETRIUM WAYS TO SOLVE THE PROBLEM

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**Aim:** According to domestic and foreign authors, the prevalence of infertility reaches 15-18%, in some regions of Uzbekistan - 18%, and the frequency of spontaneous miscarriage in the first trimester of pregnancy remains at the level of.

**Methods and materials.** 44 women aged 25 to 35 years with primary or secondary infertility and the presence of a "thin endometrium" that does not respond to previously performed hormonal stimulation or physiotherapy treatment were examined. All patients underwent a comprehensive examination, including the collection of anamnestic data, standard clinical and laboratory studies, a study of the hormonal profile on the 2nd-3rd day of the menstrual cycle, ultrasound of the pelvic organs on the 5th-7th day of the menstrual cycle, dopplerometry and Pipel biopsy of the endometrium on the 7th-11th day of the menstrual cycle. Estrogens were prescribed according to a 21-day regimen, during the last 10 days they were combined with progestins (Didrogesterone 10-20 mg / day, micronized progesterone 200 mg/ day).

**Results.** Initial monitoring demonstrated similar endometrial maturation disorders in all patients. In patients treated for "thin endometrium" with autoplasm containing platelets in the 1st and 3rd subgroups, an increase in the expression of the most important regeneration regulators TGF - 5.1±0.4 and VEGF - 4.7±0.9 was determined compared with the expression of those in patients of the 2nd and 4th subgroups. Pregnancy occurred in 11 (55%) patients: in 7 out of 7 women of the 1st subgroup, in 1 out of 5 patients of the 2nd subgroup, in 3 out of 4 patients of the 3rd subgroup, in the 4th subgroup of women, pregnancy did not occur in anyone.

**Conclusion.** The use of procedures for irrigation of the endometrium of the uterine cavity with autoplasm containing platelets and its introduction into the submucosal space paracervically in patients with "thin endometrium" showed that the method has a positive effect, and in most patients there is a significant growth of the endometrium by the end of treatment.

**Literature:**

EXPRESSION OF THE TYROSINE KINASE RECEPTOR (EPHA2) IN THE ENDOMETRIUM OF PATIENTS WITH DEEP INFILTRATIVE ENDOMETRIOSIS

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**Aim:** to evaluate the nature of the expression of the EphA2 receptor in the endometrium of healthy women and in ectopic epithelial cells in deep infiltrative endometriosis.

**Material and methods:** A comparative study of the expression of EphA2 in ectopic endometrium in women with endometriosis, endometrial adenocarcinoma and in healthy women in different phases of the menstrual cycle was carried out.

**Results:** Immunochemical studies have shown that EphA2 is present in epithelial cells of the normal endometrium in the proliferative phase and practically absent in the secretory phase. In the epithelial cells of the infiltrative ectopic endometrium, the intensity of staining is significantly higher than in the normal endometrium of the proliferative phase and is comparable to the intensity of EphA2 expression in endometrial cancer cells.

**Conclusion:** The results of the study showed the presence of EphA2 overexpression in the epithelial cells of the infiltrative ectopic endometrium. Thus, in addition to the diagnostic value, the modulation of the activity of these receptors in endometriosis can serve as a target for therapy.

**Literature:**


EPH RECEPTORS IN CANCER AND ENDOMETRIOSIS

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The mechanism of endometriosis development is complex and controlled by various factors, most of which are based on cell proliferation, tissue invasion, neovascularization and inhibition of apoptosis. In women with endometriosis, the frequency of malignant neoplasms of different localization is increased, which indicates the similarity of their pathogenesis and common environmental, molecular and genetic risk factors [1,2]. The presence of common characteristics of the development of ectopic endometrium, especially in deep infiltrative endometriosis, and cancer suggests not only the same pathogenesis mechanism, but also common therapy approaches. Therefore, it cannot be excluded that many factors used today as a target for cancer therapy may manifest themselves similarly in endometriosis. In this regard, ephrin receptors (Eph) are of particular
interest, belonging to the largest family of receptor tyrosine kinases expressed on the surface of epithelial cells during their active division [3]. In addition to participating in the processes of embryonic development, Eph receptors play an important role in tumor angiogenesis, metastasis and regeneration of cancer stem cells. In cancer cells, many Eph exhibit abnormally high levels of expression, the suppression of which is accompanied by inhibition of the tumor process [4]. In this regard, it is of interest to analyze the expression of Eph in endometriosis and evaluate the possibility of using it as a target for the treatment of the disease by analogy with cancer.

**Literature:**


**TO EVALUATE THE EFFECTIVENESS AND TOXICITY OF ENDOCRINE THERAPY IN POSTMENOPAUSE BREAST CANCER PATIENTS**

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**The aim** of the study was to study and evaluate the effectiveness of hormone therapy in patients comparing aromatase inhibitors and tamoxifen as primary adjuvant endocrine therapy in postmenopausal women.

**Materials and methods:** In the period from 2017 to 2021, 60 patients were treated in the conditions of the Tashkent City Branch of the Republican Scientific-Practical Center of Oncology after the operation to remove the tumor formation. The age of the patients ranged from 45 to 65 years. The median was 55 years. All patients were divided into 3 groups: group 1 - 20 patients who received aromatase inhibitors for 5 years and group 2 - 20 patients who received tamoxifen only for 5 years and group 3 - 20 patients who received tamoxifen for 2-3 years. years followed by an aromatase inhibitor for 2-3 years. (OR = 1.11, 95% CI = 0.98 to 1.26, P = 0.09).

**Results:** Patients who received longer-term use of aromatase inhibitors were associated with an increased risk of developing cardiovascular disease (OR = 1.26, 95% CI = 1.10–1.43, P < 0.001) and bone fractures (OR = 1.47, 95% CI 1.34 to 1.61, P < 0.001), but reduced venous thrombosis (OR = 0.55, 95% CI 0.46 to 0.64, P < 0.001; ) and endometrial cancer (OR = 0.34, 95% CI = 0.22–0.53, P<0.001). Taking aromatase inhibitors for five years was associated with a non-statistically significant increase in the chance of death without recurrence compared with 5 years of tamoxifen alone or tamoxifen for 2–3 years followed by an aromatase inhibitor for 2–3 years. Compared with tamoxifen, the use of aromatase inhibitors in postmenopausal women with early-stage breast cancer increased the likelihood of developing cardiovascular disease and bone fractures and reduced the
likelihood of developing venous thrombosis and endometrial carcinoma. There were no statistically
significant differences in the likelihood of cerebrovascular disease, other secondary cancers, or death
without breast cancer recurrence between treatment strategies. There were fewer non-relapse deaths
in those treated by switching from tamoxifen to aromatase inhibitors compared to those treated with
either tamoxifen alone or original aromatase inhibitors.

**Conclusions:** The cumulative toxicity of aromatase inhibitors when used as initial treatment
may explain the lack of an overall improvement in survival despite improved disease-free survival.
Switching from tamoxifen to aromatase inhibitors reduces this toxicity and probably provides the best
balance between efficacy and toxicity.

**COMPARATIVE ANALYSIS OF CLINICAL SIGNS IN PATIENTS WITH COVID-19
WHO SUFFER CHRONIC VIRAL HEPATITIS C**

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**Aim:** the aim of our study was to evaluate the comparative analysis of clinical signs in patients
with chronic viral hepatitis C who underwent COVID-19.

**Materials and methods:** The study included the results of clinical, laboratory and instrumental
studies of 157 patients diagnosed with chronic viral hepatitis C with or without COVID-19. 87 (55%)
of the patients were chronically infected with hepatitis C and did not have COVID-19 infection. Of
these, 55 (63%) patients were of average age 20-59 years (36.2 ± 3.2) and 32 (37%) were 60-76 (65.2
± 4.2) patients. Group 2 of the study included 70 (45%) patients with COVID-19 infection with
chronic viral hepatitis C, of whom 45 (64%) were 20–59 years of age (38.2 ± 4.4) and 25 (36) %) 60-
76 (65, 3 ± 4.2) patients. Criteria for inclusion in the study: patients aged 20-75 years with chronic
viral hepatitis C who had and did not have COVID-19; persons who have given written consent to
clinical and instrumental examinations. The results of the examination were evaluated using a clinical
reference card (questionnaire). In the process of diagnosing patients, anamnestic data were collected,
laboratory and ultrasound examinations were used. Diagnosed on the basis of COVID-19 PCHR test.
All patients involved in the study underwent ultrasound elastometry "Fibroscan" (Echosens, Paris).
During the study, the practice was compared with 18 healthy individuals (ages 20–65). The data
obtained were statistically processed using the Stuydent's t-criterion, and the difference in results with
R <0.05 was recognized as reliable.

**Results:** Patients with COVID-19 infection with chronic hepatitis C were more likely to have
gastrointestinal symptoms than those without COVID-19 infection. That is, general weakness was
observed in 86% of patients, symptoms of nausea and vomiting were observed in 65% of patients,
and pain under the right rib was observed in 85% of patients. In patients with chronic hepatitis C who
did not have COVID-19 infection, general weakness was reported in 78% of patients, symptoms of
nausea and vomiting in 55% of patients, and pain under the right rib in 74% of patients.

**Conclusions:** Thus, based on the studies, it can be concluded that the disease was more severe
in patients with chronic viral hepatitis C who underwent COVID-19. When attention was paid to the
age of the patients, it was more common in patients older than 60 years. The analysis of clinical signs
also showed that COVID-19 had higher and more severe symptoms in patients with chronic viral
hepatitis C.
EVALUATION OF CLINICAL AND ECONOMIC EFFICIENCY OF USING GEMOGUBKA AFTER CHOLECYSTECTOMY

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Aim: The aim of the study was to conduct a clinical and economic analysis of the use of a new local hemostatic sponge gemogubka after cholecystectomy.

Materials and methods: The results of observation of 200 patients operated on for acute and chronic cholecystitis are presented. The first (main) group included 80 patients. In the main group after cholecystectomy for the purpose of hemostasis in the gallbladder bed, a new hemostatic sponge gemogubka was used. In the control group, in 101 patients, the final hemostasis in the area of the gallbladder bed was achieved using monopolar coagulation. The comparison group included 19 patients in whom a hemostatic sponge «SPONGOSTAN™ STANDART» was used for the purpose of hemostasis. Pharmacoeconomic analysis was carried out according to the "cost/effectiveness" criterion, in accordance with the methods of pharmacoeconomic studies and the standard for conducting clinical and economic studies. The calculation was carried out for each of the alternative treatment regimens, the calculation results are presented as costs per unit of efficiency according to the formula: CEA = DC/Ef, where CEA is the cost-effectiveness ratio; DC - direct costs; Ef is the effectiveness of treatment.

Results: For each of the considered medical technologies, an indicator of the cost-effectiveness ratio was determined, while the formula was used: CEA = Cost / Eff, where CEA is the ratio indicator; Cost - direct costs; Eff - efficiency of medical technology application. Efficiency in the main group of patients with the use of hemostatic sponge gemogubka after laparoscopic cholecystectomy was 83,8%, after open cholecystectomy - 81,5%, with the use of electrocoagulation after laparoscopic cholecystectomy - 75%, after OC - 69% and with the use of hemostatic sponge "SPONGOSTAN™ STANDART" Distributed by ETHICON™ USA after laparoscopic cholecystectomy was 78,6%, after open cholecystectomy it was 80%. The calculation of the cost-effectiveness ratio (CEA - cost effectiveness analysis) was carried out when performing laparoscopic cholecystectomy using a gemogubka (CEA 1): CEA 1 = 1,265,345 / 83,8 = 15099,58 (UZS per efficiency unit). Cost-effectiveness ratio for open cholecystectomy with hemostatic sponge gemogubka (CEA 2): CEA 2 = 1,289,361 / 81,5 = 15820,38 (UZS per efficiency unit). Cost-effectiveness ratio for laparoscopic cholecystectomy with electrocoagulation in the control group (CEA 3): CEA3= 1,587,282 / 75 = 21163,76 (UZS per efficiency unit). Cost-effectiveness ratio for open cholecystectomy with electrocoagulation in the control group (CEA 4): CEA4= 2,328,901 / 69 = 33752,19 (UZS per efficiency unit). Cost-effectiveness ratio for performing laparoscopic cholecystectomy using the hemostatic sponge "SPONGOSTAN™ STANDART" in the comparison group (CEA 5): CEA 5 = 1,731,786 / 78,6= 22032,90 (UZS per efficiency unit). Cost-effectiveness ratio for open cholecystectomy using the hemostatic sponge "SPONGOSTAN™ STANDART" in the comparison group (CEA 6): CEA 6 = 1,831,149 / 80= 22889,36 (UZS per efficiency unit).
**Conclusions:** Thus, the results of the pharmacoeconomic analysis performed prove that the use of the new hemostatic sponge gemogubka, in comparison with electrocoagulation and the SPONGOSTAN™ STANDART preparation, is clearly dominant in terms of the cost-effectiveness ratio. From the point of view of the “budget impact” analysis, the use of a new hemostatic sponge gemogubka was accompanied by net savings in the budget of the healthcare system.

**Literature:**

**INTRAOPERATIVE HEMOSTASIS AFTER LAPAROSCOPIC CHOLECYSTECTOMY**

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**Aim:** The aim was to study the possibilities of using intraoperative hemostasis after laparoscopic cholecystectomy.

**Materials and methods:** The paper presents the results of study 107 patients with acute and chronic cholecystitis. The first group included 37 patients who underwent laparoscopic cholecystectomy (LC), for the purpose of hemostasis in the gallbladder bed, a new hemostatic sponge gemogubka was used. In the control group, 56 patients after laparoscopic cholecystectomy, in whom the final hemostasis in the area of the gallbladder bed was achieved using monopolar coagulation. The comparison group included 14 patients after LC, in whom hemostatic sponge "SPONGOSTAN™ STANDART" was used for the purpose of hemostasis.

**Results:** As a criterion for the viability of hemostasis, we evaluated the time from the moment of application of a hemostatic sponge complete cessation of blood leakage from under the edges of the applied preparation. In the main group, the average duration of hemostasis in bleeding from the gallbladder bed after LC was 2.3±0.47 min, which was almost two times different from the control time - 4.2±0.47 min. (p < 0.05), and in the comparison group 3.1±0.54 min. The total duration of the surgical intervention, which amounted to in the studied groups, also changed commensurately. After LC duration of operation in the main group was 61.2±4.8 minutes, in the control group 72.8±14.8 minutes, and in the comparison group 63.6±9.3 minutes (p<0.05). When using high-frequency electricity, it was also difficult to control the depth of electrosurgical exposure, which in 12 cases (11.8%) led to perforation of the gallbladder wall and bleeding, and in 6 cases (5.9%) - burns of the gallbladder bed in the control group. In the main group after LC, specific postoperative complications as an inflammation of the postoperative wound were observed in 1 (2.7%) patient. In the control group, 10 (17.9%) had general postoperative complications and 4 (7.1%) patients had specific postoperative complications. In the comparison group, 2 (14.3%) had general postoperative complications and 1 (7.1%) had specific postoperative complications. Carrying out LC in the control group was complicated by the "burning" of coagulated tissues to the working surface of the electrosurgical apparatus, which reduced the power of the coagulator - the burnt coagulation scab came off and bleeding resumed. Such excesses require the suspension of the operation to clean the instrument, which increases the overall duration of LC.
Conclusions:

1. New hemostatic sponge is a fairly effective local hemostatic agent. Gemogubka - causes rapid hemostasis due to a high degree of adhesion.

2. It has been established that the hemostatic sponge "SPONGOSTAN™ STANDART" is inferior to the hemostatic sponge gemogubka in terms of adhesive and hemostatic characteristics. The time of hemostasis when using the hemostatic sponge "SPONGOSTAN™ STANDART" is on average 3.1±0.54 minutes, and hemostasis when using gemogubka - 2.3±0.47 minutes.

3. The developed method, based on the use of hemostatic sponge gemogubka, allows avoiding specific dangers and complications of electrosurgical methods for stopping bleeding from the gallbladder bed, reducing postoperative complications by 1.5 times, however, gemogubka cannot completely replace electrocoagulation in cases of bleeding from vessels with a caliber of more than 1 mm. In these cases, spot coagulation is performed in the area of bleeding.

Literature:


REVIEW OF THE RESULTS OF ORGAN-PRESERVING TREATMENT OF BLADDER CANCER

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Aim. To compare the results of surgical treatment of patients with muscle-invasive bladder cancer, to determine the indications for performing organ-preserving treatment.

Materials and methods. 140 patients with muscle-invasive bladder cancer (MIBC) were retrospectively analyzed T2a-2bN0M0, G1–3 without signs of regional and distant metastasis, of which 118 men (84.3%), 22 women (15.7%) (ratio 5:1). The average age was 58 ± 9 years. In all patients, transitional cell carcinoma with varying degrees of tumor differentiation was morphologically established. Depending on the treatment option, the patients were divided into two groups. The main group, consisting of 75 patients, underwent a transurethral resection (TUR) in the period from 2011 to 2017 at the Tashkent City Branch of Republican Specialized Scientific and Practical Medical Center for Oncology and Radiology.(RSSPMCO and R) A control group of 65 patients underwent radical cystectomy in the period from 2011 to 2017. We compared the 5-year overall survival of patients with MIBC after cystectomy (n-65) with patients who underwent TUR (n-75).

Results. The rate of patients survival in the main group (n=75) was 92.1+7.8 months. The rate of patients survival in the control group (n=65) was 98.2+10.7 months. There were no significant differences in the observed survival of patients undergoing organ-preserving treatment compared with patients who underwent cystectomy. The one–year overall survival of patients in the main group was...
90.5%, the control group was 79.7% \( (p = 0.88) \). 59.5% of patients in the main group and 53.1% of the control group survived 5 years \( (p = 0.88) \). Also it was been determined that the most frequent localization of bladder cancer in this study was the area of the bottom \( (n=15, 20\%) \) and the left wall \( (n=15, 20\%) \), the second most common were tumors of the posterior wall \( (n=12, 16\%) \), as well as of the Lieto triangle \( (n=12, 16\%) \). The tumor was most rarely found on the upper wall \( (n=1, 1.3\%) \).

**Conclusions.** With careful patient selection, organ-preserving treatment of muscle-invasive bladder cancer offers comparable survival outcomes to cystectomy, and improved quality of life as patients are able to successfully retain their bladder.

**DIAGNOSTIC PRINCIPLES OF COMPLICATIONS OF COVID-19 IN PREGNANCY**

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**Aim:** Study the degree of oligohydramnios as a result of exposure to COVID-19 during pregnancy.

**Materials and methods:** 90 pregnant women participated as screening subjects. All pregnant women were examined at the 3rd maternity complex in Tashkent. Pregnant women were examined in the acute phase of the COVID-19. Pregnant women who participated in the study were divided into 2 groups: the first group- 30 pregnant women with a positive SARS-CoV-2 test, gestational age over 22 weeks, and with a good history of all screening tests; the second - control group, 60 pregnant women with a negative SARS-CoV-2 assay but with acute respiratory disease. Retrospective analysis of birth histories and statistical methods were used during the research. All pregnant women underwent an ultrasound examination on a MINDRAY DC-40 device and the amniotic fluid index (AFI) was calculated.

