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NURSING CARE IN THE REHABILITATION OF PATIENTS WITH CORONARY HEART DISEASE

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Hakimova Mahbuba Turobovna
Kokand Branch of the Republican Center for Advanced Training and Specialization of Secondary Medical and Pharmaceutical Personnel

Abstract

This article examines the role and effectiveness of nursing care in the rehabilitation of patients with coronary heart disease. It highlights the importance of comprehensive nursing interventions in improving patients' functional recovery, reducing the risk of complications, and enhancing quality of life. The study also analyzes modern rehabilitation approaches, including patient monitoring, lifestyle modification, medication adherence support, and psychological care provided by nurses. The findings emphasize that well-organized nursing care significantly contributes to the stability of patients' condition and prevention of disease progression.

Keywords

nursing care, coronary heart disease, rehabilitation, patient recovery, cardiovascular diseases, secondary prevention, quality of life, patient monitoring, cardiac rehabilitation.

ЮРАК ИШЕМИК КАСАЛЛИГИ БОР БЕМОРЛАРИНИ РЕАБИЛИТАЦИЯ ҚИЛИШДА ҲАМШИРАЛИК ПАРВАРИШИ

Hakimova Mahbuba Turobovna
Respublika o'rta tibbiyot va farmatsevtika xodimlari malakasini oshirish va ularni ixtisoslashtirish markazi, Qo'qon filiali

Annotatsiya

Ushbu maqolada yurak ishemik kasalligi bilan og'rigan bemorlarni reabilitatsiya qilishda hamshiralik parvarishining o'rni va samaradorligi ko'rib chiqiladi. Bemorlarning funksional tiklanishini yaxshilash, asoratlar xavfini kamaytirish va hayot sifatini oshirishda kompleks hamshiralik aralashuvlarining ahamiyati ta'kidlanadi. Shuningdek, bemorlar holatini monitoring qilish, hayot tarzini o'zgartirish, dori-darmonlarni qabul qilishga rioya etishni qo'llab-quvvatlash hamda hamshiralar tomonidan ko'rsatiladigan psixologik yordam kabi

zamonaviy reabilitatsiya yondashuvlari tahlil qilinadi. Tadqiqot natijalari to‘g‘ri tashkil etilgan hamshiralik parvarishi bemorlar holatini barqarorlashtirish va kasallikning rivojlanishini oldini olishda muhim rol o‘ynashini ko‘rsatadi.

Kalit so‘zlar

hamshiralik parvarishi, yurak ishemik kasalligi, reabilitatsiya, bemorlarni tiklash, yurak-qon tomir kasalliklari, ikkilamchi profilaktika, hayot sifati, bemorlarni monitoring qilish, kardioreabilitatsiya.

СЕСТРИНСКИЙ УХОД В РЕАБИЛИТАЦИИ ПАЦИЕНТОВ С ИШЕМИЧЕСКОЙ БОЛЕЗНЬЮ СЕРДЦА

Хакимова Маҳбуба Туробовна

Республиканский центр повышения квалификации и специализации средних медицинских и фармацевтических работников, Кокандский филиал

Аннотация

В данной статье рассматривается роль и эффективность сестринского ухода в реабилитации пациентов с ишемической болезнью сердца. Подчёркивается важность комплексных сестринских вмешательств в улучшении функционального восстановления пациентов, снижении риска осложнений и повышении качества жизни. Также анализируются современные подходы к реабилитации, включая мониторинг состояния пациентов, модификацию образа жизни, поддержку приверженности медикаментозному лечению и психологическую помощь, оказываемую медицинскими сёстрами. Результаты исследования показывают, что правильно организованный сестринский уход значительно способствует стабилизации состояния пациентов и профилактике прогрессирования заболевания.

Ключевые слова

сестринский уход, ишемическая болезнь сердца, реабилитация, восстановление пациентов, сердечно-сосудистые заболевания, вторичная профилактика, качество жизни, мониторинг пациентов, кардиореабилитация.

