



Improving the performance of nurses in the rehabilitation of patients with covid-19 infection

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ABSTRACT: Rehabilitation of patients with Covid-19 infection in the world today, including improving the functioning of the respiratory system, alleviating the manifestation of existing clinical signs, stabilizing mood, eliminating the possibility of complications, is carried out in collaboration with a rehabilitation physician, nurse, as well as patients. put remains the most pressing issue. In this process, nursing care, the organization of the agenda and proper nutrition with an individual approach to the patient - is the basis of rehabilitation. The article describes how nurses monitor patients' organic communication, i.e., their timely intake of medications and their daily water balance, diet, and breathing exercises. There is talk of starting exercises in the early stages of the active disease period, and even the availability of special complexes for patients with artificial ventilation of the lungs. In turn, nurses should start breathing exercises as soon as possible on the advice of a rehabilitator, talk to family members at home if the patient is being treated at home, and provide psychological support to the patient by family members, if they have harmful habits (alcohol, tobacco smoking) was analyzed to explain to the patient and family members that their reduction should gradually disappear completely.

KEYWORDS: Covid-19, rehabilitation, prevention, healthy lifestyle

INTRODUCTION

On March 11, 2020, it announced the start of the COVID-19 pandemic worldwide. Environmental changes, global warming, population growth, the development of biotechnology, increasing migration flows and economic globalization are all contributing to the spread of new infections. The biological threats associated with the epidemic of infectious diseases are global in

nature, and the COVID-19 epidemic worldwide is not the last threat in the 21st century. This process has shown that all countries need to be prepared for coordinated efforts to develop methods to prevent the emergence and spread of infectious diseases, treatment measures, the development of vaccines. A number of systemic measures are being taken in our country to prevent the spread of the coronavirus pandemic. In particular, the Decree of the President of the Republic of Uzbekistan No PF-5969 of 19.03.2020 “On priority measures to mitigate the negative impact of the coronavirus pandemic and the global crisis on the economy”, the Cabinet of Ministers "On additional measures to combat the spread of coronavirus infection" Resolution No. 176 of 23.03.2020, Order No. 77 of 22.03.2020 of the Ministry of Health “On the training of reserve specialists for the diagnosis, treatment and prevention of coronavirus infection” and “On COVID-19 developed on the basis of international standards” Order No. 96 of 31.03.2020 “On further acceleration of the introduction of the manual in medical practice”. The information service of the Ministry of Health has carried out a number of works by medical and higher education institutions, as well as a number of research institutions, including the Tashkent Medical Academy and the Republican Research Institute of Virology.

L.N. Tychiev, E.I. The article, co-authored by Musaboev, uses methods for detecting antibodies to the infection, as well as antigen express testing in the detection of coronavirus infections in the country. However, it should be borne in mind that these assays are used as adjuvant analysis methods to diagnose coronavirus infection. The results of special laboratory analysis of polymer chain reaction (PCR) are recognized as the “golden rule” in the final diagnosis. Therefore, it is stated in the statistics that only positive results confirmed by the PCR method are taken into account. According to the recommendations of the World Health Organization, in the diagnosis of coronavirus disease, there is a difference between “suspected” and “confirmed” patients. This is a worldwide practice that helps doctors to draw appropriate conclusions about the true state of the disease. In the selection and distribution centers established in our country, special medical examinations, laboratory tests and, if necessary, X-ray or MCT scans are conducted. One of the current challenges today is to conduct research on the prevention, treatment, care and rehabilitation of patients with COVID-19, the development of vaccines, and the application of science-based results to health care practice. It is known that the care of nurses is important in the treatment of any disease. Today, the majority of health workers worldwide are paramedics. Not only because their work is numerous, but also because they provide a wide range of safe, effective, and quality medical care to clients. It is impossible to ensure the quality and popularity of medical and preventive care without sufficient competence, skills and highly qualified specialists in nursing. Therefore, the implementation of comprehensive program measures aimed at improving the quality and efficiency of health care in primary health care, including the improvement of the medical and social care system, is one of the most pressing issues in nursing practice. requires not only good technical preparation, but also a creative approach to patient care, treating the patient as an individual. In patients with COVID-19, quality of life deteriorates as a result of decreased physical activity, depression and the negative impact of the social aspect. In these cases, the system of training and retraining in this area does not meet modern requirements, as a result of which the work of nurses in medical institutions remains unsatisfactory. COVID-19 plays a very important role in patient self-monitoring and patient-centered approach through the nursing process. At the same time, in order to improve the quality of life of patients with the help of primary care, it is

necessary to establish nurses in treatment and prevention facilities. It is important to develop measures to improve the quality and efficiency of patronage services.