**Results:** The average age of pregnant women was 28.4 ± 4.7, the average height was 162.2 ± 4.39 cm, and the average weight was 71.1 ± 6.94 kg. Ultrasound examination of all pregnant women with different degrees of COVID-10 revealed signs of oligohydramnios. In the anamnesis and in the current examination, premature rupture of the amniotic membrane was not observed. Also, oligohydramnios has not been observed till the COVID-19. Ultrasound examination revealed that the biometric parameters of the fetus were normal. Examination of the height of the uterine fundus revealed that this index does not meet the deadline, which was 26.1 ± 1.9 cm at 28-30 weeks of gestation and 30.7 ± 3.12 cm at the time of delivery \( (r <0.05) \). Evaluation of the amount of amniotic fluid with AFI revealed less than 8 cm \( (5.1 ± 2.24 \text{ cm}) \). The fetal heart rate was 142.1 ± 3.5 beats per minute.

**Conclusions:** Oligohydramnios determined during pregnancy is associated with Covid-19 in pregnant women. Pregnant women should have periodic ultrasound examinations to determine how COVID-19 affects the amniotic fluid in the pregnant.

**Literature:**


**CLINICAL-LABORATORY MARKERS OF STEATOSIS AND STEATOHEPATITIS IN THE DEVELOPMENT OF LIVER NOALCOHOLIC FATTY DISEASE**

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**Aim:** Assessment of non-alcoholic fatty liver disease (NAFLD) in clinical and laboratory markers in the stage of steatosis and steatohepatitis

**Materials and methods:** The results of clinical, laboratory and instrumental examinations of 98 patients diagnosed with NAFLD were obtained for the study. Of the patients, 53 (54%) were female, 45 (46%) were male, and the age ranged from 20 to 75 years (mean 49.2 ± 4.2). Of the 98 patients with NAFLD, 67 (68.3%) included patients with stage of hepatic steatosis (HS) and 31 (31.6%) with stage of stetogepatitis (SG). To rule out alcoholic fatty liver disease, a medical history (periodic abstinence from alcoholic beverages) was collected and isolated through a special CAGE survey. During the study, the practice was compared with 24 healthy individuals (ages 20–65). Serum lipid profile testing: total cholesterol (XS), low density lipoprotein (LDL), very low density lipoprotein cholesterol (VLDL), high density lipoprotein cholesterol (HDL), triglycerides (TG). The LDL and VLDL values were calculated using the following formula: \( VLDL = \frac{TG}{2} \), \( LDL = XS_{\text{blood}} - (VLDL + HDL) \). The results obtained were calculated using the formula Atherogenic Coefficient (AK): \( AK = \frac{XS_{\text{LDL}} + XS_{\text{VLDL}}}{HDL} \). Obesity rate according to Kettle index: \( TMI = \frac{\text{weight (kg)}}{\text{height (m}}^2) \). The data obtained were statistically processed using the Student's T-criterion, and the difference in results with R <0.05 was recognized as reliable.

**Results:** The main clinical signs specific to NAFLD are: heaviness and nausea under the right rib, nausea, vomiting, flatulence, constipation, rapid fatigue, weakness. From the study, the clinical signs encountered in NAFLD SG occurred at a higher frequency than in hepatic steatosis. Discomfort under the right rib, feeling of heaviness 58.06%. The incidence in patients with high post-traumatic stress disorder was 47.7% in SG (67.7%) and hepatic steatosis. The next clinical sign in NAFLD was constipation, which was 54.8% in SG and relatively less common in HS, 31.3%. In the study of the functional status of the liver in NAFLD, its lipid metabolism was examined and analyzed. In NAFLD, dyslipidemia TG was described as higher than 1.9 mmol / l, and XS HDL <1 mmol / l. These disorders became more pronounced when lipid metabolism was deeply impaired. The results show that NAFLD patients have atherogenic dyslipidemia at the stage of steatosis and steatohepatitis. From our research results, AK was recorded above 6 mmol / l. In NAFLD, the parameters of pigment metabolism, cytolysis, and cholestasis were studied to assess the functional status of the liver during steatosis and steatohepatitis. Bilirubin levels were significantly higher than those of the control group. The level of cytolysis in HS was aspartate aminotransferase (AST) 20.9 (IE / l) alanine aminotransferase (ALT) - 27.6, in SG it is healthy and higher than in HS ALT 88.6 6-8 times and AST 48 , 2 3-4 times the indicator height was determined. Alkaline phosphatase was 1.5-2.5 times higher in SG.

**Conclusions:** Thus, the results of clinical signs, laboratory analyzes, pigment metabolism, cytolysis, and cholestasis in NAFLD were estimated to be relatively high in SG compared to HS.
correlation analysis was that NAFLD steatosis, in the steatohepatitis stage, had a negative correlation between total cholesterol, LDL and HDL.

**Literature:**

**COMPARATIVE ANALYSIS OF CLINICAL SYMPTOMS OF NON-ALCOHOL FATTY LIVER DISEASE IN MIDDLE AND OLD PATIENTS WITH COVID-19**

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**Aim:** Study of clinical symptoms of the course of non-alcoholic fatty liver disease in middle-aged and elderly patients undergoing COVID-19

**Materials and methods:** The study included 94 people who did not undergo COVID-19, of which 42 (44.7%) were middle-aged 20-59 (average 36.2 ± 3.2) years old, and 52 (55.3%) were 60-76 (65.2%) older. ± 4.2) patients. Of the 84 patients diagnosed with COVID-19, 34 (40.4%) were middle-aged (38.2 ± 4.4) and 50 (59.5%) were elderly (68.4 ± 2.2). To rule out alcoholic fatty liver disease, a medical history (periodic abstinence from alcoholic beverages) was collected and isolated through a special CAGE survey. Diagnosed on the basis of COVID-19 PCR test. All patients involved in the study underwent ultrasound elastometry "Fibroscan" (Echosens, Paris). During the study, the practice was compared with 18 healthy individuals (ages 20–65). The data obtained were statistically processed using the Student's t-criterion, and the difference in results with R <0.05 was recognized as reliable.

**Results:** COVID-19 was assessed by a special questionnaire for the purpose of comparative analysis of clinical signs of patients with liver and non-alcoholic fatty disease in middle-aged and elderly people who had or had not. The survey included pain under the right rib, discomfort, nausea, decreased ability to work, flatulence, constipation, rapid fatigue, general weakness, bitter fullness in the mouth, apathy, decreased appetite, indigestion, redness and itching of the skin, dilation of blood vessels in the skin, clinical signs such as yellowing of the skin and eyes were included.

Pain under the right rib, discomfort 78 (92.8%) in patients with COVID-19, 73 (77.7%) in patients without COVID-19, 75 (89.2%) in patients with COVID-19 -19, COVID -19 68 (72.3%) in non-patients, decreased ability to work was observed in all patients with COVID-19, 85 (90.4%) in patients without COVID-19, 80 (95.2%) in patients with flatulence COVID-19, COVID-19 76 (80.1%) in patients without COVID-73, 73 (86.9%) in patients with COVID -19, 66 (70.2%) in patients without COVID-19, rapid fatigue, general weakness 81 (96.4%) in patients with COVID-19, 73 (77.7%) in patients without COVID-19, 80 (95.2%) in patients with COVID-19, and 77 (81.9%) in patients without COVID-19. Decreased appetite was also observed in 70 (83.3%) patients with COVID-19 and 64 (68.8%) in patients without COVID-19.

**Conclusions:** Thus, it can be concluded from the studies that COVID-19 was more severe in elderly patients with non-alcoholic fatty liver disease. When attention was paid to the age of the patients, it was found that the rates were higher in patients over 60 years of age and with high body
mass. The analysis of clinical symptoms was also scientifically based on the fact that the symptoms of COVID-19 were higher in elderly patients with nonalcoholic fatty liver disease.

**Literature:**


STUDYING SOME CHARACTERISTICS OF RISK FACTORS AFFECTING THE HEALTH CONDITION OF WORKERS
(ON THE EXAMPLE OF A COPPER MINING COMPANY)

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Objective: to study the health status, lifestyle and condition of workers of copper mining companies, to identify risk factors, which causing to increase general and occupational diseases as well as to implement prognostic tables to assess them.

Material and methods: Survey was conducted among 330 workers (incident group) working under conditions of direct risk factor, and 350 workers working under conditions of indirect risk factor (control group) at a copper processing plant and a copper smelter plant.

Results: One of the tasks of each medical worker is to provide qualified medical care to the population, in order to improve the quality of life of the population to develop measures and to use them in practice. According to the 12 production, social, hygienic and biomedical factors obtained as a result of the study, it was found that the range of influence on the incidence rates associated with temporary disability is 19.77-49.45. Thus, the larger the normative integration (prognostic) indicator, the higher the influence of complex factors, and, conversely, the lower the prognostic indicator, the lower the influence of factors. The results of the study show that the control of patients, a number of shortcomings in treatment: incomplete examination, the inability to accurately assess the degree of the disease and, as a result, inadequate treatment, untimely inpatient treatment, etc.

Conclusions: The widespread use of this prospective table, which allows a comprehensive assessment of the risk group among workers, during periodic medical examinations, a general practitioner, an occupational health doctor of the Sanitary Epidemiological Service and Public Health Service, medical personnel working in primary health care institutions, temporary disability, allows you to timely identify those prone to long-term and frequent diseases, to conduct their differential dispensary registration, to develop individual plans, and to conduct targeted therapeutic measures.

Key words: copper mining company, the health status, morbidity, temporary disability, prognostic table
IMPACT OF THE COVID-19 PANDEMIC ON STUDENT MENTAL HEALTH

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The aim of this review article is to objectively review the degree of study of the health problem of students in connection with the COVID-19 pandemic, quarantine, self-isolation and other pandemic-related restrictions on the physical and mental health of students around the world. Issue a reasonable assessment of the published works of domestic and foreign researchers, draw logical conclusions from the research done. On March 16, a state of emergency was introduced in Uzbekistan, and gradually all the cities of the country were closed for quarantine. The government suspended the work of all educational institutions and introduced a regime of self-isolation, all students switched to distance learning. The peak incidence occurred in July-August 2020, in connection with which it was decided to start the new academic year also in the distance learning format. Although social distancing measures are successful in slowing down the spread of infection and reducing the burden on the healthcare system, they can ultimately increase the social isolation of students and affect their psychological well-being and mental health. The COVID-19 pandemic has brought attention to the mental health of various affected populations. The emergence of epidemics is known to increase or create new stressors, including fear and concern for oneself or loved ones, restrictions on physical and social activity due to quarantine, as well as sudden and drastic lifestyle changes, inadequate public information and financial losses.

Results: Mental health problems are a major barrier to learning for students, as it can affect students' motivation, concentration, and social interaction, which is a critical factor for student success in learning. The most important condition for successful study in modern conditions is health, so the problem of its preservation and strengthening is very relevant. Over the past decade, there has been no significant improvement in the functional state and indicators of the physical development of young people. The health status of students is socially significant. A good level of mental and physical performance is the basis for the high-quality development of professional competencies by students. However, by the end of the university, only 20% of graduates can be considered practically healthy. The teaching load of medical students is on average 2 times higher than that of students in technical universities. Their health indicators are lower when compared with the indicators of students of humanitarian and technical specialties. While the COVID-19 crisis primarily threatens physical health, it can cause serious mental health problems if not addressed. Even in the best of times, good mental health is essential to the functioning of society. Mental health needs to be placed at the heart of every nation's efforts to combat the COVID-19 pandemic and recover. The mental health and well-being of entire communities have been severely affected by this crisis and are among the top priorities that need to be addressed urgently.

Conclusions: The mental health of university students has been a growing concern in recent years, even before the COVID-19 pandemic. The stresses and restrictions associated with the pandemic are putting university students at greater risk of developing mental health problems, which can significantly impair their academic success, social interactions and their future career and personal opportunities. This article aimed to understand the mental health status of university students in the early stages of the pandemic and explore the factors associated with higher levels of distress.

Literature:

THE IMPORTANCE OF CERVICAL CANCER SCREENING

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Aim: To determine pretumorial and neoplastic diseases of cervix earlier. By this if we make a diagnosis at the initial stages, it will give us possibility to decrease the mortality from these pathologies.

Material and methods: We conducted this examination at the polyclinic of Chilanzar region №37. We examined women whose ages are between 25 and 65 and also belongs to this polyclinic’s area by Papanicolaou test and visual checking. We have done this research work from January 2022 to May 2022. During this period, we examined 577 women.

Results: In this study, we examined 577 women during 5 months. Among 235 females (40.7 %) were not found any oncogynecological pathologies by our methods. CIN I and CIN II were diagnosed in 211 (36.6 %) and 80 (13.9 %) women, respectively. Then 48 people were diagnosed with CIN III (8.32 %). Carsinoma in situ and cervical cancer were revealed in 1 (0.17 %) and 2 (0.34 %) females. Cervical cancer was in 1st degree.

Conclusion: Studies have shown that cervical cancers arising among young females may be less detectable by traditional screening or are more aggressive. Cervical cancer is very rare in young women. Widespread implementation of Pap testing over the past four decades has detected very few cases of cervical cancer in women younger than 25, while potentially causing harm with unnecessary follow-up interventions and thus more likely to arise during screening intervals. To conclude, cervical cancer is appeared at older women than younger ones. But preneoplastic pathologies were found among middle-aged groups. So if provide screening programs among younger women too, we may prevent neoplastic processes in the future.

Literature:

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DYNAMICS OF DISEASE OF CHRONIC ALCOHOLISM IN THE REPUBLIC

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Aim. To study the prevalence of chronic alcoholism in the Republic of Uzbekistan.

Materials and methods. A special report of the State Statistics Committee (2013-2018) was used to study the prevalence of chronic alcoholism in the Republic of Uzbekistan.

Results: According to the official data of the State Statistics Committee, the prevalence of the disease in the regions is uneven, which is almost 2 times higher than the national average in Kashkadarya, Samarkand, Navoi and the Republic of Karakalpakstan. high, so we marked these areas in red. Andijan, Tashkent, Surkhandarya, Jizzakh, Khorezm regions are equal to the national average, and we have marked them in black. The incidence of chronic alcoholism in Bukhara, Namangan, Tashkent and Fergana regions is declining. However, these data do not provide reliable evidence of the prevalence of chronic alcoholism in the population. To study the prevalence of alcoholism among the population, the status of the population with chronic alcoholism (incidence and structure) on the basis of the population's appeals to primary health care facilities, through medical examinations among the population, as well as death it is advisable to study the causes through an in-depth analysis.

The study also looked at risk factors for chronic alcoholism. 60.1% of patients treated at the drug dispensary are patients aged 40-59 years, the second largest group is people aged 18-39 years (38.6%). The smallest group of respondents is over 60 years old, accounting for 1.7%. According to the results, the analysis of the level of education of patients showed that the majority of them were higher and secondary special education. The majority of patients were aged 40-59 years, with an average age of 43.2 years. Beer and spicy alcohol (vodka) were found to be the most common alcoholic beverages consumed by patients. Among the daily beverages, beer is the most common beverage, consumed more than once a week. The majority of respondents said that the reason for drinking alcohol has become such a tradition (44.5%). 20.0% of patients, or 1 in 5, reported drinking alcohol to improve mood, and excessive psychoemotional stress caused alcoholism in 30.4% of respondents. Most patients are aware that drinking alcohol can cause health problems.

Conclusions. The incidence of chronic alcoholism in the country has a constant trend in 2016-2020, including 18.1 per 100,000 population in 2016, and 18.7 in 2020. Beer predominated among the alcoholic beverages consumed by the respondents (9.5%). In addition, beer is the most common beverage, consumed once a day or more (45.5%). At the same frequency, 16.4% of respondents consume strong alcohol (vodka). However, 25.9% of respondents had consumed alcohol 1-3 times a month, while 23.3% had abused it 1-5 times in six months. Most patients are aware that alcohol abuse can lead to health problems. However, this awareness is not sufficiently understood.

Literature:

LIPOPROTEIN-ASSOCIATED PHOSPHOLIPASE A2: NEW FACTS AND NEW OPPORTUNITIES FOR THE DIAGNOSIS AND STRATIFICATION OF CARDIOVASCULAR RISKS

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Aim: Growing body of evidence suggests that Lp-PLA2 plays a critical role in the development of atherosclerosis. The main role of Lp-PLA2 in atherogenesis is the hydrolysis of oxidized LDL in the medium of the artery wall. The result is the pro-inflammatory, atherogenic by products of lysophosphatidylcholine and oxidized fatty acids [3,5].

Materials and methods: The experiments were carried out on 30 male rabbits of the Shinnshelle line weighting 2500–3000 g, divided (depending on the purpose of the study and method of treatment) into 5 groups (6 rabbits each). The level of lipoprotein-associated phospholipase A2 was determined by the enzyme immunoassay with RayBio® kits (RayBio® Rabbit Lp-PLA2 / PLA2G7 / PAF-AH ELISA Kit for Serum, Plasma, and Cell Culture Supernatants).

Results: The research results has showed that in groups 3 and 4, the content of total cholesterol and the level of ApoB decreased by 2.1; 1.6 and 1.37; 1.13 times, respectively, compared with 2 group. The degree of reduction in total cholesterol and apo B were similar. In group 5, in comparison with the control, 30 days after the combined administration of drugs, there was a significant difference in the decrease of total cholesterol level by 2.2 (p<0.05) and Apo B by 1.5 times, which indicates effective reduction of cholesterol level due to the combination of drugs Ultrox with Biomaysa by activation of receptor uptake of LDL. Laboratory studies of Lp-PLA2 levels between groups showed no significant difference at baseline. Intergroup comparison at the end of the 2-month experiment showed that Lp-PLA2 levels significantly differed between groups (P <0.05), in intact and control 461.5 ± 30.5; 1928.9 ± 385.7) Several studies have shown that Lp-PLA2 is associated with plaque progression and vulnerability [1] (P <0.05). Meanwhile, in the control group, the LpPLA2 levels were significantly higher than in the intact one. [2].

Conclusions: The incidence of CVD can be greatly reduced or minimized if risk factors are identified at an early stage. One of the highly specific biomarkers is lipoprotein-associated phospholipase A2, the increasing level of Lp-PLA2 is independent of traditional cardiovascular risk factor.

Literature:

EFFECTIVENESS OF USING DIGITAL INTELLECTUAL GAMES TO IMPROVE THE QUALITY OF EDUCATION IN TEACHING MEDICAL STUDENTS

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The aim of the research— is to design an intellectual interactive game based on information technology called "Antique Logic", as well as to take medical education to a new level.

