



**EOC**  
EUROASIAN  
ONLINE  
CONFERENCES

# ENGLAND CONFERENCE

**INTERNATIONAL CONFERENCE ON  
MULTIDISCIPLINARY STUDIES AND  
EDUCATION**



Google Scholar

zenodo

OpenAIRE

doi digital object  
identifier

eoconf.com - from 2024



**INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY STUDIES AND EDUCATION:** a collection scientific works of the International scientific conference – London, England, 2026. Issue 6

**Languages of publication: Uzbek,** English, Russian, German, Italian, Spanish

The collection consists of scientific research of scientists, graduate students and students who took part in the International Scientific online conference «**INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY STUDIES AND EDUCATION**». Which took place in London 2026.

Conference proceedings are recommended for scientists and teachers in higher education establishments. They can be used in education, including the process of post - graduate teaching, preparation for obtain bachelors' and masters' degrees. The review of all articles was accomplished by experts, materials are according to authors copyright. The authors are responsible for content, researches results and errors.





## **NAFAS OLISH A'ZOLARI KASALLIKLARIGA CHALINGAN BEMORLARDA HAMSHIRALIK PARVARISHIDA UCHROVCHI MUAMMOLAR VA ULARNI HAL ETISHDA HAMSHIRANING O'RNI**

**Abdullayeva Nigora Akramova**

Qo'qon JST hamshiralik ishi kafedrası o'qituvchisi

**Elektron pochta (E-mail):** [abdullayevanigora@gmail.com](mailto:abdullayevanigora@gmail.com)

**ANNOTATSIYA.** Mazkur tezisdá nafas olish tizimi kasalliklariga chalingan bemorlarda hamshiralik parvarishini tashkil etish jarayonida yuzaga keladigan yetakchi klinik muammolar va ularni xalqaro andozalar asosida hal etish approaches tahlil qilingan. Tadqiqot davomida NANDA-I xalqaro hamshiralik diagnostikasi tasnifiga ko'ra, bemorlardagi eng dolzarb muammolar (samarasiz nafas olish, nafas yo'llarining tozalanishi buzilishi va gipoksiya) tizimlashtirildi. Muammolarni bartaraf etishda dalillarga asoslangan tibbiyot (EBN) tamoyillari, jumladan, postural parvarish, maqsadli oksigenoterapiya va respirator gimnastikaning (NIC) o'rni va samaradorligi ko'rsatib berilgan. Xalqaro tasniflardan foydalanish parvarish sifatini oshirish va asoratlarni kamaytirishning asosi ekanligi isbotlangan.

**Kalit so'zlar:** Hamshiralik jarayoni, NANDA-I, nafas yetishmovchiligi, hamshiralik intervensiyasi, parvarish sifati, kislorodli terapiya.

**Kirish.** Nafas olish tizimi kasalliklari (O'SOK, pnevmoniya, bronxial astma, o'tkir respirator distress sindromi) butun dunyoda kasallanish va o'lim ko'rsatkichlari bo'yicha yetakchi o'rinlarda turadi. Zamonaviy tibbiyotda ushbu patologiyalarni davolash samaradorligi nafaqat farmakoterapiyaga, balki xalqaro standartlarga asoslangan, professional hamshiralik parvarishiga ham bevosita bog'liqdir. Mazkur tezisdá nafas tizimi kasalliklarida hamshiralik jarayonida yuzaga keladigan universal klinik muammolar va ularni dalillarga asoslangan tibbiyot (Evidence-Based Nursing) tamoyillari asosida hal qilish tahlil qilinadi.

**Tadqiqotning maqsadi.** Nafas olish a'zolari kasalliklarida uchraydigan asosiy hamshiralik muammolarini (tashxislarini) xalqaro NANDA-I (North American Nursing Diagnosis Association) tasnifiga ko'ra tizimlashtirish hamda ularni bartaraf etishda zamonaviy hamshiralik intervensiyalarining (NIC) o'rnini ko'rsatib berish.

