

DEVELOPMENT OF SIMULATION TRAINING FOR THE CARE OF ADOLESCENTS WITH ARTERIAL HYPERTENSION

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Abstract: Today, scientific research in all directions is being conducted, including in the field of medicine. The development of medicine makes it possible to find solutions to incurable diseases of patients, to treat them with the most accurate diagnoses. This article provides comments on modern medicine and its prospects. Simulation training was also developed for the care of adolescents with arterial hypertension.

Key words: Health, doctor, rural medical centers, health, WHO, reproductive health, disease, epidemic, population, medical service, emergency medical care, ecology.

Аннотация: Сегодня проводятся научные исследования по всем направлениям, в том числе и в области медицины. Развитие медицины дает возможность находить пути решения неизлечимых болезней больных, лечить их с максимально точными диагнозами. В данной статье даются комментарии о современной медицине и ее перспективах. Также разработан симуляционный тренинг для оказания помощи подросткам с артериальной гипертонией.

Ключевые слова: Здоровье, врач, сельские врачебные пункты, здравоохранение, ВОЗ, репродуктивное здоровье, болезни, эпидемия, население, медицинское обслуживание, скорая медицинская помощь, экология.

Annotatsiya: Bugungi kunda barcha yo'nalishdagi ilmiy izlanishlar olib borilmoqda jumladan, tibbiyot sohasida ham. Tibbiyotni rivojlanishi bemorlarning tuzatib bo'lmaydigan kasalliklariga yechim topish, ularni eng aniq tashxislar bilan davolash imkoni yaratilmoqda. Mazkur maqola hozirgi zamon meditsinasi va uning istiqbollari haqida fikr muohazalar berilgan. Shuningdek, arterial gipertenziya bilan og'rigan o'smirlarni parvarish qilish uchun simulyatsiya mashg'ulotlarini ishlab chiqilgan.

Kalit so'zlar: Sog'lik, shifokor, qishloq vrachlik punktlari, salomatlik, JSST, reproduktiv salomatlik, kasallik, epidemiya, aholi, tibbiy xizmat, tez tibbiy yordam, ekologiya.

INTRODUCTION

Arterial hypertension, hypertension, high blood pressure are the factors that play the most important role in the development of cardiovascular diseases, the most dangerous of such complications are heart attacks and strokes. Most older people suffer from this problem, but nowadays high blood pressure is also found in middle-aged and young people. When is the blood pressure reading considered dangerous? How is first aid given during a hypertensive crisis? What measures should be taken in the early stages of high blood pressure? This article will tell you about it.

ANALYSIS OF LITERATURE ON THE SUBJECT

In recent years, historical work has been done to build a new state and society in our country, and the scope of efforts in this regard is expanding more and more. In particular, the healthcare sector has undergone tremendous changes. Attention and attitude to the industry have changed radically. Especially in the last seven years, consistent reforms have been



implemented in our country in order to strengthen human health, radically improve the quality of medical services provided to the population, improve the resource capacity of medical institutions, free and prosperous living and happy life of our people. A number of decrees and decisions of the head of our state were adopted on the fundamental improvement of the system, and attention was paid to the protection of the population's health as the most important direction of the state policy. First of all, the amount of funds allocated to medicine has been increased dramatically. As a result, in the past short period of time, unprecedented innovations have taken place in our medicine. In 2022-2024, 3.4 trillion will be invested in 326 healthcare facilities as part of the Investment Program. implementation of construction-repair works worth soums, construction and reconstruction of 17,640 carriages and 15,010 beds. It is no secret that the situation in our country in this regard was not up to the level of demand until recent years. In particular, the buildings of rural medical centers located in remote villages were outdated, and there were no sufficient conditions for providing quality medical services to the population. Due to the low quality of medical services, people had to travel long distances to the capital and regional centers for the diagnosis or treatment of simple illnesses. Another real life example. A few years ago, due to the lack of kidney and liver transplant operations in Uzbekistan, many patients had to go to foreign countries for treatment at a great cost. They faced various hardships, large financial expenses, and difficulties in speaking a foreign language during the trip. In our country, as a result of the attention paid to the field of medicine, especially transplantation, the development of its material and technical base, and high-tech surgical operations, a number of positive results have been achieved in this regard in recent years. Today, it is possible to carry out complex procedures of kidney and liver transplantation in the regional centers of Uzbekistan itself, namely in the city of Tashkent.¹