Materials and methods. In the intellectual game we created, the topic of the question and the difficulty questions with a score of 10, 20, … 90, 100 will be placed in sequence. Each question is hidden under a box with its own level of difficulty, which means that it is impossible to see the question without choosing a value. The student selects a question of the desired value, and when the cursor moves to that value, the question according to the value appears in a new window. Depending on the level of complexity of the question, the teacher sets an individual time for the student to answer this question, but not more than 30 seconds. When the student has given his / her answer, click on the "Answer" icon that appears in the window, and the answer to the question will appear on the screen in a new window. If the teacher answers the student correctly, the student's score will be added to the student's score based on the calculated value of the question. If not, the student will not be able to answer the question, and the teacher will not give the student any points or the value will be deducted from the student's score. Returns via the Undo button, and when you go back, the color of the selected question changes from the color of the unselected questions, meaning that once selected, the selected question will not be mistakenly re-selected. At the end of the game, a general table is formed based on the students' scores and the winners are determined.

Results. In February 2020, we launched a pilot project of intellectual interactive game "Antique Logic" among students of the Tashkent Medical Academy. The first phase of the test lasted only 40 days due to the Covid-19 pandemic, but within those 40 days the project paid off and real competition arose in the small group tested, we know where there will be competition. A year later, the second pilot phase of our project was launched and lasted for 6 months. During this period, the small group tested showed a 1.5-fold increase in the grades obtained and the knowledge acquired compared to the previous half-year. Of course, this was reflected in the grades of students, none of whom received almost 3 grades in the exams. Based on these results, in September 2021, we began to conduct the last probationary period at the Department of "Propaedeutics of Pediatrics" of the Tashkent Medical Academy. The results we have achieved so far are quite gratifying, we can see that the desire to win among the students has increased and the students are active in the given topics every day to win. The advantage of the intellectual game "Antique Logic" is that it does not require additional techniques. If done in a small group, one computer will suffice. This project can be implemented not only in small groups, but also between groups, between departments and between faculties, which in turn doubles the competition. Even among students, the classroom becomes a battleground every day.

Conclusions. As a result of this intellectual game "Antique Logic" increases self-confidence in the requirements, encourages intelligence, the ability to get out of the situation in any extreme situations and increase competitiveness. When conducted in small groups, even the student with the lowest mastery of the group will be able to offer a healthy competition to the student with the highest level of mastery. The advantage of this project is that the teaching staff will have to work tirelessly on themselves, every day it is necessary to create new questions for students, to evaluate them according to the level of difficulty. Computer-assisted interactive game programming and tabulation are constantly required.

Literature:
The peculiarity of the epizootic process on the territory of the Kyzylkum natural desert hearth

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Epizootological manifestations of the plague in 2011-2020 were registered on the territory of 11 states. In the current century, the epizootic potential of many autonomous natural foci of the gopher and sandy type has significantly decreased. In the conditions of mountainous and high-altitude landscapes, the impact of modern climate warming on the state of parasitic systems of mountain and high-altitude natural plague foci is less pronounced. Data on the Central Part of the Kyzylkum natural desert plague outbreak indicate a reduction in the number of both major and minor plague carriers.

The Kyzylkum natural foci of the plague, according to 2020, covers an area of 385,000 km², is the most significant in epidemic terms, the territory with epidemic manifestations occupies 6700 km². The largest part of the stationary objects of supervision of the Anti-Plague Station of the State Institution "Navoi Mining and Metallurgical Combine Fund" of the Republic of Uzbekistan is located on the territory of the Kyzylkum natural meso-plague outbreak, in its central part.

The Kyzylkum natural plague center is localized on the territory of the physical and geographical district of the same name, almost in the very center of the flat part of Central Asia, which is associated with its truly desert landscape. It includes the western part (belonging to Uzbekistan) of the Kyzylkum desert (its northern and eastern parts are located on the territory of Kazakhstan). In the north, the district borders with Kazakhstan, in the southwest - with Turkmenistan, in the east is the Mirzachul district, in the southeast - Zarafshan and in the west — the Lower reaches of the Amu Darya.

The surface of the area decreases slightly in the direction from the southeast to the northwest. The average height is 200-300 m, in the southeast the height reaches 350-400 m, in the northwest - only 100 m. The lowest point is the Mingbulak depression at 12 m below sea level. The highest point is Aktau Peak (height 922 m) of Tamdytau Mountain.

The relief of the Kyzylkum district is diverse. There are plains, remnant mountains and depressions located between the mountains. But most of Kyzylkum is made up of plains with an absolute height of up to 200 m. The main part of the plain is occupied by sand ridges, sand hills, dunes, takyrs. Dunes are found mainly along the banks of the Amu Darya and around wells. Sand ridges and hills are anchored by plants.

The vegetation cover is dominated by perennial and sagebrush phytocenoses, psammophilic and halophilic communities are widespread, fragments of tugai vegetation are found. Ephemera and ephemeroids with a short spring growing season prevail among them: bulbous bluegrass, sedge, Dantonia bonfire, tulips, snowdrops, ixiolirion, small-fruited cousinia. Juzgun, white saxaul, celine, sandy acacia, kandym grow on the fixed sands. Wormwood and weeds are common on gray-brown soils. Black saxaul, tamarisk, sarisazan grow on saline, saline-marsh soils, and sheep's cleavage grows on takyrs. Tugai plants grow in the Amu Darya Valley.

On the territory of the Central section of the Kyzylkums, it is noted that the threshold for experiencing rodent depression caused by internal mechanisms of self-regulation was passed in 2016-2017. The data of 2018-2020 indicate a decrease in the number of both major and minor plague carriers.
carriers after the positive dynamics that appeared in 2016-2017, with respect to both reproduction and the numerical composition of rodents.

**EPIDEMIOLOGICAL SURVEILLANCE OF COVID-19**

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Targeted diseases of epidemiological control are the key to determining the sensitivity, specificity, effectiveness of the system used. Diseases with fever and skin rash such as measles and chickenpox or diseases such as poliomyelitis or meningococcal meningitis with neurological symptoms can be easily detected or suspected by relevant personnel: such reported diseases require clinical and laboratory confirmation by experienced workers.

Because the COVID-19 pandemic has affected public health, security, the economy, and the social sphere, combating the pandemic is an interdepartmental problem beyond the competence of the Ministry of Health. In Uzbekistan, as in all countries, the fight against COVID-19, the restriction of domestic and international travel to prevent its spread, the ban on public events; strict measures were introduced, such as the closure of public catering establishments, the transition to distance learning in schools and other educational institutions, and the wearing of masks. Due to the need for a document defining the state policy in the field of combating the COVID-19 pandemic, the concept and budget of the epidemiological control, management and prevention strategy of COVID-19 in the Republic of Uzbekistan in 2021-2023 was developed and approved by the Sanitary-Epidemiological Peace and Public Health Service. In order to fulfill the tasks of this strategy, a special commission headed by the Prime Minister of the Republic of Uzbekistan has prepared a program of measures to prevent the entry and spread of a new type of coronavirus in the Republic of Uzbekistan. Monitoring and control functions have been transferred to the Interdepartmental Body for Prevention of Large-Scale Distribution of COVID-19 under the leadership of the Chief State Sanitary Inspector of the Republic of Uzbekistan. Sanitary and Epidemiological well-being and Public Health Service of the Republic of Uzbekistan; executive bodies of sanitary-epidemiological services under other ministries and departments.

To carry out high-quality preventive profile measures, it is necessary:

Accelerate COVID-19 vaccination coverage as quickly as possible, especially among high-priority populations that remain unvaccinated or have not yet been fully vaccinated.

Use a risk-based approach to adjust international travel arrangements in a timely manner. For more information, see In the upcoming WHO recommendations on international transport regarding the SARS-CoV-2 all variant.

The use of masks, physical distancing, indoor ventilation, crowd prevention and hand hygiene remain key factors for reducing the transmission of SARS CoV-2. It is strongly recommended to monitor the contacts of patients with COVID-19 in order to interrupt the transmission chains of SARS-CoV-2.

Ensure that early warning systems are in place that will effectively adjust public health and social measures.

In anticipation of an increase in the number of COVID-19 cases and the associated pressure on the health system, make sure that mitigation plans are in place to maintain essential health services and that the necessary health resources are available to respond to potential spikes.
The authorities should regularly provide evidence-based information about common options and potential consequences to the public, in a timely and transparent manner, including what is known, what is unknown and what the responsible authorities are doing.

TOPICAL PROBLEMS OF SOCIAL PROTECTION SYSTEM IN UZBEKISTAN: SOCIAL WORKERS’ VIEWPOINT

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Aim: the aim of the research was to study existing challenges in social protection services of the country experienced by social workers who provide social aid to community-based lonely elderly people.

Materials and methods: the study based on qualitative data collection: focus group discussions (FGD) with social workers in rural, urban and regional levels which were realized during June-July 2021. Three cluster regions of the country were selected as a study area where most of lonely elderly located: in the east Andijan, Fergana and Namangan; in the south Qashqadarya and Samarkand; in the west Khorezm and Karakalpak Republic. Total 140 social workers attended in FGDs.

Results: the study revealed challenges experienced by social workers (SW) who provide social aid to community-based lonely elderly people (LEP), who are in need of care. In FGD with service providers in rural level, it was stated that some LEP request to provide extra services from social workers such as gardening, household payments etc. This often cause delaying in provision of social services to other lonely elderly. Usually one social worker should provide social aid to 10-12 lonely elderly on a weekly basis that means in a day/in 8-hour social worker should serve 2 lonely elderly people.

SW noted that LEP frequently experience lack of communication taking SW’s time for chatting. This statement can be supported with a reply from FGD with LEP where they expressed interest in communication due to loneliness, mainly with younger generation, pointing that they get by this way more energy from them.

SWs should be provided with sufficient infrastructure to realize their current tasks, for example, government provides with 19 items of food products to lonely elderly on a monthly basis, and some SWs in FGD pointed that they deliver food products in public transport, and sometimes delivery delay causing complaints and non-satisfaction from LEP.

Conclusions: next recommendations can be given to the government to manage challenges of social care quality: conduct more trainings on developing SW’s soft-skills, train how to effectively use available modern technologies and digital tools to realize LEP’s household payments; implement new social technologies to meet current demands of lonely elderly, namely cooperation with relative bodies or private sector to jointly use LEP’s gardens, organization of social clubs to fulfill LEP’s socialization request; creation of centers for social services to provide different events (talking clubs, movie clubs etc.) for both younger and elderly generation; and finally, improve infrastructure capacity of facilities providing social services namely vehicles, tablets, PC and Internet to better provide state guaranteed social services and increase LEP’s satisfaction and demand.
CLINICAL FEATURES OF CEREBRAL DISORDERS IN PATIENTS WITH PRANOID SCHIZOPHRENIA

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**Aim.** To study the features of the course of paranoid schizophrenia, combined with chronic neurological diseases.

**Material and methods:** 42 patients with paranoid schizophrenia aged 43 to 62 years were examined, 22.4% had comorbid neurological pathology. The main method for assessing psychopathological symptoms was the Positive and Negative Disorder Scale. The mental state of the patients was assessed by clinical-psychopathological, follow-up, clinical-pathopsychological methods. Data on the presence of somatic and neurological diseases were obtained on the basis of an outpatient and / or inpatient examination by a therapist, a neurologist, using additional research methods.

**Results:** During the study, it was found that most often 22.4% diseases of the cardiovascular system (hypertension, coronary heart disease) were noted. The risk of coronary heart disease among patients with paranoid schizophrenia is significantly higher in women over 55 years of age 27.6%, with concomitant somatic diseases hypertension, diabetes mellitus, excessive 25.2%. In patients with paranoid schizophrenia associated with cardiovascular disease, there is a similarity in scores. In the clinical picture, they have unexpressed delusional symptoms, depressive symptoms predominate (with anxiety in hypertension and apathy in coronary heart disease and hallucinatory with a significant decrease in criticism or a shallow defect (average scores on the scale negative syndromes. Cerebral-organic insufficiency occurs significantly more often in patients with paranoid schizophrenia with positive symptoms than with negative ones: dyscirculatory encephalopathy of various origins – 28.6% of patients with schizophrenia with positive symptoms and 17.8% of patients with negative symptoms;

This can lead to complications in the appointment of psychotropic therapy.

**Conclusion:** Thus, our study made it possible to identify the need for a personalized approach to organizing care for patients with combined mental and neurological pathology and to determine the course of treatment and rehabilitation recommendations.

**Literature:**


HYGIENIC PRINCIPLES OF NUTRITION FOR CHILDREN AND ADOLESCENTS

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At present, maternal and child health and upbringing of a harmoniously developed generation have been identified as priorities of state policy in our country. Proper nutrition of children from infancy not only improves their physical health, but also reduces the risk of contracting infectious diseases and contributes to the further development of their social and psychological well-being. In any society, in different socio-economic and political situations, the health of children and adolescents is a pressing issue and a priority, which determines the future of the nation's gene pool, ensures the scientific and technological development of the country; is a sensitive indicator of changes in the demographic situation of the state. Rational nutrition is a priority in shaping the health of the population.

On the contrary, physiologically inappropriate nutrition in childhood and adolescence can lead to serious disorders in the vital functions of the body, the emergence of diseases of the digestive system, endocrine, musculoskeletal system. The children are divided into eight age groups, and their nutrition is based on energy value and 25 nutrients.

The diet of infants in the first year of life differs significantly from the diet of relatively older children in terms of micronutrients: up to 6 months, the main energy component of the diet is fat (79 - 45% of the value of the ration) . Adherence to the physiological norms of children's nutrition is a necessary condition for the rational growth and development of the child, increases his immunity and ability to adapt to harmful factors of the environment. The organization of meals requires special attention in the first year of life and infancy (up to three years)

Despite the obvious benefits of breast milk, as a child grows and develops (from the age of 3-4), he or she will need to include other foods and foods in his or her diet, which are referred to as “complementary foods” . The introduction of complementary foods is not only associated with an increase in the child's need for the same nutrients (iron, vitamins), but also a decrease in plant components (plant proteins, dietary fiber, fats, trace elements) and the digestive system is also characterized by the need to exercise the chewing apparatus and increase the motor activity of the intestines. The inclusion of various products in the child's diet is determined by the physiological and biochemical characteristics of the baby

Conclusions: The second critical period of infant feeding is between 1 and 3 years of age, at which time the child begins to eat with everyone and a dynamic stereotype of food choice is formed. The correctness of this transition depends entirely on the parents. The main hygienic task of transferring a child to a common table is to limit the use of sweets (including soft drinks), sausages, fatty confectionery, products with food additives that are prohibited for use in children's diets. At the same time, the child should regularly learn to eat dairy products (unlimited amounts for healthy children, in any fat content), vegetables and fruits, meat and fish, bread and cereals. It is important to follow the child's diet: he should eat regularly 5-6 times a day.

Literature:
MEASURES TO PROTECT THE HEALTH OF MOTHERS AND CHILDREN WITH HIV

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The aim is to develop preventative methods to safeguard the health of HIV-positive mothers and their children.

Materials and methods: During the period of 2000-2009, official data and report forms of the Republican Center for the fight against AIDS were used, in addition to epidemiological and statistical methodologies, for the purpose of carrying out this research.

Results: When we analyzed the incidence of HIV/AIDS among pregnant women in the country in 2010-2019, we found that in 2010 it was 12.2 percent, in 2011 it was 10.6 percent, in 2012 it was 8.9 percent, in 2013 it was 7.4 percent, in 2014 it was 6.6 percent, in 2015 it was 6.3 percent, in 2016 it was 5.4 percent, in 2017 it was 4.2 percent, and in 2018 it was 4.5 percent. In 2019, as a result of preventive measures to ensure the implementation Parenteral transmission was shown to be the leading mode of HIV transmission in the nation during the period of 2000-2009, accounting for 76.6 percent of all cases, whereas sexual transmission was found to be the leading mode of HIV transmission during the period of 2010-2018. The number of infections is growing (33.7 percent - 72.9 percent). In recent years, this indicator has decreased as a result of targeted efforts to prevent the spread of HIV from mothers to their children. In 2018, there were just 0.1 percent of cases of the illness being passed from person to person vertically. According to the statistics provided, it is clear that in years past, HIV infection was more prevalent among males, but in the most recent years, the number of cases of the pandemic that include women has been steadily rising. The discovery of HIV infection, particularly in women who are married, is an indication that the epidemiological process has shifted from high-risk populations to the general population. This shift has the potential to result in an increase in the number of pregnant women who are HIV positive. In the early years of the republic's existence, there was an increase in the prevalence of HIV infection among IV drug addicts, which eventually reached an all-time high of eighty percent. Furthermore, in the most recent years, the percentage of migrant workers has increased due to an increase in unemployment. The Republic of Uzbekistan has achieved significant advancements in the battle against infectious illnesses over the course of the last few years. However, the problem of infection with HIV and AIDS is still an issue today.

In conclusion, the findings of the study indicate that timely medical supervision and infection screening are essential in order to prevent vertical transmission of HIV to pregnant women and to reduce the risk of perinatal transmission of HIV from mother to fetus by minimizing the viral load with antiretroviral drugs. Additionally, this is very important in order to reduce the risk of perinatal transmission of HIV from mother to fetus.

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ANXIETY-DEPRESSIVE DISORDERS IN BRONCHIAL ASTHMA

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The aim of the study was to study the degree of influence of anxiety-depressive symptoms on the course of AD.

Materials and methods. The study was conducted on the basis of the pulmonology department of the clinic of Samarkand Medical University. The study included 105 patients with mild to moderate asthma, aged 19-66 years (mean age was 42±8.9 years).

Results. All patients in the sample, taking into account clinical and functional indicators, were combined into 2 groups. Group 1 consisted of 35 patients with mild asthma (31%), group 2 - 70 patients with moderate asthma (69%). Both groups showed high average values of personal anxiety (51.76±2.4 points in group 1 and 46.40±1.6 in group 2) and average reactive anxiety (28.61±2.8 and 27.85±1.8 points, respectively). 84 (55%) patients were highly anxious. The average value of the index on the scale of depression in the group of patients with moderate asthma was higher (23.6±0.69) than in group 1 (14.92±1.16), which indicates a greater severity of depressive symptoms in patients with asthma with increasing severity.

The somatovegetative manifestations that came to the fore, combined with anxiety and depressed mood, forced many of the patients to consult a general practitioner. The current indicator of ill health for patients was sleep disturbance or frequent awakenings, general weakness, lack of energy and fatigue. As an isolated neurotic syndrome, asthenia was observed only in mild asthma.

Patients noted periodic foreboding of trouble, excessive anxiety, fear of suffocation, fear of death, helplessness (neurotic anxious expectation), uncertainty, indecision, vulnerability, resentment, a tendency to internal tension, obsessive thoughts and doubts (frequent rechecking of inhalers, their fullness). These phenomena were often accompanied by tension and pain in the muscles, restlessness, trembling throughout the body, shortness of breath, palpitations, sweating of the palms, dry mouth, dizziness, nausea, “hot or cold flashes inside” like panic attacks.