According to modern requirements, the nurse should not blindly follow the doctor's orders, that is, to ensure that the patient needs this or that treatment, to determine the correct amount of medication, whether there are obstacles to this treatment. A nurse who performs the required treatment correctly or incorrectly is equally responsible as the physician who prescribed the treatment. The nurse implements a defined plan using several methods: care related to daily life needs, care to achieve therapeutic and surgical goals. The patient's need for care can be temporary, permanent, and rehabilitative. Temporary care is intended for a short period of time. Patients who are unable to self-care are routinely cared for, for example: those with COVID-19 who have developed complications of diabetes and have had an arm or leg amputated, or the patient may have cancer. In this case, nursing rehabilitation is a long-term process, which can be exemplified by massage, breathing gymnastics, exercise therapy. Among the methods of implementing patient care measures, the nurse's advice to the patient plays an important role. Counseling is emotional intellectual spiritual support. The nurse evaluates the changes in the patient being cared for, the quality of care provided, the results obtained, and makes a final recommendation. It is important for the nurse to know how quickly rehabilitation begins for patients with COVID-19. Rehabilitation is a set of medical, pedagogical and social measures aimed at restoring the body's dysfunction and the ability of patients and the disabled to work. Medical rehabilitation focuses on the partial or complete restoration of organ function that has been lost due to disease, or to prevent as much as possible the escalating process in the affected area. Patients with COVID-19 are also in need of rehabilitation. Rehabilitation is determined based on the general condition of each patient, the age of the patient, the presence or absence of chronic diseases.

The nurse should keep in mind that it is natural for the patient to have weakness after the treatment process because even if the disease is mild, there is a high probability that he will leave his complication. In some cases, lung injury is accompanied by fibrosis, i.e., abnormal tissue is replaced by connective tissue. If it is mild, a small scar may remain and the patient may not be aware of it once it has healed. However, if a large furnace is damaged, suffocation is observed. Therefore, the rehabilitation process should be carried out at home or in an outpatient setting. It is important to keep in mind that the nurse is in constant contact with family members to reduce the patient's harmful habits, and that it is important for family members to support the patient by explaining that alcohol or smoking prevents the patient from recovering. The rehabilitation process should begin with breathing exercises. It should be multiplied slowly, starting from 10-15 minutes a day. The most important principles of physical activity are to gradually increase the regularity and loads, i.e. it is more beneficial to repeat 10 minutes of exercise every day during the day than to exercise 2 hours or more in a row in a week. Depending on the patient's condition, bed and sitting exercises can be performed with the help of a nurse. Walking along with breathing exercises is also recommended. It is possible to expand the area first around the room and then gradually. Then they can go out into the yard or into the street. In case of weakness, it is recommended that they be accompanied by a nurse whenever possible. It is not recommended to switch to strenuous activities until you are fully recovered. They need to follow an agenda and eating routines. They should go to bed no later than 11pm and sleep well. If it is possible to rest, they can also rest during the day. Before arranging sleep, it is necessary to

ventilate the room beforehand. It is important that the computer, using the phone as little as possible, do not spend a few hours on social networks before going to bed.

According to the principles of proper nutrition of the patient nurse can eat anything without exceeding the norm. Protein-rich products, vitamins, trace elements should be in the diet. It is advisable to consume more fruits and vegetables. The restriction should only be on very fatty and sweet products. Properly structured routine, maintaining a work and rest regime, being more outdoors, proper nutrition and physical activity lead to a quick and uncomplicated recovery from the disease and an increase in the ability to fight the disease. No one is guaranteed to be infected with the coronavirus, and the flu and infectious disease season has already begun. In this case, it is necessary to strengthen the immune system and follow the rules of hygiene to avoid health problems. Patients and relatives are instructed not to forget to wear a mask, it is important to wash your hands often, especially not to touch your face. For each patient, a good night's sleep during rehabilitation is important not only to improve the condition, but also to fight the virus. Given that the immune system works well during a good night's sleep, ventilate the room, do not overeat before bedtime, do not stress, sedatives may be prescribed on the advice of. The nurse should keep in mind what complications an increase in arterial blood pressure can cause the patient and measure the patient, pulse; measuring blood pressure, if the first signs of a hypertensive crisis are detected, it is necessary to know how to care for the patient until the doctor arrives.

CONCLUSION

In conclusion, it should be noted that despite the measures taken to combat covid-19 and promote a healthy lifestyle among the population, in our country, as in the rest of the world, the virus is not completely eradicated, so the disease remains uncomplicated. To this end, of course, the role of nurses in ensuring the timely and continuity of rehabilitation of patients with COVID-19 infection is important. Nurses should treat patients with comorbidities who have experienced adult covid-19 disease to return to their previous lifestyles. It is important to explain to the patient and family members that if they are being treated at home, they should talk to family members and provide them with psychological support. If they have harmful habits (such as drinking alcohol, smoking), they should gradually reduce them. . If the patient returns to work before the end of the rehabilitation period, the rehabilitator should inform the patient of the necessary exercises recommended by the doctor, taking into account the patient's current condition, based on the activities performed by the patient. Arterial blood pressure, pulse, fever, constant monitoring of the patient's saturation are important for the patient's recovery.

Therefore, in the current economic situation and health care reform, it would be expedient to conduct research aimed at analyzing and evaluating the activities of nurses in the timely and continuous rehabilitation of patients with COVID-19 infection in the country.

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