RESEARCH METHODOLOGY

The normal value of blood pressure in young people is a systolic (high) pressure of 120 mm Hg and a diastolic (low) pressure of 80 mm Hg. The first reading is when the heart is contracting, and the second pressure is when the heart is relaxing. Of course, these indicators are relative averages, each body has its own normal blood pressure. Hypertension means blood pressure above 140 mm Hg, and diastolic blood pressure above 90 mm Hg. Blood pressure higher than these values requires special treatment measures. If the arterial blood pressure is in the range of 180 to 110 and more, it is necessary to provide immediate medical assistance. In 90% of cases, it will not be possible to determine the cause of hypertension. This condition is called primary hypertension. Secondary hypertension (10%) appears as a consequence or complication of another disease. Symptoms of arterial hypertension With increased blood pressure, complaints of headache, dizziness, nausea, pain in the heart, palpitations and rapid fatigue are possible. Despite high BP values, there may be no complaints. This is why hypertension is often compared to a silent killer, as its health effects are often seen late in the course of the disease. Even if a person with hypertension feels normal, if the disease is not treated, it affects almost all organs.²

¹ O'zbekiston Respublikasi Ilmiy texnikaviy va tibbiyot hujjatlari Markaziy davlat arxivi . M-372-fond, 1-ro'yxat , 82-yig'ma jild, 11-varaq.

² Rustamova X.E. Stojarova. N.K. Tibbiyot tarixi. Toshkent- 2014.191-bet.

ANALYSIS AND RESULTS

Treatment of hypertension Treatment of hypertension includes lifestyle changes and medication selection to stabilize blood pressure. Lifestyle modification measures include:

To quit smoking. The life expectancy of a smoker is on average 10-13 years less than that of non-smokers, and cardiovascular diseases and oncology become the main cause of death. In addition, it is known that smoked cigarettes can immediately increase blood pressure by 20-40 mm.

Adherence to the diet. Eating a low-calorie diet with plenty of plant-based foods can help you lose weight. It is known that every 10 g of excess weight increases blood pressure by 10 mm Hg. Reducing the consumption of table salt to 4-5 grams per day has been proven to lower blood pressure levels, because with a decrease in salt, the retention of excess fluid in the vascular bed is also reduced.

Drug treatment, according to the latest European and Russian recommendations, is carried out in five main categories of drugs: diuretics, calcium antagonists, beta-blockers, angiotensin-converting enzyme (ACE) inhibitors, angiotensin receptor blockers, both as monotherapy and in certain doses.

Combinations. Diuretics (thiazide, including hydrochlorothiazide and indapamide, loop - with hypertension, only torsemide and K-preservatives are registered for continuous use) - reduce circulating blood volume and low blood pressure Beta blockers. This group of drugs slows the heart rate and reduces myocardial contractility, thus lowering blood pressure; Calcium channel blockers fall into two main groups, and both are used to lower blood pressure. The main mechanism of action of dehydropyridine calcium antagonists is peripheral vasodilation, that is, the expansion of peripheral vessels and thus a decrease in OPSS (total peripheral vascular resistance) and therefore a decrease in blood pressure; The nonhydroperidine group slows the conduction of impulses between the atria and ventricles of the heart, reducing the heart rate. ACE inhibitors. Drugs of this group lower blood pressure, affect the complex mechanism of conversion of enzymes that increase the tone of the vascular wall, and as a result, with the decrease in this tone, vascular resistance also decreases. Angiotensin receptor blockers act according to a scheme similar to the mechanism of action of ACE inhibitors, only at a higher level of enzyme metabolism (so they do not cause cough, but sometimes they are less effective). Some drugs are more preferable for certain situations, depending on the patient's age, gender, clinical condition at the time of examination, and the presence of concomitant diseases. There are also recommendations for optimal, rational and less studied combinations of drugs to lower blood pressure.³

CONCLUSION

In summary, placing the patient in a comfortable place, raising the upper body a little (restricting any physical movement, not moving the patient); Undressing the patient, i.e. unbuttoning the neck, loosening the belts; Opening windows and windows to provide fresh air. If the patient has blood If antihypertensive drugs were previously prescribed, taking them outside of the regime. As an emergency aid, one tablet of Nifedipine or Captopril can be given

³ Rustamova X.E. Stojarova. N.K. Tibbiyot tarixi. Toshkent- 2014.191-bet.



to suck under the tongue (according to the doctor's recommendation). If there is pain in the chest and behind the chest, give Nitroglycerin tablets; Sedatives are also effective (Corvalol, Valocordin) - they calm the patient and improve his general condition; Warm treatments (mustards, heating pads) also lower blood pressure a little.

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