These individuals associated their somatic distress with external factors (cold climate, unfavorable ecology, stress). In most patients, mood disorders were combined with anxiety symptoms in the form of panic attacks or anxious depression. All patients denied suicidal thoughts and intentions, believed that they could cope with all the troubles on their own, thanks to outside help, or “get it right on their own” (hope for a miraculous resolution of problems). In 7 patients with BA (4%), conversion manifestations were observed, combined with anxiety and depressive symptoms. Treatment of anxiety and depressive disorders should be comprehensive.

The feasibility of treating depression is determined with the participation of a psychiatrist, since many patients do not consider themselves sick and resist therapy. Refusal to take drugs and psychotherapy may be due to a lack of information about the necessary treatment, a misconception about it, or negative experiences.

Conclusion. Patients with asthma show an increase in the severity and frequency of anxiety and depressive manifestations, depending on the severity of the disease. High scores on the depression scale, similarly to anxiety disorders, correlate with an objective assessment of asthma severity. In the treatment of asthma patients with aggravating affective symptoms, it is recommended to include psychotherapy and/or psychopharmacotherapy of these disorders under the supervision of a psychiatrist.

Literature:
MATHEMATICAL PREDICTION OF THE OUTCOMES OF COMBINED TRAUMATIC BRAIN INJURY IN CHILDREN IN THE ACUTE PERIOD

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Aim: The aim of the work is to develop and implement a hardware-software complex based on the combined use of selective echopholoscopy and electroencepholography, low-amplitude electrical stimulation, an analog-to-digital converter and a laptop in diagnostics and treatment in the preoperative and postoperative period in patients with concomitant traumatic brain injury.

Materials and methods: In the course of the project, a prototype of a computer system will be developed for functional diagnostics of the state of the brain and vital functions of a person with combined craniocerebral trauma.

Results: This project is using in the subdivisions of the Andijan State Medical Institute and the Andijan Regional Multidisciplinary Medical Center and giving his results in most of occasions. This algorithm is using for functional diagnostics of outcomes, predictions and the algorithm of treatment in combined craniocerebral traumas in the acute period. Of course, this project help for early convalescence of patients and also has economical and time benefits. This algorithm is using for functional diagnostics of outcomes, predictions and the algorithm of treatment in combined craniocerebral traumas in the acute period. Of course, this project help for early convalescence of patients and also has economical and time benefits. Calculation of the economic impact of the project for the I-II-III years of implementation after the completion of the project and the implementation of the results: by increasing the accuracy of measurement, reducing labor and material costs, the economic efficiency will amount to 680,000,000 sums, which is calculated from the efficiency formula: E = A*N*K, where A is the cost of one day's bed, N is the number of shortened days and K is the number of patients per year. For example: if A = 85,000 soums, N = 8 days and K = 1,000 patients, then the effectness of E = 680,000,000 soums. In addition in 70 % of cases new method of predicting helped and giving it's results.

Conclusions: Modern complex diagnostics, prevention and treatment of secondary intracranial and extracranial brain injuries reduces the length of hospital stay and the rehabilitation period, mortality is reduced to 30%.

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STUDENT VIEWS IN THE FIELD OF HEALTH MANAGEMENT

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Aims: Defining the role of health managers in the field of medicine, as well as the creation of a set of disciplines that need to be taught in higher education.

Materials and methods: We started our research with students of the Faculty of Management of the Tashkent Medical Academy and conducted it in the form of an anonymous survey. A total of 170 students participated in the event.

Results: Students actively responded to our anonymous questions and answers. The questions are as follows: Do you think the emergence of "Health Management" is positive or negative? 141 students took part in the survey, of which 73% said "yes" and 27% said "no".

Do clinics need the help of managers? based on the responses of 137 students to our question, and 63% of students believe that managers are needed.

Now let's ask students about science. How much do you think business ethics and psychology are necessary for the field of "health management"? In a 5-point system. This question was answered by 129 students and 44% of them rated it as necessary at the highest level.

Which subjects in the field of management in medicine would you like to be taught in depth? 123 students consider medical, financial and economic sciences to be necessary for management.

How much should health management be aware of medicine? We compiled this question to find out what 115 students thought about medicine. 69% of them think that medicine is a much-needed science for managers, 20% think that it is enough to know first aid, and 11% think that it is not necessary at all.

Why do you think the management was established in the health care system? This question requires a lot of playful answers. The highest rate of the survey, which was attended by 117 students, was 63%. 41% of students believe that the work of medical staff should be facilitated, and 23% believe that doctors should dedicate their lives only to medicine.

Conclusion: In short, management is the process of forecasting and planning, organizing, managing, coordinating and controlling the resources of an organization to effectively achieve a set organizational goal. So, the value of this industry means how much it is needed by the health sector. From the above results, it is no exaggeration to say that the majority of management students have fallen in love with their profession, and their attention is a prelude to a major reform in the field of health in the next five years.

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The aim of this article was to explore the impact of the COVID-19 pandemic and quarantine, self-isolation and other pandemic-related restrictions on women living with HIV and women from key populations around the world accessing sexual and reproductive health and rights services, treatment HIV and protection from gender-based violence.

Results: Numerous studies and media coverage have focused on the varying effects of this pandemic by age and race, including the fact that the elderly and racial minorities face a higher risk of dying from COVID-19. However, the role of sex and gender in the COVID-19 pandemic has been analyzed in fewer studies, and these parameters are not very clear in some dashboards, despite consistent data on the impact of sex (biological factors) and gender (social factors) on health outcomes. While men appear to be slightly more likely than women to contract COVID-19 globally, the opposite has been observed in South Korea. According to daily official reports from the Korean Centers for Disease Control and Prevention, among the 11,852 confirmed cases in Korea as of June 9, 2020, there were more cases in women (58%) than men (42%). This discrepancy reflects the presence of more women in hard-hit institutions such as long-term care facilities and nursing homes, as well as the over-representation of women in densely populated workplaces and in frontline youth and mid-career health facilities. South Korea has recorded 274 deaths from COVID-19 (146 men versus 128 women), with a fatality rate of 2.93% for men and 1.86% for women. The impact of the social distancing measures adopted by each country as a mitigation policy has exposed the reality of social disparities towards women. Temporary workers, a vulnerable group in this crisis, are more likely to lose their jobs and tend to earn less than regular full-time workers. In South Korea, the proportion of temporary workers among women is higher (45.0%) than among men (29.4%). Despite the fact that there is currently no accurate data on the impact of COVID-19 on pregnancy and women's reproductive health, foreign surveys and studies show that the COVID-19 pandemic is a period of increased alertness both among professionals and among the public. Increased risk of maternal and child morbidity and mortality, the occurrence of mental disorders, interruptions in the provision of sexual and reproductive health services are the few problems that any woman in the world can face today.

Conclusions: The economic hardship caused by this public health crisis has different effects depending on gender through already built-in social mechanisms of inequality. With schools and workplaces closed, women face a greater burden unpaid work and housework. Single parents, mostly women, will face even greater challenges coping with a more stressful work environment and an increased burden of caregiving. Children due to social distancing measures. All of these factors can worsen women's health both immediately and in the long term unless concrete actions are taken to mitigate and break this vicious circle. The need for gender-responsive public health policies during and after the pandemic Public health crises such as COVID-19 pose a number of challenges for every society, including health, health and social problems.

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RECIPIROCAL INFLUENCE OF OBESITY AND VITAMIN D DEFICIENCY

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Aim: To assess vitamin D levels in people with and without obesity. To study the mutual influence of obesity and vitamin D deficiency.

Materials and methods: 27 patients aged 35 to 55 years (mean age 43.4±0.3 years) were examined. The first group consisted of 15 (55.56%) patients with BMI ≥30, including 11 women (73.3%) and 4 men (26.6%). The control group consisted of 12 (44.46%) patients with BMI=22.3±0.18, including 9 women (75%) and 3 men (25%). Medical documentation was used, an anthropometric study was performed, including measurement of height (m), weight (kg), calculation of BMI (kg/m^2). The level of blood lipids was measured. The level of 25(OH)D in blood serum was determined by the immunochemiluminescent method.

Results: It was found that the average level of vitamin D in the first group (BMI ≥30) was 26.1±7.17 ng/ml, in the control group 32.6±1.72 ng/ml. In the obese group, 7 patients (46.6%) were found to be vitamin D deficient, 5 (33.3%) were found to be vitamin D insufficient. In the group with normal BMI only 2 had vitamin D deficiency (12.2±3.3ng/ml) and 5 (60%) had insufficiency (25.1±1.51). The lipid profile of both groups was studied and found: an increase in total cholesterol in patients with obesity (7 ± 0.08 mmol / l), while in patients of the control group, the amount of total cholesterol remained within the normal range (5.1 ± 0.35 mmol / l). The average level of LDL cholesterol in the first group was 5.1±0.24 mmol/l and 2.35±0.19 mmol/l in the second.

Conclusion: In our studies, vitamin D deficiency in obese individuals was more common than in non-obese individuals. The lipid profile in the obese group was correspondingly higher, but did not correlate with vitamin D levels. Thus, it can be assumed that the level of vitamin D in the presence of obesity (BMI ≥30) may be lower than in people with a normal body mass index. The issue of considering vitamin D deficiency as a cause or consequence of obesity remains open and requires further study.

Literature:


RISK FACTORS FOR COVID-19 AND THEIR PROGNOSIS

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**Aim.** Develop a prognostic table to identify the leading risk factors for COVID-19 and classify them into risk groups.

**Materials and methods.** 1862 patients treated at Zangiota 1 and 2 Republican Special Infectious Diseases Hospital in Tashkent region (retrospective analysis of the patient's medical record). To determine the risk factors, 600 patients and 600 healthy individuals (case-control method).

**Results.** Patients with chronic disease in our country are more likely to develop COVID-19 (52.3 ± 1.15%), especially if they have a high proportion of diabetes, hypertension, chronic respiratory diseases and UIC (81.7 ± 1.03%), patients with these diseases are experiencing both severe and very severe COVID-19 disease. Factors such as adherence to sanitary and hygienic rules in public places, in particular the wearing of disposable medical masks, maintaining distance, and the use of antiseptics are important to prevent the spread of coronavirus infection. It was noted that the risk of transmission of the disease is reduced by 3.6 times when sanitary and hygienic rules are followed in public places. The age of the patients aggravates the likelihood of developing COVID-19 disease and the degree of progression of the disease. In particular, after the age of 70, the risk of infection and the incidence of severe disease in infected patients increased by 3.96 times (IN = 3.96, p <0.01). Excess body weight aggravates the course of any disease, the survey analyzed the body weight of the main and control groups, according to which 59.6 ± 1.7% of patients were overweight, 34.4 ± 1.9% of patients in the control group were overweight. noted that. Coronavirus disease was found to be 2.83 times more severe and more severe in overweight individuals than in overweight individuals. (IN = 2.83 p <0.001). In-depth analysis of the results of the study, analytical research methods of clinical epidemiology: identification of risk factors, opportunity ratio and prevalence of diseases, leading risk factors for disease were identified and a table was developed to identify and assess their prospects. Thus, the range of effects of the obtained 7 socio-hygienic and medical biological factors on the incidence of coronavirus was 12.85-40.76. Thus, the larger the normative integration (prognostic) indicator, the higher the impact of the complex factors, and conversely, the smaller the prognostic indicator, the lower the impact of the factors.

**Conclusion.** Extensive use of the prospective table, which allows a comprehensive assessment of the risk group among the population and patients, will allow health professionals working in ICUs, heads of health facilities to develop science-based measures to reduce disease, early detection, diagnosis and adequate treatment.
EPIDEMIOLOGICAL SITUATION IN HIV - INFECTIONS AND PREVENTION

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Aim: To study the epidemiological features of the spread of HIV infection in the Republic of Uzbekistan and improve its prevention.

Materials and methods: Analyzing the dynamics of incidence for the period from 2017 to 2019, it was revealed that the number of registered HIV infections in 2017 amounted to 4025 cases, and in 2019 the incidence rate was 3983 cases of HIV infection, it can be seen that the incidence rate has decreased slightly this year.

Results: When analyzing gender, it was determined that 2293 infected were males and 1732 were females. In 2018, 4060 cases of morbidity were registered, of which 2303 were men and 1757 were women. In 2019, the incidence rate was 3983 people, of which 2291 cases were detected among men and 1692 among women. According to our observations, in 2019, the incidence of HIV infection in the Republic decreased slightly.

Conclusions: Thus, the incidence of HIV infection is unevenly distributed across the administrative territories of the Republic of Uzbekistan. This phenomenon is explained by the statute of limitations for the involvement of HIV-infected people in the epidemic process, the socio-demographic characteristics and population density, the degree of urbanization, the proximity to drug trafficking of a particular territory, the level of involvement of young people in migration processes, and many other circumstances. HIV prevention now requires advocacy by community groups most concerned about the risk of a growing epidemic.

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SOME ASPECTS OF STUDENT'S REPRODUCTIVE HEALTH

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**Aim:** to study the attitude of SamMU students to their health, in particular to the RH (reproductive health), their family attitudes and values, as well as sources of information about the RH. As part of a study conducted among the students of the Institute, the level of awareness of students in the protection of the RH was studied.

**Materials and methods:** The collection of primary information was carried out by anonymous questionnaire. A sample population was formed, represented by 63 students of the 6th year of the pediatric faculty. The respondents were between the ages of 23 and 27.

**Results:** The study group consisted of 30 girls (48%) and 33 boys (52%); 49 of them (77.8%) were married. 93.7% of the respondents (59 students) were born themselves in full families. 60.3% of respondents consider RH as an opportunity for reproduction of offspring, 28.6% – the absence of sexually transmitted diseases, 11.1% – the presence of sexual contacts. Of those married and married, 24.5% started sexual activity at the age of 18-20 years, 38.8% at the age of 21-23 years, 38.7% at the age of 24 years and older. To the question about whether parents conducted sexual education with them, 15.9% of respondents answered positively, 81% – negatively, 3.1% – refrained from answering. The overwhelming majority of respondents have a negative attitude to abortion (77.8%), 9.5% have a positive attitude, 12.7% found it difficult to answer. Medical indications (74.8%) and material and living conditions (14.3%) are considered the main reasons for justified abortion. Among the respondents, the main contraceptives used are condoms (40.6%), IUD (intrauterine devices) (35.8%), calendar method (6.3%) and oral contraceptives (5.1%). The main reasons for choosing methods of contraception are reliability (46%), irregular sexual intercourse (12.6%), absence of side effects (7.0%) and accessibility (18.6%). Respondents most often receive information about contraceptives from doctors (70.2%), Internet (10.8%), mass media (6%), partner/shi (7.6%), parents (3%), peers (2.4%). 21.2% of respondents believe that violations of the RH can be caused by early onset of sexual activity; 55% believe that STIs (sexually transmitted infections) contribute to this; 23.8% – non-compliance with hygiene rules. When asked about applying to a medical institution for the Russian Federation, 57.8% answered that they undergo a survey every 6 months, 26.4% – once every 3 years, 15.8% – do not visit medical institutions at all. Only 20.7% of respondents believe that today young people are well informed about RH and 19% believe that the level of awareness could be better. Factors contributing to STI infection include unprotected sexual contact, 16.8% – blood transfusion, 4.4% believe that it is possible to get infected while swimming in the pool. According to 58.7% of respondents noted the use of a condom for the prevention of STIs, 12.5% – IUD, and 28.8% preferred abstinence. 46.7% of respondents attributed the increase in the number of abortions to increased irresponsibility, 43.8% – with a low level of awareness about sexual relations, and 9.5% believe that we do not have this problem at all.

**Conclusions:** Based on the survey conducted, it can be concluded that SamMU students are well aware of the RH, but there are some aspects of the RH on which additional work needs to be done with them, despite the fact that this is related to their professional training. The majority of respondents deny the participation of parents in sex education, although on such topics, first of all, it is necessary to talk with loved ones, and full-fledged information and services should be received from health workers.
THE ROLE OF MANAGER IN THE PREVENTION OF INFECTIOUS DISEASES

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Aim: To study the role of health managers in the prevention of infectious diseases in polyclinics and medical institutions and its implementation in practice.

Materials and methods: Of course, foreign experts have advanced far in this respect. Therefore, we will get acquainted with the measures taken by developed countries to prevent HIV infection, and then determine whether this is suitable for our climate. We will look at what a foreign health manager should do during an infectious disease epidemic.

Results: Italian researchers conducted interviews with 420 key informants, including managers and frontline staff, in 18 hospitals across the United States. Interviewees were asked about management practices supporting HAI prevention. They analyzed interview transcripts using rigorous qualitative methods to understand how management practices were operationalized in infection prevention efforts. Across hospitals and interviewees, three management practices were characterized as important facilitators of HAI prevention: engagement of executive leadership; information sharing; and manager coaching. They found that visible executive leadership, efficient communication, and frequent opportunities to provide and promote learning from feedback were perceived to promote and sustain HAI prevention efforts.

And other researchers conducted site visits to US hospitals from September 2017 to November 2019 to learn about the role of management practices in HAI prevention, with particular attention paid to CAUTI and CLABSI prevention efforts. We focused on these two types of infections as CAUTIs and CLABSI preventions represent, respectively, the most prevalent and costly HAIs and are associated with considerable risks of increased patient mortality. Interviewees across studied hospitals also identified information sharing as critical in supporting their infection prevention efforts. Specifically, managers and frontline staff described three methods of communicating information: (1) sharing information electronically, (2) displaying information on the unit, and (3) discussing information in person. First, e-mailing information was recognized as a common way to communicate about infection data and infection prevention goals to frontline staff. Second, displaying information on the unit via bulletin boards or huddle boards was also identified as useful for providing staff with timely feedback about their progress towards infection prevention goals. Third, both frontline staff and managers explained that sharing of infection data was often accompanied by in-person discussions, which were also highlighted as an important activity.

Conclusions: Senior management assistance is needed to integrate infectious diseases strategies, interventions, services (prevention and care) and research. In addition, politicians and managers must work together to ensure public health and development prospects. This will involve stakeholders from the public sector, as well as infectious disease experts, civil society and health leaders.

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HUMAN PAPILLOMA VIRUS AND VACCINATION IN UZBEKISTAN

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Human papilloma virus (HPV, or HPV - human papilloma virus) is a widespread virus that causes a variety of diseases in both women and men. Currently, about 400 different types of human papillomavirus are known, of which 80 types are the most studied. Different types of virus can cause different diseases. Approximately 30 types cause damage to the female genital organs, the most dangerous are the types of papillomavirus infection with a high oncogenic risk for humans – i.e. viruses with the greatest ability to cause genital cancer, in particular cervical cancer. Such viruses include HPV 16, 18, 31, 33, 35, 39, 45, 51 and 52 types. The most important manifestations of papillomavirus infection in women are genital and flat warts, dysplasia (precancerous) and cervical cancer.