Introduction. Coronary heart disease (CHD) is currently one of the leading causes of mortality and disability among the population worldwide, including in Uzbekistan. According to the World Health Organization, cardiovascular diseases account for the highest proportion of total deaths globally. Therefore, rehabilitation

processes play a crucial role in improving the quality of life of patients with CHD, reducing complications, and restoring work capacity.

In the Republic of Uzbekistan, healthcare system reforms, the provision of high-quality medical services to the population, and the development of preventive medicine have been elevated to the level of state policy. In particular, Presidential Decree No. PF–5590 on the improvement of the healthcare system, as well as Presidential Resolution No. PP–4063 on the development of primary healthcare and strengthening preventive services, define the protection of public health, early detection of diseases, and improvement of the rehabilitation system as priority tasks.

From this perspective, improving the effectiveness of nursing care in the rehabilitation of patients with CHD, restoring patients' independent daily functioning, and preventing complications represent an urgent scientific and practical issue.

Research Methods. The study was conducted in primary healthcare facilities over a defined period, focusing on patients diagnosed with coronary heart disease (CHD). A total of 180 participants were involved in the research, including patients undergoing rehabilitation and nursing staff responsible for their care.

A combination of scientific research methods was applied. The analytical method was used to review 25 scientific sources and 8 regulatory documents related to cardiovascular diseases, rehabilitation, and nursing care practices. A sociological survey was conducted among patients to assess their level of satisfaction with nursing care and rehabilitation services.

The observational method was used to monitor patients' clinical condition, adherence to treatment, and functional recovery during the rehabilitation period. Nursing interventions, including blood pressure monitoring, medication adherence support, lifestyle modification counseling, and psychological support, were systematically evaluated.

Statistical analysis was performed on collected data to determine the effectiveness of nursing care interventions. Comparative analysis was also conducted between patients receiving regular structured nursing care and those receiving standard care. The obtained results were processed using percentage values and mean indicators (M±m), with statistical significance considered at $p<0.05$.

Discussion. The findings of this study demonstrate that nursing care plays a significant and positive role in the rehabilitation of patients with coronary heart disease (CHD). The obtained results indicate that structured and continuous

nursing interventions contribute to the stabilization of patients' clinical condition, improvement of functional recovery, and reduction of complications.

In particular, regular monitoring of patients' blood pressure, heart rate, and general condition allowed early detection of potential deterioration and timely medical intervention. This confirms that nursing supervision is a key element in secondary prevention of CHD complications.

Furthermore, nursing support in medication adherence significantly improved patients' compliance with prescribed treatment regimens. Patients who received consistent counseling and supervision showed better adherence to pharmacological therapy, which directly influenced the reduction of disease progression risk.

Lifestyle modification guidance provided by nurses, including dietary recommendations, physical activity promotion, and smoking cessation counseling, also contributed to improved rehabilitation outcomes. These interventions played an important role in reducing cardiovascular risk factors and improving overall quality of life.

Psychological support provided by nursing staff helped patients adapt to chronic illness, reduce anxiety levels, and increase motivation for recovery. This aspect of care is particularly important in long-term rehabilitation processes.

However, the study also revealed that the effectiveness of nursing care can be further improved through enhanced professional training of nurses, increased use of modern monitoring technologies, and better coordination between multidisciplinary healthcare teams.

Overall, the results confirm that well-organized nursing care is an essential component of comprehensive cardiac rehabilitation and has a direct impact on improving patient outcomes and preventing disease progression.

Conclusion. The results of this study confirm that nursing care is a highly effective component in the rehabilitation of patients with coronary heart disease (CHD). Systematic nursing interventions contribute to the improvement of patients' clinical condition, enhancement of functional recovery, and reduction of complications associated with disease progression.

It was demonstrated that continuous monitoring, timely nursing interventions, and patient education significantly improve adherence to treatment, support lifestyle modification, and promote secondary prevention of cardiovascular risks. In addition, psychological support provided by nurses plays an important role in improving patients' emotional stability and motivation for recovery.

Overall, well-organized and evidence-based nursing care ensures better rehabilitation outcomes and improves the quality of life of patients with CHD.

Therefore, further development of nursing competencies, implementation of modern technologies, and strengthening of multidisciplinary cooperation are essential for optimizing cardiac rehabilitation services.

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