Of course, the time has come for a more thorough study of HPV, in particular those types of this virus that have a high risk of developing oncopathology, namely, they can lead to cervical cancer. The most urgent question is about the HPV prevention strategy to prevent such a formidable disease as cervical cancer. All over the world, the problem of cervical cancer is being solved on a global scale, placing special emphasis on early diagnosis of precancerous conditions, timely treatment, but the main method of preventing the fight is vaccination. Currently, there is a modern system for early diagnosis of HPV, laboratory technologies have advanced significantly, there is a polymerase chain reaction (PCR) method, this method in the modern view can already quickly detect entire viral genomes and sequence the genome of the HPV host, using a PCR platform of the latest generation with a huge resolution.

To date, there are excellent methods for diagnosing HPV, but this does not solve the problem of widespread cervical cancer. Unfortunately, cervical cancer remains a serious clinical and social burden, especially in low- and middle-income countries. Therefore, it is necessary to direct our efforts to prevent the disease, in this case the only and most effective method of prevention is vaccination.

We do not have a clear understanding of the mechanisms of HPV persistence versus clearance and the exact molecular details of how certain types of HPV can lead to cancer, sometimes in a short time. Relatively little is known about the specific genetic and epigenetic mutations that underlie the evolution of cervical intraepithelial neoplasia (CIN) 3, as well as about what sequence the stages of the inflammatory process have, which then contributes to the further transformation of CIN3 into a malignant tumor.

In addition, the optimal combination of vaccination and screening strategies will require flexible thinking, so that the value and effectiveness of both can be realized at a time when virus and disease mutations become the norm.

Uzbekistan included HPV vaccination in the calendar of preventive vaccinations in 2016 for girls aged 9-14 years, and vaccination of children began in November 2019. Despite all the difficulties of introducing vaccination, which was due to the lack of awareness of the population about the connection between HPV and cervical cancer, the beginning of the COVID-19 pandemic, vaccination was successful. All this is due to the well-coordinated teamwork of specialists of all specialties and especially the improvement of public awareness, this company for the introduction of a new HPV vaccine was successful. And to date, the coverage of HPV vaccination in children is 98%.
IN VITRO FERTILIZATION DURING COVID – 19

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Aim. To analyze new guidelines that have been adopted by International Societies of in vitro fertilization and to evaluate different IVF scenarios related to this period.

Materials and methods. A systematic literature search was performed of articles on IVF published between January 2019 and January 2022. We selected studies on IVF treatment methods researches, case studies, and laboratory findings. The review was limited to articles published after 2019, based on the recent permission of IVF practices in Uzbekistan. couples out of reproductive age were excluded. The literature search included PubMed, Popline and Global Index Medicus. No restrictions were applied with regard to study design or language. A search for gray literature was performed using the ‘Google’ search engine. An internet search was performed using ‘the terms, ‘Protocols’ and ‘in vitro fertilization’ or ‘IVF’ with and without the term ‘COVID-19’ (limited to results published after 2017). We were able to read English and Russian studies.

Results. The search found 4847 citations. After review of the titles and abstracts, only 118 studies were included. The full texts were reviewed and a further 94 articles were excluded. Most of gray literature citations, were excluded after screening the title. In the end we were left with 47 full articles.

Some of our findings include ESHRE (European Society of Human Reproduction and Embryology) guidelines that are adopted during pandemic. They have proposed to use a questionnaire and according to the questionnaire divide the possible scenarios into three. On every stage on the treatment the questionnaire is used and the further steps are described according to these scenarios. American society of reproductive medicine, however, hasn’t proposed any special recommendation on resuming the IVF treatment except for the obligation to test patients for COVID-19. One of the studies has analyzed whether getting a vaccine effect the success rates of IVF treatment. Results showed that no effect was found. Another French study compared the efficacy of using triage questionnaire. Results have shown that patient symptoms may be a good indicator of whether the virus is present in follicular fluid or no. One more interesting study in Italy showed that the pandemic hasn’t affected any of the first-trimester in vitro fertilization outcomes. Preventive IVF guidelines for specialists have also been adopted and implemented into new practice.

Conclusion. Although IVF has entered our country only 3 years ago, the practice is very active nowadays. The procedure is cheaper than in average country worldwide, however it remains very costly for an Uzbek family to afford it. The new guidelines and findings give hope to the future of IVF security and reliability. In Uzbekistan these guidelines are yet to be adopted and implemented.
ORGANIZATION OF HEALTH PROTECTION MOTHER AND CHILD

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**Aim:** To study and analyze ongoing work on the protection of motherhood and childhood, as well as develop measures to improve the health of mothers and children.

**Research methods.** In the course of the study, an analysis of literary databases, Internet sources was carried out to identify the characteristics of the state of health of the mother and child, and questionnaire methods and interviews with women were also carried out.

**Results.** Care for the protection of women's health is constantly in the center of attention of the leadership of the Republic of Uzbekistan. From the day the republic gained independence, the issues of protecting the health of women have been elevated to the rank of state policy. At the beginning of the 21st century, under the leadership and with the personal participation of the Government of the Republic in Uzbekistan, a legislative and regulatory framework for the formation and functioning of the healthcare system was developed. Decree of the Cabinet of Ministers of the Republic of Uzbekistan dated February 19, 2019 No. 730 “On the State Program of Measures to Strengthen the Role of Women in the Family, State, Public Construction, Improving the System for Protecting Their Legal, Social, Economic, Spiritual Interests” provides for measures to protect the health of mothers and children, improving the provision of medical care. Decree of the Cabinet of Ministers of the Republic of Uzbekistan No. 140 of April 1, 2018 “Screening of mother and child”, Decrees of the Cabinet of Ministers of the Republic of Uzbekistan No. 68 of January 5, 2011 “Mother and child”, and No. 32 “On additional measures to improve the health of women and the younger generation ” dated February 25, 2012, the obligation of the health and education authorities to carry out activities with the priority direction of ongoing reforms to improve the health of women and children is regulated. At present, 98% of newborns in the republic leave maternity hospitals on exclusive breastfeeding. This rate is high at the age of 1 to 3 months, but decreases quite rapidly at the age of 3 to 6 months.

**Conclusion.** Thus, as a result of large-scale measures implemented in our country over the past five years, maternal mortality has decreased from 23.1 to 19, mortality among children under 5 years old - from 14.8 to 13.9, infant mortality - from 11 to 10.74. In many ways, the results have been achieved thanks to a number of state programs and legal documents aimed at protecting motherhood and childhood, forming a healthy generation, strengthening the reproductive health of the population, and giving birth to a healthy child.
DETERMINANT OF SOCIAL FUNCTIONING IN PATIENTS WITH PARANOID SCHIZOPHRENIA WITH CONCOMITANT VIRAL HEPATITIS

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Aim: to assess the level of social functioning in patients with paranoid schizophrenia with concomitant viral hepatitis.

Material and methods: The study was conducted on the basis of the Tashkent City Clinical Psychiatric Hospital. We examined 64 patients with a verified diagnosis in accordance with the ICD-10 paranoid schizophrenia (F-20.0). The study group consisted of 43 patients. The selection criterion was the presence of a concomitant diagnosis - chronic viral hepatitis C (CHC) and chronic hepatitis B (CHB). The comparison group included 21 patients diagnosed with paranoid schizophrenia without acute or chronic somatic pathology. To achieve this goal, experimental-psychological and clinical-statistical research methods were used. Social functioning was assessed using the WHO Quality of Life Questionnaire (WHOQOL-BREF) (1993). The information in the questionnaire is entered taking into account the individual's subjective understanding of the quality of his life.

Results. When analyzing the WHOQOL-BREF questionnaire, it was revealed that in the main group there was a significant decrease in the quality of life of patients. In the sum of scores in all areas, the average score in this group was 61 ± 3, which is a low indicator of the quality of life for patients. In the control group, the average value of the sum of points was 81±4 points. Not unimportant is the fact that in the control group, the majority of patients 26 (68.4%) had a negative attitude both to the testing procedure itself and to certain categories of the questionnaire. Physical and psychological well-being independently noted by patients showed that in the main group, 15 (39.4%) patients during testing had -17 points, 10 (26.3%) patients -19 points, 8 (21%) patients -21 points and 5 (13.1%) patients -20 points. In the control group, a similar indicator had: 7 (26.9%) patients -19 points, 6 (23.0%) patients -18 points, 6 (23.0%) patients -21 points, 5 (19.2%) patients - 20 points and 2 (7.6%) patients - 22 points. The sphere of self-perception is one of the most vulnerable aspects of the patient's personality, the analysis showed that patients in the main group often negatively assessed self-perceptions, characterizing themselves as "lonely", 3 (7.8%) patients - 16 points, 4 (10.5%) patients - 17 points, 4 (10.5%) patients - 18 points, 13 (34.2%) patients - 15 points, 9 (23.6%) patients - 14 points and 5 (13.1%) patients - 13 points.

Conclusions: thus, when assessing the subjective characteristics of the quality of life by patients, it was found that the important links of social functioning in this group were interpreted by patients incorrectly with significant decreases in their own assessment in society, which was not true. The foregoing indirectly indicates a violation of the understanding of emotional patterns both on the part of the microenvironment of patients and the inability to manifest their own emotions.

Literature:

RESULTS OF THE HYGIENIC ASSESSMENT OF THE DAY REGIMEN OF SCHOOLCHILDREN

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Purpose: to study the conduct to ensure a hygienic assessment of the daily routine of students in general education schools and the development of preventive measures.

Materials and methods: The survey was conducted among 800 adolescents (403 boys and girls) (397 girls) aged 14 to 17 years old, studying at schools No. 249 and 29 in Tashkent.

Result: At the first stage of the study, the morning physical activity of students was studied. The survey found that 11.4% of boys and 7.2% of girls in school No. 249 regularly engaged in morning physical activity (8.7 and 18.3% in school No. 29); 23.3% and 20.7% do not study regularly (school 29 - 18.5% and 19.5%); 39.3 and 43.3% - sometimes, (29-school-39.6 and 34.5%); 26% and 28.8% do not study at all (school 29 - 33.2% and 27.7%).

Outcome: In the first phase of the study, students’ morning physical activity was studied. The survey found that 11.4% of boys and 7.2% of girls in school 249 were regularly engaged in morning physical activity (8.7 and 18.3% in school 29); 23.3 and 20.7% do not perform regularly (School 29 - 18.5 and 19.5%); 39.3 and 43.3% - sometimes, (29-school-39.6 and 34.5%); 26 and 28.8% do not practice at all (School 29 - 33.2 and 27.7%).

When the time spent on homework by the students in the surveyed school was also studied, the proportion of students who prepared lessons for one hour was 17.6% (school 29 - 30.7%) for 9th graders of school 249, from 1 hour to 2 hours - 51.3 and 49, respectively, 4%, those who spent 3 hours or more - 24.7 and 17.5%, respectively. These data suggest that students of different ages in School 249 spend more time doing homework than students in School 29. As it turns out, this condition is more common in boys. This means that boys who do more than 4 hours of homework at School 249 are 4 times more likely to do so than those at School 29.

Normal sleep is essential for physical and mental development as an important part of the routine. The need for normal sleep varies with age. The results of our study showed that sleep deprivation in children in the compared groups was almost the same (12.7 and 12.4%, respectively). This is due to the early start of classes in the 1st shift (8:00) and late going to bed. The average duration of sleep in primary school students is 9 hours, in high school students - 8 hours, in older students - 7 hours.

During our study, we also paid close attention to students’ eating habits when assessing their nutrition. According to Chapter 5 of the SanQvaM 0017-21 "Sanitary rules and standards of hygiene of students in general secondary, secondary special, vocational education" (requirements for the organization of proper nutrition and standard diet), the daily diet consists mainly of meat, milk, butter and vegetable oil, wheat bread (at each meal) are included. It is recommended to give fish, eggs, cheese, cottage cheese, dairy products once every two to three days. The eating habits of school children in the compared groups were almost the same. Included in the daily diet of school children in both groups, the diversity of food products is relatively low. Bread and bakery products, pasta and flour products, cereals have the largest share in the consumption of products. Insufficient consumption of milk and dairy products (butter, cheese, cottage cheese), meat and meat products (sausages, hot dogs), fish and fish products, as well as eggs. Foods rich in vitamins and minerals, especially fresh vegetables and fruits, are also not consumed adequately.

Conclusion: The majority of school students in the compared groups were found to have a disruption of the agenda (decreased physical activity, increased workload) and non-compliance with proper nutrition, i.e., low number of meals, prolonged time between meals, and poor quality of food.

References:
Aim: Progeria syndrome is a genetic disorder which is progressive. It is also identified as Hutchinson-Gilford syndrome. It is a very rare, and gradually advancing genetic disorder. Children with progeria syndrome get matured rapidly within the first two years after their birth. In this review, we discuss recent advances in the understanding of the molecular mechanisms underlying the cardiovascular alterations associated with HGPS, the potential role of oxidative stress, and therapeutic approaches for the treatment of this devastating disease. This thesis prepared in order to make people aware of this disease, which is becoming more and more widespread in the modern world, to prevent the disease and prolong the life of people with the disease.

Materials and methods: Hutchinson-Gilford Progeria Syndrome (HGPS), a rare human disease characterized by premature aging, is mainly caused by the abnormal accumulation of progerin, a mutant form of the mammalian nuclear envelope component lamin A. HGPS patients exhibit vascular alterations and die at an average age of 13 years, predominantly from myocardial infarction or stroke. There are no known factors, such as lifestyle or environmental issues, which increase the risk of having progeria or of giving birth to a child with progeria. Progeria is extremely rare. For parents who have had one child with progeria, the chances of having a second child with progeria are about 2 to 3%. Some of the molecular mechanisms of HGPS might be relevant to the process of normal aging, since progerin is detected in cells from normal elderly humans.

Results: Conversely, processes linked to normal aging, such as the increase in oxidative stress, might be relevant to the pathogenic mechanisms of HGPSAs per reports, progeria syndrome is not so common. About one newborn in four million newborns are affected by this disorder all around the world. More than 130 cases of progeria syndrome have been recorded. When the first medical drug applied on those children who are experiencing rare rapid-aging disease showed successful result with the drug Farnesyl Transferase Inhibitor (FTI). This drug is applied to treat cancer. The medical trial results showed important improvements in the cases of weight gain, bone structure, cardiovascular system.

Conclusions: Take an appointment when you are noticing that your child is not developing or growing normally with the problems of slowed growth, skin changes and hair loss. Having disorders like progeria syndrome, the support group, comprises of family, friends and other health professionals, play a very valuable part. Helping a child to cope with progeria syndrome is very hard and painful. Your child with progeria syndrome may be under the spell of grief and fear because they know that their life will be cut-short because of the progeria syndrome. Your child, immediately need your support in making explanation of the notion of death taking help from religion and spirituality.

Literature:
PREVALENCE OF VIRAL HEPATITIS A IN UZBEKISTAN

Saydaliyeva M.Z., Rashidov Sh.F., Valiyeva M.Y.
Samarkand State Medical University, Samarqand, Uzbekistan

_Aim:_ Viral hepatitis A is an acute infectious disease caused by viruses that affect liver tissue and affects more than ten million people each year. The disease is manifested by fever, elevated bilirubin, transaminase enzymes in the blood, urobilin in the urine, yellowing of the skin and mucous membranes, and pale stools. In some cases there is a mild form of the disease without jaundice.

_Materials and methods:_ 5-year records of viral hepatitis A were reviewed at the Samarkand City Center for Sanitary and Epidemiological Surveillance. Data from many books, journals, and articles on epidemiology have been used. Based on all the data collected, the average prevalence of viral hepatitis A in Uzbekistan was determined.

_Results:_ Hepatitis A is more common in children of kindergarten and primary school age than in adults. The latent period of the disease, when the virus enters the body and the first symptoms appear, lasts from 15 to 50 days. The virus is mainly transmitted through contaminated water, food, dirty hands and toys. In Uzbekistan and many other countries, the incidence of viral hepatitis A remains high. The current incidence in Uzbekistan is still very high, close to 100 per 100,000 population in 2015, with rates 3.6 times higher than in 2010, indicating a decline. The prevalence of the disease is uneven across the administrative regions of the country, with poor sanitation and hygiene conditions and poor quality of drinking water. In Uzbekistan, people contract hepatitis A mainly during the summer months, with the highest incidence of hepatitis A in September-October because of the long incubation period. The epidemic sometimes develops over a long period from December to January. In summer an increase in the incidence of the disease during hot days, excessive consumption of water due to hot temperatures, reduced immunity to intestinal infections due to excessive sweating and increased demand for water of high quality during the summer months are noted. Evidence for this can also be found in the data of some scientists. Zak M.R. conducted epidemiological research in Lithuania in the 1980s. As part of the study, they regularly tested tap water for the presence of bacteria in four cities in the country. The results showed that in contrast to all seasons of the year, the bacteriological quality of the water was worse than in other seasons. In addition, excessive consumption of fruits, various vegetables without observing sanitary and hygiene rules also leads to an increase in the incidence of viral hepatitis A in summer and autumn.

_Conclusion:_ Symptoms of viral hepatitis A include rapid fatigue, fever, loss of appetite, weakness, nausea, diarrhoea, discoloured urine, abdominal discomfort (right lower ribs) or pain, whites of the eyes, sweating and yellowing of the eyes. According to recent data, the number of people infected with viral hepatitis A has decreased slightly by 2020. This is probably due to a decrease in social contacts as a result of the Covid-19 pandemic response, which has reduced the risk of contracting other infectious diseases. Vaccination against viral hepatitis A is also the most effective way to prevent the disease!

_Literature:_
3. Rakhmatilloeva G.H. Article "PROTECTION OF VIRUS Hepatitis A Disease". 
SOCIO-PSYCHOLOGICAL FACTORS OF RISK FOR THE FORMATION OF INTERNET ADDICTION

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Aim: to determine the socio-psychological risk factors for the formation of Internet addiction in adolescents in order to optimize psychoprophylaxis and psychocorrection of behavioral disorders in this population.

Material and methods: 68 visitors of Internet clubs and Internet cafes aged 12 to 19 years old were the object of the study; a specially designed questionnaire, created by the staff of the Department of Psychiatry together with clinical and social psychologists, contained a list of psychological test-questions to identify risk factors for the formation of Internet addiction. In the process of experimental psychopathological research, the Spielberger-Khanin anxiety questionnaire was used to determine the emotional status, and the Shmishek-Leonhard test was used to identify the typological characteristics of adolescents' personalities.

Results: In the surveyed group, as a result of testing using the Spielberger-Khanin questionnaire, the presence of anxiety disorders of varying severity was revealed in 98% of adolescents, more than half of the study participants noted the presence of manifestations of anxiety of moderate severity (55%), 35% surveyed - without clinically significant anxiety and in 10% of adolescents - pronounced anxiety was stated. The study of emotional disorders showed that their presence and severity are associated with the type of gaming activity, the duration of the gaming experience and the stage of dependence on role-playing computer games. In the study of personality traits using the Shmishek-Leonhard test, it was revealed that the personality traits of the surveyed adolescents did not reach the degree of psychopathy (personality disorder), however, in all cases, accentuations of certain character traits could be noted. Among all examined, the following was established: a demonstrative personality type in 6 adolescents (9%), a stuck personality type in 20 adolescents (30%), a schizoid type in 56% of cases (38 examined), an anxious-fearful type in 4 adolescents (5%).

Conclusions: the study found that the educational value of the family plays an important role in the formation of Internet addiction from social factors, from psychological factors revealed a tendency to Internet addiction of adolescents with stuck and schizoid character traits, who have a high level of personal and reactive anxiety. The data obtained indicate that it is necessary to carry out psycho-prophylactic measures with the parents of adolescents, psycho-corrective work with children and adolescents at risk to prevent the emergence and development of dependence on computer games and social networks and communities in order to form a harmoniously developed personality.

Literature:

LUNG FUNCTION MEASUREMENT IN HIV-INFECTED CHILDREN

Tadjiev B.M., Dinmukhammadiev N.A., Mirkhashimov M.B.
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Aim: To determine of lung function abnormalities by using spirometry.

Materials and methods: The study was held in a hospital located in Tashkent city, Uzbekistan. 179 children 5-18 year olds were examined. Spirometry was conducted by using a portable Contec SP80B Spirometer. Calculation of spirometry outcomes was performed in the website under Global Lung Function Initiative (GLI) - http://gli-calculator.ersnet.org/index.html. Z-scores calculated in this site were used to determine lung function changes for forced expiratory volume in 1 sec (FEV1), forced vital capacity (FVC), FEV1/FVC, forced expired flow between 25 and 75% of the FVC (FEF2575), forced expired flow when 75% of the FVC has been expired (FEF75). Microsoft Excel 2019 was used for statistical processing.

Results: Mean age of children was 15.9 ± 1.84 years old. 133 (73%) and 43 (23.6%) of them were in third and fourth clinical stage of HIV infection respectively. 1 and 3 children were in the first and second clinical stages respectively and reached 2%. 66 (36.3%) of children had at least one measurement of FEV1, FVC and FEF2575 lower than lower limit of normal (lln) (p<0.001). 62 (94%) of those children had FEV1/FVC percentage within normal limits or higher (p<0.001).

Conclusion: A significantly higher frequency of occurrence of FVC abnormalities, lower measured FEV1 changes and comparably little number of detected FEV1/FVC abnormalities led to thinking about changes specific for restrictive pattern lung abnormalities. More study is needed.

LIFESTYLE AND MALE REPRODUCTIVE HEALTH

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Aim. Study the relationship between male infertility and lifestyle, taking into account the specifics of the nation.

Materials and methods. A questionnaire was administered to examine the relationship between lifestyle and male infertility among 300 men with negative spermogram changes and 300 men with normospermia (case-control method).

Results. The study revealed the impact on reproductive health of the following main lifestyle factors. Study of the relationship between living conditions and reproductive health showed that those living in uncomfortable living conditions were 1.8 higher more likely to develop pathospermia than those in the normospermia group, and 2.3 higher more likely to develop the disease than those living in very good conditions (p = 0.047). It was found that those who did not follow the principles of rational nutrition among men who developed pathospermia were 2.1 higher, as well those who had bad habits 2.4 higher than in the normospermia group. The absence of harmful factors related to working conditions was reported by 52.0 ± 2.88% of men in the pathospermia group and 69.7 ± 2.73% of men in the normospermia group. Among the harmful factors associated with occupational activities, we should mention prolonged sitting work (21.0 ± 2.35% in the pathospermia group and
10.3 ± 1.76% in the normospermia group). Statistical analysis of the obtained data shows that occupational harmful factors may have a negative impact on reproductive health (OR = 2.03, p < 0.01). Physical activity has a positive effect on the reproductive system, and the duration of physical activity is also important (OR = 2.3, p = 0.010). A link between promiscuity and pathospermia was found (OR = 3.1, p < 0.05)

**Conclusion.** Based on the results obtained, can say that lifestyle has a definite influence on the reproductive health of men. It is reasonable to emphasize the principles of a healthy lifestyle when carrying out measures to prevent infertility, in particular during primary prevention.

**Epidemiological Features of the Spread of Coronavirus Infection (COVID-19) on the Example of the Andijan Region of Uzbekistan**

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**The aim of the study** was to study the epidemiological features of the spread of COVID-19 infection among the population of the Republic of Uzbekistan on the example of the Andijan region.

**Material and methods:** The material was the official statistical data of the state sanitary and epidemiological supervision of the Andijan region on the incidence of COVID-19, for 2020-2022. Epidemiological and statistical research methods were used in this work. Statistical processing was carried out with the calculation of relative values.

**Results:** The diagnosis was confirmed by RT-PCR. When analyzing the incidence of HF infection by averaged indicators for the year, a trend of a systematic decrease in morbidity rates was established. If in the period 2020 the incidence rate was 1237 cases per 100 thousand people, in 2021 this indicator decreased to 1315 cases per 100 thousand people. When analyzing the incidence of KV infection in the context of administrative territories, it was found that the highest rates were observed in Khanabad, Ulugnar and Khodjaobad districts (298.0; 306.0; 234.0 per 100 thousand. population, respectively).

When analyzing the monthly distribution of the incidence of coronavirus infection, it was found that in 2020, non-cyclical rises in the incidence are characteristic of KV infection. The rise in morbidity in 2020 occurred in autumn: September and October (35.7 and 81.6 cases per 100 thousand people, respectively); the lowest incidence rates occur in May and June (0.52 and 1.48 cases per 100 thousand people, respectively). And in 2021, the increase in morbidity begins at the end of July, with a peak in the month of August (26.2 and 40 cases per 100 thousand people, respectively).

According to the study, the cases of COVID-19 with a confirmed diagnosis in 2021 in the Andijan region were distributed by age as follows: 13.7% - children under 14 years, 4.8% - aged 15-19 years, 20% - 20-29 years, 22.8% - 30-39 years, 14.4% - 40-49 years, 13.2% - 50-59 years old, 10.8% - patients over 60 years old. The most affected contingent were people aged 30-39 years, the incidence rates among which amounted to 33.6 per 100 thousand of this age, as well as among the population aged 20-29 years, this indicator was equal to 29.6. Among the sick children and adolescents from 1 to 14 years, the incidence rate was 20.1, the lowest rate was among people from 15 to 19 years and amounted to 7.1.

**Conclusions:** The spread of COVID-19 among the population of different districts in the Andijan region, the Republic of Uzbekistan has common patterns and is higher among middle-aged and older people. This is probably due to the social activity of this group, the density of the population.
The study of the seasonality of distribution did not reveal any definite links with the seasons. From the current situation in Uzbekistan, as well as in the world, it follows that it is necessary to improve epidemiological surveillance and adequate preventive measures in relation to coronavirus infection.

CEREBRASTHENIC SYNDROME IN PATIENTS SUFFERED FROM COVID 19

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Aim: To describe the Cerebrasthenic syndrome related to coronavirus infection in humans.

Materials and methods: The study included 60 patients (24 men and 36 women). The average age of the patients was 41 (from 3 to 62 years).

Result: Cerebrasthenic syndrome after CoV infection may vary from 17.3% to 36.4% and, in the pediatric age range, encephalitis may be as frequent as respiratory disorders, affecting 11 % and 12 % of patients, respectively. The Investigation included 60 patients diagnosed with CoV infection who presented neurological symptoms, with median age range varying from 3 to 62 years. The main neurological alterations were headache (15; 28,3 %), dizziness (12; 20,0 %), altered consciousness (6; 10,0 %), vomiting (6; 10,0%), epileptic crises (1; 1.7 %), neuralgia (3; 5 %), and ataxia (2; 3,33 %). The main presumed diagnoses were acute viral meningitis/encephalitis in 3 (5,0 %) patients, hypoxic encephalopathy in 3 (5 %) patients, , 1 (1,67 %) patient with possible acute disseminated encephalomyelitis, 1 (1,67 %) patient with acute necrotizing hemorrhagic encephalopathy, and 1 (1.67 %) patients with CoV related to Guillain-Barre syndrome.

Conclusion: Coronaviruses have important neurotropic potential and they cause neurological alterations that range from mild to severe. The main neurological manifestations found were headache, dizziness and altered consciousness.

Literature:


**PREVALENCE OF ALLERGIC DISEASES IN CHILDREN UNDER HOT CLIMATIC CONDITIONS**

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The purpose of the study was to study the frequency of the spread of allergic diseases and to identify the main risk factors that contribute to the development of the disease in children aged 0-18 years in a hot climate.

**Materials and methods of research:** Analysis of official data on the prevalence of allergic diseases in children was carried out on the basis of a study of the data of the annual reporting form for the last 5 years (from 2016-2021), a multidisciplinary hospital at the Academy, in the Department of Allergoneurology of Children and Adolescents and identified factors contributing to the development of diseases. This center geographically corresponds to the administrative boundaries of the city of Tashkent.

**Research results.** The epidemiological cross-sectional study was carried out as part of the Global Asthma Network (GAN) project, which was established in 2012 to identify and address problems associated with allergic diseases in children, which is an important chronic non-communicable disease (CNCD) worldwide. In essence, this organization arose from the union of two other organizations: the International Study of Asthma and Allergies in Childhood (ISAAC) and the International Union Against Tuberculosis and Lung Disease (International Union Against Tuberculosis and Lung Disease (IUATLD), which have been helping countries identify and treat this important noncommunicable disease for more than two decades.

In accordance with official information on the number of diseases registered in patients, the prevalence of allergic diseases in children under the age of 17 who received treatment at the Multidisciplinary Hospital at the Tashkent Medical Academy, in the Department of Allergoneurology in Children and Adolescents, has remained stable over the past 5 years and varies from 345 to 978 per 1000 children in different age groups. When analyzing data on cases of patients with major diseases in the allergoneurology department, they were divided into three group The first group consisted of children with pathology of the respiratory tract. These include diseases such as: bronchial asthma (ICD codes J 45.0, J 45.1, J 45.8), all forms of obstructive bronchitis (ICD codes J 40.0, J 20.9, J 20.0, J 41.8), pollinosis and allergic rhinitis (ICD code J 30.0), nasopharyngitis (ICD code J 30.1.) The second study group included children with allergic diseases associated with the skin in violation of the gastrointestinal tract. These include diseases such as: atopic dermatitis (ICD codes L20.0, L20.8, L20.9) urticaria (ICD code L50.0), toxicoderma (ICD code L27.0), toxic vasculitis (ICD code D 69.9) . The third group consisted of children with neurological disorders who received treatment in the allergoneurology department with cerebrovascular disease (ICD code G 160-169) and all diseases with disorders of the central-peripheral nervous system (ICD code G 160-169, G 50-64, G 00-09, P 10-15, Q 00-99). The total number of visits to the multidisciplinary hospital in the department of allergoneurology at the Tashkent Medical Academy over the past 5 years amounted to 11.86 per 1000 population.
Conclusions: the article presents the results of an epidemiological study of the prevalence of AD in children. Over the past five years, there has been a slight decrease in respiratory diseases, but AR has a very high prevalence, which is possibly due to the climatic and geographical features of the place of residence and environmental factors.

List of used literature:

STRESS IN THE ACTIVITIES OF MEDICAL WORKERS IN MENTAL HOSPITALS

Xamidullayev X.SH.
Tashkent Medical Academy, Tashkent, Uzbekistan

Aim: To study the stresses arising in the work of psychiatric medical personnel.

Materials and methods: A sociological survey was conducted among doctors and nurses of the Republican Clinical Psychiatric Hospital of the Ministry of Health.

Results: The Republican Clinical Psychiatric Hospital employs 27 doctors, 18 of whom are women. The average age of doctors was 46.5 years. The total number of nurses is 127, of which 18 are nurses, with an average age of 42 years. The results of the survey were as follows: 49% of medical workers working in a psychiatric hospital have a negative impact on their psycho-nervous system. Difficulties in working with patients were noted in 65.3% of cases. Job satisfaction was 69.7%, of which 38% were men and 31.7% were women. Family health workers (59.1%) and other unmarried health workers (36%) experienced more stress. Among the factors that cause stress in the workplace, patient difficulties accounted for 56%, redundant documentation - 35%, as well as problems related to wages. 29.3% wanted to change jobs.

Conclusions: In conclusion, stress in the psychiatric staff of a psychiatric hospital has a negative impact on the mental state of 49% of the staff. 65.3% experience difficulties in working with the mentally ill. Only 29.3% they would like to change jobs. As a result, it was found that working in a psychiatric hospital can cause stress and, as a result, lead to changes in health status.

Literature:
EPIDEMIOLOGY OF TRAUMATISM IN HOSPITAL LEVEL: RETROSPECTIVE STUDY FROM EMERGENCY UNIT

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Aim: the aim of the research was to study the structure of injuries in elderly population who admitted to an emergency medical unit at the hospital level in Tashkent city.

Materials and methods: A retrospective analysis from emergency unit’s registration book of the Republican Specialized Scientific and Practical Medical Center for Traumatology and Orthopedics (Center) during 1st to 31st December 2020 was carried out. The sample consisted of elderly people, aged 60 years old for men and 55 years old for women, who applied for emergency trauma unit at the Center. Age groups were formed in accordance with the WHO Classification for adults: elderly (60-74), senile (75-89), centenarians (90 years and older). From the register, such data of older people as age, gender, date and time of admission, cause of injury, place of residence, and type of injury were taken out. The study used the ICD-10 classification.

Results: During 1st to 31st of December, 2020, 217 elderly people applied to the emergency department due to an injury. Of these, men accounted for 25%, women 75%. The distribution of patients by age group showed that 78% were in the elderly group, 19% in the senile group, and 2% in the centenarian group. The mean age of the geriatric patient was 67 years.

Most calls occurred during the daytime (35%), the smallest number of calls occurred at night (4%). Calls in the morning and evening hours amounted to 33% and 29%, respectively.

The main cause of injury in the elderly was a fall (74%), both outdoors and at home, and tucked limbs in 7% of cases.

An analysis of the structure of injuries showed that the most common were dislocations and sprains of the capsular-ligamentous apparatus (56%) and bone fractures (41%). The distribution of dislocations and sprains of the capsular-ligamentous apparatus by age groups showed that they were most common in the elderly group (45%), and least of all in centenarians (1%). Bone fractures were most common in the elderly group - 31%, while in centenarians they were only 1%.

Fractures of the elbow and forearm in the elderly were the most common (35%). The next place in terms of localization of fractures was fractures of the knee and lower leg - 18%, among them, the incidence in men was 19% and in women - 81%. In third and fourth places, according to localization, among the fractures were fractures of the bones of the shoulder girdle and shoulder and bones of the hip joint and thigh, 15% and 11%, respectively.

Conclusions: The study shows that older women have a higher incidence of injury. Elderly people aged 60-74 are the most affected. Falls are the most common mechanism of injury among the elderly. Every second elderly person who applied for emergency medical care has a broken bone, which should be paid special attention when transporting such patients. In every third elderly patient with a fracture, the localization of the fracture occurs in fractures of the bones of the elbow and forearm. Every fifth elderly patient with bone fractures has fractures of the knee and lower leg.
ORGANIZATION OF MEDICAL SERVICES IN PRESCHOOL ORGANIZATIONS

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Aim: to examine the organization of the work of the provision of nurses in pre-school educational institution, to determine the reserves of their job performance enhancement.

Materials and methods: the work activities of nurses in 4 districts of the Tashkent City preschool education organizations were studied by questionnaire.

Results: In pre-school educational organizations, all medical nurses have a secondary medical education, they graduated from colleges or medical institutions of professional education. The average age of nurses was 38 years, of which 22% were under the age of 30, 25,8% were under the age of 30 to 39, 32,9% were under the age of 40 to 49, and 19,3% were over the age of 50.

There is no time to increase professional skills 56,2%, while in 14 %, while in 29,8% regularly boosts the brush set. Various factors interfere with their professional development: the abundance of the load, the absence of family conditions or interest, etc. In addition to professional responsibilities, pre-school organizations nurses identified people with time to perform various tasks, complete schedules and data. There is almost no Internet in the workplace, 3,2% have established that there is a nurse, they use their own account, even if they use the internet. Those who wrote that they use the computer mainly for replenishment of accounts.

Conclusions. It is important that nurses in primary care and pre-school education organizations have access to information about the main factors that affects children's health and the occurrence of the disease and that they are promoted among the population.

An important factor in increasing the efficiency of the work of pre-school educational organizations nurses is the increase in wages, reducing unreasonable costs associated with medical documentation, improving their material and technical equipment, increasing the prestige of the profession, increasing professional knowledge and skills.

Literature:

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3. Федорова Г. В., Голева О. П. Научная медицинская литература о проблемах сестринского дела // Медицинская сестра. - 2015. - № 4. - С. 52-54
ASSESSMENT OF THE QUALITY OF MEDICAL CARE PROVIDED TO PATIENTS IN THE GYNECOLOGICAL DEPARTMENT

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Aim: To study the satisfaction of nurses with patients in the gynecology department and to develop scientifically based recommendations for improving the quality of work of nurses.

Materials and methods: A sociological survey was conducted with nurses and patients in the gynecology department of the Republican Specialized Obstetrics and Gynecology Scientific-Practical Medical Center of Mirzo Ulugbek district, Tashkent. Questionnaires were administered to 60 nurses and 50 patients. A survey of nurses was conducted to determine their work needs, job satisfaction, barriers to work, and knowledge. A questionnaire survey was conducted among patients to determine their satisfaction with the work of nurses.

Results: The average age of nurses was 41.7 and the average age of patients was 38.9. When asked what is the most common discomfort observed in patients after gynecological surgery, 24.3% of nurses answered pain, 36.5% nurse stress, 20% nurse fever, 19.2% nurses did not know. It is clear that nurses should be able to provide patients not only with medical care, but also with psychological care.

When asked what factors negatively affected the quality of work, 39.9% of nurses answered that they were unskilled and 30.2% said that they lacked the necessary tools to work with documents.

In a patient survey, 85.6% of patients said yes and 14.5% said no. When asked how they assess the professionalism of a gynecology nurse, 47.9% of patients scored 5 points, 41.2% of patients scored 4 points, and 10.9% of patients scored 3 points.

Conclusions: It should be noted that the nurses of the gynecology department of treatment and prevention facilities have a uniquely difficult and responsible task. They not only care for patients, but also provide them with emotional support, reduce anxiety, and provide serious care in the prevention of gynecological diseases.

Given that the most common adverse event observed in patients after gynecological surgery was stress (36.5%), nurses should be able to provide patients not only with medical care but also with psychological care. Psychological care is very important for patients today.

Introducing online follow-up tests every month or every three months to improve the skills of nurses will also save time and improve the skills of nurses.

Literature:

1. Маматкулов Б.// Жамоат саломатлиги ва соғликни саклашни бошқариш –Тошкент -2019 -40-44
MANIFESTATION OF THE BURNOUT SYNDROME AS A MEDICAL-PSYCHOLOGICAL PHENOMENON

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Tashkent State Dental Institute, Tashkent, Uzbekistan

**Aim:** is to examine the manifestation of Burnout syndrome in middle medical workers in conditions of occupational stress.

**Materials and methods:** the sample consisted of nurses working in the direction of therapy and surgery based on the aim and objectives of the study (43 nurses). In the study, Maslach Burnout Inventory (MBI) and HADS – anxiety and depression scale were used.

**Results:** in a separate analysis of the questionnaires of 21 nurses working in group A (therapeutic direction), we obtained the following result: at 85,7% of the respondents (18 employees) received a moderate level of indication and at a high level of indicator at 14,3% (3 people) were identified. In a separate analysis of the questionnaires of 22 nurses working in group B (surgical direction), the following results were obtained: at 4,5% of respondents (1 person) had a lower mental stress syndrome score, at 91% (20 employees) had a moderate level indicator and at 4,5% (1 person) had a higher-level indicator. A comparative analysis of the level of Burnout syndrome in Group A and B showed that there is practically no significant difference between the groups. Such an indicator characterizes the fact that the workload in nursing activities today is high, at the same time, a high level of psychological communication between patients and their relatives.

The results obtained using HADS-anxiety and depression scale showed that 44% of clinical anxiety, 35% of subacute anxiety were detected in nurses. And in 9 nurses (21%) it was found that the degree of anxiety is in the norm. When analyzing the levels of depression in nurses based on the results obtained, 21% clinical depression, 4,7% subclinical depression were detected. It was found that 74,3% of respondents did not have depression.

**Conclusions:** the main reasons that affect the development of Burnout syndrome in nurses are: high intensity of the working day, the result of communication with employees and patients, and a great responsibility for the performance of assigned professional activities, emotional and psychological tension-based interpersonal significant number of contacts, a lot of demands on informal relationships in solving them. This insecurity occurs due to disagreement and is manifested in various forms of refusal from further interaction.

Anxiety indicators were predominant in nurses compared to depressive indicators. This situation in nurses can be explained by the fact that in more professional activity the level of communication with patients is very high, the patient's anxious state due to the disease is pre-treated with nurses. At the same time, it is directly related to the fact that the problems in the family relations of nurses arise at an increasingly greater level of personal anxiety and emotional tension in a specific style.
EMPATHY AND BURNOUT SYNDROME IN MEDICAL WORKERS WORKING IN THE INTENSIVE CARE UNIT

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Scientific supervisor: Mirdadaeva D.D.
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Aim: To study the burnout syndrome of nurses working in the children's intensive care unit.

Material and methods: The study studied 53 nurses aged 25 to 60 years, using the method of diagnosing the level of emotional burnout V.V. Boyko. The study of test results was carried out on four symptoms each of the three phases.

Results: The results of the study of the level of emotional burnout according to the method of V.V. Boyko showed that in 18% of the studied, a symptom -A was formed, in 23% of the studied, symptoms -E, J, I, K, L Symptom -B is present in 4.2% of recipients, the rest do not have symptoms D and D.

The results of the study revealed that a large percentage of the subjects are in the 2nd phase - resistance. These are mostly young workers with little work experience. In this group of nurses, the actual resistance to growing stress begins from the moment the anxiety tension appears, when she consciously or unconsciously strives for psychological comfort, tries to reduce the pressure of various emotional factors with the help of the means at her disposal. Due to the complex and intense work in the intensive care unit, professional burnout of nurses is observed in the performance of their functional duties.

Conclusion: It should be emphasized that nurses working in the intensive care unit belong to the high-risk group of burnout syndrome, which significantly affects not only the psychological and physical condition of the worker, but also patients, colleagues, and family members. All this requires certain knowledge and skills to prevent the development of burnout syndrome, both from managers and nurses.

Literature:

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THE ROLE OF THE NURSE IN THE PROCESS OF PATRONAGE AMONG CERTAIN GROUPS OF THE POPULATION

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Introduction. The role of nurses in prevention is very important, especially with patients with chronic diseases. Because the improvement of this population group will not only improve their health, but also help to improve the health status of the population as a whole.

Aim of the study was to investigate compliance of patient to the doctor’s prescription and optimization of nursing activity in prevention risk factors of diseases among population of Uzbekistan.

Results. Among the reasons why patients did not perform the prescribed medical rehabilitation were the lack of often visible positive effects, discomfort during medical treatment, high cost of recommended treatments, confidence in the success of treatment, distrust of medical staff and others. Significantly, one in two respondents cited several reasons that prevented them from completing a full course of treatment, including those who did not complete the medical rehabilitation program. It was noted that after targeted interviews by nurses with patients who did not consider it necessary to perform the prescribed types of treatment or did not complete them, their share decreased to 6.9 and 17.3 percent, respectively.

An important role in the work of a psychologist is played by informational, explanatory, persuasive and persuasive conversations. One of the important areas of rehabilitation therapy for patients with chronic diseases was social rehabilitation, which is related to medical rehabilitation and is based on the introduction of a healthy lifestyle into their daily lives, which allows to increase the effectiveness of medical-psychological measures. The results of this study identified a leading role of medical activity in the formation of adverse health indicators in the study group, as well as its low level in a significant proportion of respondents.

Optimization of medical activity was aimed at increasing medical literacy, changing medical behavior, and introducing a healthy lifestyle to the group of patients surveyed. The social rehabilitation program consists of several sections.

The increase in medical literacy contributes to a positive change in the lifestyle of patients, which has been reflected in the increase in the proportion of people who incorporate various elements of a healthy lifestyle into their activities. In addition, the proportion of people who quit smoking (31 males or 8.6% and 15 females or 3.6%) changed their workplaces to non-occupational hazard-related workplaces (17.1%) for various reasons. occupational hazards). In assessing the effectiveness of the proposed medical and social rehabilitation program, all examined patients with chronic pathology were divided into 3 groups, one of whom actively participated in the program and completed all areas of medical and social rehabilitation (297 patients - 37.9%)

Conclusion. Improving medical literacy informs patients about risk factors for chronic diseases, possible pathologies of existing pathology and possible ways to restore health, on the one hand, increase the impact of negative factors, instill confidence in the need and, on the other hand, develop positive factors related to health and strengthening, teaching healthy lifestyle skills.
THE ANALYSIS OF THE CAUSES OF DEATH AND RISK FACTORS FOR THE INCIDENCE OF CHILDREN UNDER ONE YEAR IN THE CITY OF NUKUS

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The purpose of the study: to study the health, risk factors of children under the age of one year in the Aral Sea region, to develop preventive measures aimed at improving them.

Materials and methods. Modern statistical methods will be used in the course of the study. The incidence and mortality rate of children of the city of Nukus of the Republic of Karakalpakstan was studied.

The object of the study is children under the age of 1 living in the city of Nukus of the Republic of Karakalpakstan.

The result of the study: the study of the incidence of children in the first year of their lives in Nukus revealed regional specific features associated with geographic climatic conditions, the level of medical culture of parents, the quality of treatment and care of children during the period of their illness. In the city of Nukus, the improvement of the health of early-aged children depends primarily on factors such as the development of targeted measures aimed at increasing the medical activity of their parents and families, the direct care of family members, especially mothers' own children. It was noted that the indicator of infant mortality in the city of Nukus will grow in recent years, that is, the indicator increased by 30.0% from 2012 year to 2017 year. The magnitude of infant mortality is strongly influenced by the age of the child, including the smaller the age, the higher the indicator. Among the causes of death of children under one year of age were diseases of the respiratory organs, separate cases in the prenatal period and congenital anomalies (86.6%).

Taking into account the fact that the mortality of children under the age of one year corresponds to the post-neonatal period of 33.7% (that is, every third child who died before the age of one year dies between the ages of one month and 11 months), including taking into account the fact that the child has leading respiratory system diseases in the structure of mortality of children aged 1 month to 3 years, the main attention is paid to parents who are married, it is necessary.

Conclusion: reducing the mortality of children under the age of one year is one of the main factors that leads to a decrease in the overall mortality of the population, an increase in the population, an increase in the level of life expectancy, therefore, an in-depth analysis of the death of infants, that is, children under the age of one year, compared.

Literature:

EXPERT ASSESSMENT OF LABOR QUALITY EFFICIENCY OF NURSES OF SURGERY DEPARTMENT OF EMERGENCY MEDICAL INSTITUTIONS

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Aim: To study the professionalism of surgical department nurses, the quality and effectiveness of their work.

Materials and methods: In the study, the quality of work of nurses of the Republican Emergency Medical Center and the surgical department of Fergana, Syrdarya and Khorezm branches (532) was studied by experts (heads of departments with at least 10 years of experience in the last position, doctors and senior nurses).

Results: It was found that the efficiency of the work of nurses in the surgical departments of emergency care facilities depends in many respects on the rational organization of the workplace and is 6.8% unsatisfactory organization. According to experts, the main reason for this is the unsatisfactory level (1.4%) of the supply of medical equipment, dressings and necessary drugs to the surgical departments of the Center. The quality of certified medical records is good in 58.6% of cases, and this is due to the large number of medical records (24%), 60% of which are partially satisfactory. 7.1% unsatisfactory compliance with doctor's instructions Low qualification of nurses (28.9%), it was found that it was related to the inability to regularly improve their professional skills (30.0%) and the inability to perform their duties under the instructions of a doctor (20%). 56.0% of nurses of surgical departments of emergency medical care follow the rules of infectious safety, 40.0% are satisfied and the main reason is that only 56.7% of nurses know the basic normative documents on infectious safety and sanitary-epidemiological regime. 9.5% do not know at all and 16.7% ithe need for additional training on infection safety observed. Medicines in the department good accounting is 65.0% and unsatisfactory accounting is 5%, which is due to the high workload (8.7%) and the need for additional training of nurses in the surgical department on the proper use, storage and accounting of medicines (28.5%). and dissatisfaction of the department with the provision of medicines, binding materials (11.0%). 9.5% of surgical nurses did not follow the principles of medical ethics at all and it was directly related to the occurrence of conflict situations with patients, only 18.0% did not have conflicts with patients and 43% of nurses were found to be completely satisfied with the community environment.

Conclusion: In particular, it was found that the workplace in the surgical departments of the emergency medical center was poorly organized, mismanaged medical records, did not fully comply with nursing standards, did not follow medical instructions in a timely manner, miscalculated medications and unsatisfactorily complied with medical ethics. The main reasons for these shortcomings are: dissatisfaction with logistics, overloading, poor community environment, poor knowledge of regulatory documents, low qualification of nurses and is that he does not constantly improve his professional skills.

Literature:
MOTIVATION AND THE NEED TO INCREASE STUDENTS' INTEREST IN OBTAINING NEW KNOWLEDGE THROUGH THE APPLICATION OF PEDAGOGICAL TECHNOLOGIES

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Aim: To study the use of modern pedagogical technologies in teaching on the topic: “Resuscitation Nurse Management” for nurses of higher education. To identify the distinctive features of the lesson, conducted by the method of developing critical thinking. Determine the place of the method "Blossoming Lotus" for critical analysis in the teaching of a new topic.

Material and methods: The study covered 12 students of the 308th class of the Higher Nursing (main group), and 14 students of the group studying according to the classical technology of the 304th class of the Higher Nursing (the control group)

Results: The lesson was carried out in three stages. The first stage is the analysis of the causes (graphic organizers), the second stage is the solution of a situational problem. Third stage - Test solving. The purpose of the 1st stage: - to update the students' knowledge on this topic; - Motivate for learning activities. The purpose of stage 2 allows the learner to obtain new information; comprehend it; relate to existing knowledge. The goal of stage 3 - Solving tests allows the student to get an assessment of knowledge, consolidate the material covered, and identify the weak link in their knowledge. Student participation 97%, in the control group 95%; Digestibility 100 to 87%; Knowledge of prerequisites 84 to 68%; Student activity 100 to 48%; communication 86% in the main group, and 65% in the control group. It should be noted that it is advisable to conduct this lesson with the division of the group into small groups, while each group receives the task to draw up a separate “petal” of the lotus: to consider the features of each stage of management through the prism of any individual characteristic (goals, tasks, personnel, risk factors, SWOT analysis, etc.).

Conclusion: The use of the technique contributes to:

1. Expanding the understanding of nursing management, deepening and detailing knowledge about the stages, methods of work, reasons, features of the organization, as well as focusing on the objective construction of work and personnel management.

2. Awareness through the content of the educational material of organic communication, detailing their characteristics through the logic of the reasons for the development of nursing management in the ICU.

3. Development of students' ability to analyze, structure, generalize information, as well as creative thinking and communication.

The forms of the lesson are different from the lessons in traditional education - students do not sit passively, listening to the teacher, but become the protagonists of the lesson.
THE ROLE OF NURSING STAFF IN HIV PREVENTION

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Aim: on the basis of comprehensive medical and organizational research and development, to scientifically substantiate the role of nurses in the prevention of HIV infection.

Materials and methods: The research used statistical, socio-hygienic, questionnaire and online survey methods. The level of HIV infection, the awareness of certain segments of the population and nurses about HIV infection, the attitude of certain segments of the population and nurses to people living with HIV, the indicators of nurses in the prevention and control of HIV infection.

Results: Over the past 20 years, the incidence of HIV infection has increased 14 times, the peak incidence falls on 2013, in subsequent years there is a downward trend in the incidence rate. The highest rates of HIV infection were registered in Tashkent city, Andijan, Tashkent regions, where the level of the indicator exceeds the national average by 1.3-2.3 times. As of 2020, the number of HIV infections is higher among men than women. School-age children and youth are more susceptible to infection. The analysis showed that almost half of the respondents from the 1st group do not consider the HIV problem relevant for our city, only 12% of the respondents from this group donated blood for an HIV test, almost a third of them believe that the HIV problem will not affect them and almost half found it difficult to answer at all, 2/3 of respondents need additional information about HIV, which shows low literacy on HIV issues. Only half of the respondents from the 1st group were able to answer correctly to the question “How can one detect HIV infection in a person?” through what liquids you can get infected and less than a third know the ways of HIV transmission. Less than a third of respondents from the 1st group know that an infected mother can give birth to a healthy child, and 52% found it difficult to answer at all. Only about half of the respondents will support a friend who has HIV status, and the rest continue to discriminate against them. Less than a third of respondents from the 1st group agree to attend educational institutions with HIV + children together, and 53% found it difficult to answer this question at all. Only 1/3 of the respondents agree to make a purchase from a seller who has HIV status. Among the children of schools and lyceums, the level of knowledge about HIV is 1.5-2 times lower than among young people and older people. Therefore, it is among this contingent that it is necessary to optimize measures to increase knowledge on HIV infection. The level of awareness of nurses of non-specialized HIV healthcare facilities on HIV issues is relatively low, knowledge on HIV issues and readiness to provide medical care to HIV patients is higher among nurse working in specialized medical institutions. institutions. Apparently, this is due to the fact that classes are regularly held among this contingent to improve their knowledge in this area. However, even among them there are cases of stigmatization and discrimination against HIV-infected people. In carrying out activities to counteract the spread of HIV infection among the population, especially among young people, it is necessary, first of all, to increase the level of knowledge among the main nurse, who will then carry out this work among their staff.
Conclusions: The level of awareness on HIV issues among children of schools and lyceums is 1.5-2 times lower than among young people and older people, one of the reasons is the lack or rare conduct of educational work on HIV infection by teachers and medical workers of educational institutions. Among nurses working in non-AIDS service medical institutions, the level of knowledge turned out to be 2 times lower than that of nurses at specialized health facilities, while knowledge on HIV issues and willingness to provide medical care to HIV patients is 1.5-2 times higher among nurses working in specialized medical institutions.

Literature:

ORGANIZATION OF NURSING CARE FOR STROKE PATIENTS

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Aim: Identify the features of the organization of nursing care for stroke patients and assess the possibilities of rehabilitation.

Materials and methods: We examined 85 patients who had a stroke. Depending on rehabilitation measures, patients divided into two groups - the main group (first group) - patients receiving neurorehabilitation (55 patients), the comparison group (second) - patients receiving standard rehabilitation therapy (30 patients) according to indications, including therapeutic physical culture, massage, physiotherapy. The average age of patients at the time of the examination was 61,7 ± 11 years (from 26 to 88 years), men - 55 (64,7%), women - 30 (35,3%).

Results: Primary stroke was detected in 64 (75,3%) patients, and recurrent was detected in 21 (24,7%) patients. According to the main classification of strokes (according to ICD-10), ischemic stroke occurred in 75 (88,2%) cases, the cause of which was a violation of blood flow, blockage of an artery by a thrombus and / or narrowing of an atherosclerotic plaque (atherothrombotic), vasospasm, and a decrease in pressure. Hemorrhagic stroke - occurred in 10 (11,8%) cases, the cause of which was rupture of the vessel as a result of high blood pressure, atherosclerosis, vasculitis, aneurysms, clotting disorders. The main risk factors for stroke were hypertension in 71 (83,5%) cases, diabetes mellitus in 25 (29,4%) cases, atrial fibrillation in 4 (4,7%) cases, and atrial fibrillation in 26 (30,6%) cases - heart disease (congenital heart disease, myocardial infarction), in 12 (14,1%) - previous TIA and primary stroke, in 15 (17,6%) - genetic predisposition to cerebral vascular diseases, in 12 (14,1%) - obesity, in 17 (20%) - lack of physical activity, in 20 (23,5%) - smoking, in 7 (8,2%) - alcohol consumption, and in 52 (61,2%) cases, repetitive stress. 18 (21,2%) patients had no movement disorders, 42 (49,4%) had moderate hemiparesis, 23 (27%) had severe hemiparesis, and 2 (2,3%) patients tetraparesis was detected after a stroke. Paralysis of the right side in stroke was observed in 41 (48%) cases, and paralysis of the left side in 38 (45%) cases. In the course of the study,
60 (71%) patients had a lack of self-care, 33 (39%) had dysfunction of the pelvic organs (fecal and urinary incontinence), 25 (29%) had bedsores, 15 (18%) - swallowing disorders. Speech disorders in the form of aphasia and dysarthria occurred in 25 (29%) patients, while motor aphasia was detected in 18 (20,8%) patients, sensorimotor aphasia was observed in 2 (2%) patients, mild disturbances in the form of elements sensory aphasia - in 1 (1%). The study assessed the awareness of caregivers about the principles of stroke care. According to the results of the survey, 61 (72%) respondents were informed about the peculiarities of the diet and drinking regimen. There was a lack of knowledge about how to properly change underwear and bed linen (14 (16,5%) respondents do not know), 61 (72%) people know about measures that reduce the risk of pressure sores, 69 (81%) people have the skills to carry out hygiene procedures (care for the skin, eyes, oral cavity), 73 (86%) people have the skills of feeding, 70 (82%) people provide assistance with physiological functions.

**Conclusions:** Thus, the most common form of stroke was ischemic stroke. The incidence of stroke in both men and women increases by the age of 61-70. The main risk factors were arterial hypertension, heart disease, repeated stress, diabetes mellitus and lack of desire for a healthy lifestyle. Competent organization of nursing care for stroke patients contributes to an increase in the effectiveness of the rehabilitation of patients with this pathology at the inpatient stage of treatment.

**Literature:**
2. Епифанов А. В., Епифанов В. А. Реабилитация больных, перенесших инсульт. – Москва, "Медицина", 2013 г.
QUALITY OF LIFE IN STROKE SURVIVORS DEPENDING ON THE METHOD OF REHABILITATION

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**Aim:** The study of indicators of the quality of life in stroke survivors, depending on the method of rehabilitation.

**Materials and methods:** In the neurological clinic “Neyromed Servis” in Tashkent, we examined 85 patients who had a stroke, the average age of patients at the time of the examination was 61.7 ± 11 years (from 26 to 88 years), men - 55 (64.7%), women - 30 (35.3%). Depending on the rehabilitation measures, stroke patients were divided into two groups - the main group (the first group) of 55 patients who received neurorehabilitation; comparison group (second) - patients who received standard rehabilitation therapy (30 patients). The EQ-5D-5L questionnaire was used to assess the quality of life. The EQ-5D-5L questionnaire consists of two parts. In the first, the state of health is assessed, studied in five areas: the ability to move in space; personal care; habitual daily activities (work, study, housework, participation in family affairs, leisure); pain or discomfort; anxiety and depression. The second part assesses the patient's state of health at the time of the examination on a scale from 0 to 100.

**Results:** In the second group, 1 (3.3%) patient had from 0-20 points; in the first group, 4 (7.3%) patients had from 21-40 points, in the second group, 11 (36.7%); from 41-60 points were in 21 (38.2%) patients of the first group, in the second group in 13 (43.3%); from 61-80 points were in 19 (34.5%) patients of the first group, in the second group in 4 (13.3%); from 81-100 points were in 11 (20%) of the first group, and in 1 (3.3%) patient in the second group.

In the first group, 15 (27.3%) patients experienced mild to moderate walking difficulties, and in the second group, 11 (36.7%) patients experienced great walking difficulties; 15 (27.3%) patients in the first group were not able to walk independently, and in the second group 10 (33.3%) patients. In the first group, 22 (40%) and in the second group, 10 (33.3%) patients experienced moderate difficulties with washing or dressing. Habitual daily activities were a little difficult for 20 (36.4%) patients of the first group, in the second group, in 13 (43.3%) patients, the usual daily activities were moderately difficult. 24 (43.6%) patients of the first group experienced slight pain or discomfort, in the second group 13 (43.3%) experienced moderate pain or discomfort. 21 (38.2%) patients of the first group experienced slight anxiety or depression, in the second group 12 (40%); 17 (30.9%) patients in the first group and 12 (40%) patients in the second group experienced moderate anxiety or depression. Assessment of the patient's condition using scales is distinguished by its objectivity and accuracy. A correct understanding of the state of each individual patient allows one to reasonably set strategic and tactical goals of treatment, to weigh the potential risks and benefits of individual methods of treatment in cases where the patient's condition is extremely serious and the probability of death is high.

**Conclusions:** The results obtained allowed us to draw the following conclusions. The use of scales makes it possible to increase the efficiency of decision-making in matters of therapy, the effectiveness of predicting stroke outcomes, and to compare treatment methods. The results of quality of life indicators according to the EQ-5D-5L questionnaire in the main group who received neurorehabilitation were 1.5 times better than in the comparison group who received standard rehabilitation therapy.
PREVALENCE OF CHRONIC DISEASES IN THE DEFENSE SYSTEM AND THEIR PREVENTION

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**Aim:** To improve the system of health of servicemen. Development of science-based measures to increase the effectiveness of prevention of non-communicable diseases.

**Materials and methods:** The object of research was military units of the Ministry of Defense of the Republic of Uzbekistan. They were asked about the concept of prevention of non-communicable diseases and preventive measures. The results of the survey were calculated and tabulated. A statistical method was used to study the appeals.

**Results:** In 2019, 18.4% of the total population in Uzbekistan was treated in hospital, the average stay of patients was 6.8 days. Our data is almost in line with the Republican figures. However, it should be noted that 13.9% of patients were treated in a military hospital, and the average number of patients was 5.6 days. This indicates that the health of servicemen is slightly better than the health of the general population. Therefore, the number of people treated in military hospitals is 4.5% lower than the national average. On the basis of appeals to the outpatient clinic among servicemen, their morbidity was studied in dynamics (2016-2020). As a result of an in-depth analysis of their appeals to outpatient clinics, an average of 1,885.1 ‰ cases were registered per 1,000 servicemen. Over the years, the highest incidence was 2456.1 ‰ in 2018, and -1242.3 ‰ by 2020, or a decrease of 31.3% in 2020. In our opinion, this situation can be considered not as a decrease in the number of diseases, but as a decrease in the number of outpatient visits to outpatient clinics in 2020 due to pandemic and quarantine announced due to COVID-19 disease.

**Conclusions:**
1. Thus, the study showed that the leading diseases among the military are diseases of the circulatory system, respiratory system, skeletal muscle and accessory tissue, digestive organs, as well as urinary tract diseases, which account for 77.2% of all cases.
2. The share of those treated in the hospital is less than 4.5%, despite the fact that the incidence rate is slightly higher among servicemen.
3. To reduce the prevalence of diseases, special attention should be paid to improving the quality and effectiveness of primary medical examinations and periodic examinations, including the formation of healthy lifestyle skills and regular physical activity.

**Literature:**

DIGITALIZATION OF PATRONAGE SERVICES TO IMPROVE AND MONITOR THE HEALTH STATUS OF CHILDREN IN THE FIRST YEAR OF LIFE

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The purpose of the study: to digitize the activities of nurses to improve the health of children under the age of one, to monitor the dynamics and to improve the quality of medical care provided to them.

Object of research: children under one living in families belonging to family clinics in Tashkent (1100), community nurses (40);

Subject of research: Diseases of children under one, living conditions and lifestyle, the structure, scope, quality and effectiveness of the work of the patronage nurse;

The practical results of the study are as follows:

- an electronic platform and a digital mobile application have been created to improve the organization of the work of patronage nurses, the correct and efficient use of working time, the quality and efficiency of work, professional competence, knowledge and skills.
- criteria for nursing care has been developed to assess and monitor the activities of community nurses, children's health;
- reduce child morbidity, develop healthy family habits, improve the work of community nurses, and develop comprehensive guidelines and recommendations;
- Based on the developed program, practical recommendations have been developed to improve the preventive activities of community nurses, improve children's health, reduce disease, develop healthy lifestyle skills in the family, and improve medical and social care services;
- The use of a prognostic table in primary health care, which allows the healthcare system to reduce the incidence of children under the age of one, a comprehensive assessment of the level of risk factors, identified risk groups for children, based on which individual, group differentiated measures were developed.

Introduction of research results. The results of research on the digitization of patronage services to improve the health of children under the age of one will be published at national scientific conferences, scientific publications recommended for publication of the main scientific results of the Higher Attestation Commission of the Republic of Uzbekistan, national and foreign journals.
MAIN FACTORS CONTRIBUTING TO EMOTIONAL BURNOUT OF NURSES OF THE ANESTHESIOLOGY DEPARTMENT

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Aim: To identifies the psychological features of the development of burnout syndrome in nurses-anesthetists and to justify recommendations for prevention and psychological correction. Identify the presence and severity of occupational burnout syndrome in nurses-anesthetist. To determine the indicators of professional and organizational commitment in anesthetic nurses and their relationship with the parameters of burnout syndrome

Materials and method: A sociological survey of nurses was conducted on the basis of the department of "Anesthesiology" of the Vakhidov Republican Specialized Scientific and Practical Center of Surgery. A total of 48 nurses were examined. 44 women (91.7%) and 4 men (98.3%) predominate among the respondents. 39 people (81%) have a family.

Results: Nurses under the age of 40 were characterized by a low degree of burnout, while at the age of over 50, all the examined patients had a relatively high degree of severity of emotional burnout syndrome. With a work experience of up to 5 years, in all cases, the syndrome was not formed (a low degree of burnout). With an experience of 5 to 20 years, a low degree of burnout was observed in 56.3% of cases; in 35.4% — average; in 8.3% — high. With an experience of more than 20 years, in a third of cases (33.3%), the severity of the syndrome was average; in 16.7% — high, and in half (50.0%) — extremely high.

Conclusion: - Almost a third (35.4%) of nurses in the Department of Anesthesiology and Intensive care have manifestations of burnout syndrome of one degree or another.
- The prevalence of this syndrome increases with increasing age and seniority of the sisters. Primary prevention, early detection and timely correction of the manifestations of CMEA are a significant problem in the system of measures aimed at preserving the health of medical personnel

Literature:

THE IMPORTANCE OF NURSING CARE FOR THE MENTAL EXCITABILITY OF MENTALLY RETARDED CHILDREN

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**Aim:** to study the influence of nursing tactics on the mental arousal in mentally retarded children on the mental state of the child in a boarding school.

**Materials and methods:** A sociological survey was conducted among 25 (60%) nurses who assigned to mentally retarded children at Muruvvat orphanage for children with disabilities. The nurses' work was monitored and their knowledge and skills were assessed by using a test.

**Results:** a total of 451 (100%) children are in a boarding institution for disabled children, of which (94, 9%) are children with congenital malformations. Among children, the degree of mental retardation (ICD-10) with F 71 (21,1%), F 72 (34,3%), F 73 (45,7%) was mainly noted.

When we asked the nurses what manifestations of mental disorders you have encountered in their work in mentally retarded children, 45,2% of the nurses said that they scream and extremely irritable, 29,6% who observed how they harmed themselves or others, and 25,2% - that they had bites and scratches himself. When we observed what part of the day mental disorders occur most often from 10-00 to 12-00 they were 49%.

When asked what tactics should a nurse take in such cases, 15% that the nurse offered to take the child for a walk in the fresh air, depending on the condition. 30% answered that they study the cause and use distracting methods, 54,5% said he would see a doctor

**Conclusions:** It was found that in a residential institution there is a high level of mental retardation F 73 (45, 7%), that is, a type of deep mental retardation. Their mental excitability is polyetiology and 49% of excitability was observed mainly in the first half of the day in the period from 10-00 to 12-00. 54,5% of nurses told the doctor to prescribe a sedative to the children with mental disorders after studying the cause. It became obviously that children with mental excitability is preferable to use a treatment method by using medications.

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**EMOTIONAL BURNOUT AND STRESS IN NURSES**

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**Aim:** To determine the state of emotional burnout of nurses of polyclinics in the city of Navoi. The syndrome of emotional burnout is evidenced by a loss of interest in one's work, a decrease in productivity, a loss of desire for work, and in some cases a rude, negative attitude towards work. The survey was conducted as part of a study on the topic “Improving the activities and advanced training of nurses in primary health care”.

**Materials and methods:** A survey of Weisman was conducted to determine the level of professional fatigue of the nursing staff of polyclinics in the Navoi region. In total, 137 nurses from 4 polyclinics of the Navoi City Medical Association took part in the survey. We divided the scale reflecting the results of the survey into three main groups. Consequently:

- From 30 to 59 points (green scale) - the results indicate a negligible level of fatigue.
- 60 and 89 points (yellow scale) - workers belong to the medium risk group, which means that measures must be taken to control the work of these workers and improve their efficiency.
- From 90 to 150 points (red scale) - there are negative changes in the emotional state of employees, which poses a serious risk. Failure to review the activities of these employees in a timely manner can also negatively affect the reputation of the institution due to a decrease in the quality of service and work efficiency and a sense of indifference to the profession. If we analyze these indicators in the context of clinics, then the best indicator was found in polyclinic No. 4, and the most negative - in polyclinic No. 2.

**Results:** Atmosphere of polyclinics: 1st Polyclinic (76%). Of the 45 employees interviewed at the clinic, 11 reported higher levels of burnout.

- 2nd Polyclinic (66%). Of the 35 clinic employees, 12 had a higher level of burnout.
- 3rd Polyclinic (89%). Of the 19 employees of the clinic, 2 had a level of emotional burnout above the norm.
- 4th Polyclinic (100%). all 38 employees were normal, and not a single employee with a level of emotional burnout was identified. From the results obtained, it can be concluded that in polyclinics with high negative rates, the following processes should be reviewed:
  - the workflow is organized incorrectly;
  - insufficient level of work with personnel;
  - management does not properly control the efficiency of work and the quality of service.

**Conclusions:** In practice, emotional fatigue, stress resistance of an employee are not taken into account, problem situations and psychological stress lead to emotional burnout of medical personnel. It is necessary to revise the system of protection of medical staff and this factor should be taken into account by the management. Because it's hard to change what can't be measured. Emotional burnout is a phenomenon that occurs as a result of prolonged stress and can lead to the development of various diseases.

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THE STATUS OF THE PUBLIC HEALTH VISITORS AT THE PRESENT STAGE AND THE MAIN ASPECTS OF THE ACTIVITIES OF NURSES IN PRIMARY CARE

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The aim of the study was a comprehensive study and evaluation of nurses working in the primary health care.

Materials and methods. To study the activity and condition of medical care provided by a patronage nurse, we used a multistage method of forming a random sample (cluster and stratified selection). A total of 73 clusters were selected (25 in urban areas and 48 in rural areas). Then, in each cluster, a census of the nurse was conducted. The final selection, approximately 20 nurses per cluster, was made using a systematic random selection method. In all regions, all selected 400 nursing nurses were subject to a sociological survey on an individual questionnaire. In the process of collection, processing and analysis of research materials used modern methods: statistical, sociological and comparative analysis methods.

Results. To identify the impact of nurses on the quality of medical services: age, professional characteristics of their experience, marital status and other parameters. The survey results showed that in both the main and control groups 76.7% and 78.6% respectively, the respondents were aged 20-45 years. In the experimental group 5 years ago 7,5%, from 5 to 10 years - 39%, from 11 to 20 years -22%, more than 20 years - 31,5% of respondents graduated from Secondary specialized educational institution. In the control group - 5,7%, 43,6 %, 25,7%, more than 20 years 25% respectively. Compliance of the functional responsibilities assigned to nurses according to the job descriptions actually performed by them in the course of activities in the main group was noted by 89.9±2.3%, in the control group only 51.4±3.46% of the respondents. The question of satisfaction with the activities was answered in the affirmative (69.8±3.64%) and (64.7±4.12%), respectively, every third nurse noted that she was not satisfied with the activities.54.7±3.94% of the respondents in the main group and (30.7±3.90%) in the control group answered to the question: "Do you consider your work to be overloaded with unnecessary administrative duties"

Medical manipulations in the structure of working time were 18.6% in the main group and 13.9% in the control group. The assessment of the work of nurses showed that medical appointments in 30.3% of cases are performed poorly, and in 34.2% - untimely. At the same time in 59.9% of cases there is the implementation of standards (technologies) of nursing care in full in connection with the implementation of nursing protocols.

Conclusions:
1. The work of nurses in primary health care requires systematic work to improve their professional knowledge and improve their professional competence. In-depth clinical training to provide a wide range of services in primary health care.
2. The obtained data can serve as a guide for a more rational organization of the nurse's work in General practice, which requires the use of automation methods when filling out medical documentation. Improving the legal, material, technical, organizational and methodological framework in the activities of nurses working in family clinics, wakes contributes to the quality and efficiency of their activities.

Literature:
ORGANIZATIONAL FORMS OF ACTIVITY OF NURSING STAFF OF REHABILITATION AND REHABILITATION DEPARTMENTS

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Aim: development of a set of measures to optimize the activities of nurses in rehabilitation and rehabilitation departments.

Materials and methods: The main methods of restorative treatment, the system of medical documentation, work planning, the workload of the nursing staff, the objects of research of the department of restorative treatment and rehabilitation of hospitals, the nursing staff, doctors and patients of the departments of restorative treatment and rehabilitation were studied.

Results: An analysis of the medical, social, professional and personal characteristics of nurses in the rehabilitation and rehabilitation departments of the hospital showed that most of them are of working age, only 8.9% are of retirement age. 54.3% are married, 28.1% have an incomplete family. The majority (82.3%) of respondents characterize their attitude to patients as attentive. 64.3% of respondents are familiar with the main stages of the nursing process, and the level of awareness decreases with age. The maximum labor costs of the nursing staff of the departments of rehabilitation and rehabilitation of a multidisciplinary hospital fall on the main activity, on average from 183.01 + 12.4 minutes to 246.8 + 10.2 minutes, depending on the specialty, and most of the time (from 84.8% for massage nurses to 69.5% for physiotherapy nurses) the average medical staff spends on the performance of dependent nursing interventions. Independent nursing interventions of nurses of different specialties differ in structure, and their share does not exceed 20% of the main time. Interdependent interventions for nurses of different specialties take on average from 12.8 + 4.3 minutes and up to 26.2 + 5.8 minutes. The cost of working time associated with auxiliary activities is influenced by the type of building of the institution (the specific weight of transitions in the pavilion type of building exceeds 2.1 times this indicator when the medical facility is located in a single building); features of the organization of the treatment and rehabilitation process; the method of conducting rehabilitation benefits; the park of equipment and equipment used; the number of appointments performed by the patient's bed. The cost of working time for conversations and training of patients and their relatives ranges from 7.5 + 1.5 minutes to 20.07 + 0.8 minutes for nurses of different specialties and is insufficient for the implementation of the nursing rehabilitation process. Unproductively loaded time of nursing staff is most often associated with downtime, which is caused by inconsistency of actions of personnel of various specialties (from 5 to 20 minutes) and irrational distribution of working time (from 30 to 90 minutes).

Conclusions: The modern system of rehabilitation treatment at the inpatient stage needs improvement and development. A high level of patients' needs for additional types of nursing rehabilitation care was revealed: the marketing service "navigator", which provides consumer orientation in the market of medical goods and services (77.4%), psychological support for the patient and his family (64.8%), schools of patients and schools of relatives of persons with changed capabilities (57.6%). An important condition for the scientific organization of nursing rehabilitation care is the use of conceptual models of nursing. Conceptual models of equal cooperation are optimal for the nursing rehabilitation process: King, Allen, and Johnson. Levin, Paterson and Zderad, Rogers or Newman.

Literature:
Azizova F.L., Urazalieva I.R., Mukhammadsolikh Sh.B.

“MATERIALS OF INTERNATIONAL SCIENTIFIC-PRACTICAL CONFERENCE”

Ilmiy to‘plam

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