### **Hamshiralik amaliyotidagi asosiy muammolar (Nursing Diagnoses -NANDA-I)**

Bemorlarni obyektiv va subyektiv ko'rikdan o'tkazish jarayonida hamshira quyidagi yetakchi muammolarni aniqlaydi va ustuvorlik darajasiga ko'ra rejalashtiradi:

- 1. Samarasiz nafas olish hovuchi (Ineffective Breathing Pattern):** Gipoksiya, hansirash (dispnoe), taxipnoe (nafas soni >20/daqqa) va yordamchi mushaklarning nafas olishda ishtirok etishi bilan namoyon bo'ladi.
- 2. Nafas yo'llarining samarasiz tozalanishi (Ineffective Airway Clearance):** Balg'amning quyuqligi, qovushqoqligi hamda yo'tal refleksining sustligi tufayli bronxlar o'tkazuvchanligining buzilishi.
- 3. Gazlar almashinuvining buzilishi (Impaired Gas Exchange):** Alveolyar-kapillyar membranadagi o'zgarishlar oqibatida gipoxemiya ( $SpO_2 < 90\%$ ) va giperkapniyaning rivojlanishi.
- 4. Harakat faolligiga chidamsizlik (Activity Intolerance):** Nafas qisishi va kislorod yetishmovchiligi sababli bemorning kundalik ehtiyojlarini mustaqil bajara olmasligi.

### **Muammolarni hal etishda hamshiraning o'rni (Nursing Interventions - NIC)**

Xalqaro protokollarga muvofiq, hamshira mustaqil va hamkorlikdagi (shifokor buyrug'i asosidagi) quyidagi tadbirlarni amalga oshiradi:





- **Oksigenoterapiya va monitoring:** Bemorning pulsoksimetriya ko'rsatkichlari ( $SpO_2$ ) hamda nafas olish chastotasi, chuqurligi doimiy nazorat qilinadi. Shifokor tavsiyasiga ko'ra namlangan kislorod burun kanyulalari yoki niqob orqali yuboriladi.
- **Terapevtik pozitsiya (Postural parvarish):** O'pka ventilyatsiyasini yaxshilash va diafragma harakatini yengillashtirish uchun bemorga darhol **Fowler yoki yarim Fowler pozitsiyasi** (karovat bosh qismini 45–60 darajaga ko'tarish) beriladi.
- **Balg'am ko'chishini rag'batlantirish:** Bronxial daraxtni sanatsiya qilish maqsadida postural drenaj, ko'krak qafasining vibratsion massaji hamda bemorga samarali yo'talish texnikasi o'rgatiladi. Bemorga (agar qarshi ko'rsatmalar bo'lmasa) balg'amni suyultirish uchun ko'p miqdorda iliq suyuqlik ichish tavsiya etiladi.
- **Nafas olish gimnastikasi:** Atelektazlarning oldini olish va o'pka hajmini oshirish maqsadida bemor bilan birgalikda rag'batlantiruvchi spirometriya (incentive spirometry) va lablarni cho'chchaytirib nafas chiqarish (pursed-lip breathing) mashqlari bajariladi.
- **Psixologik qo'llab-quvvatlash va xavfsizlik:** Bo'g'ilish hissi fonida yuzaga keladigan kuchli xavotir (anxiety) o'z navbatida kislorodga bo'lgan ehtiyojni oshiradi. Hamshira xotirjam muloqot va professional yondashuv orqali bemorning psixoemosional holatini barqarorlashtiradi.

**Kutilayotgan natijalar:** Olib borilgan tizimli parvarish natijasida bemorning respirator ko'rsatkichlari me'yorlashadi: nafas chastotasi 12-20 taga tushadi,  $SpO_2 > 92-95\%$  gacha ko'tariladi, o'pka maydonlarida patologik xirillashlar kamayadi va bemorning jismoniy faollikka bo'lgan tolerantligi oshadi.

**Xulosa :** Nafas olish tizimi kasalliklarida hamshira shunchaki shifokor buyruqlarini bajaruvchi emas, balki bemor muammolarini mustaqil aniqlaydigan va xalqaro hamshiralik jarayoni (Nursing Process) bosqichlarini mukammal qo'llaydigan mutaxassisdir. Klinik parvarishda xalqaro NANDA-I andozalaridan foydalanish asoratlarning oldini olish, shifoxonada yotish kunlarini qisqartirish va parvarish sifatini global darajaga ko'tarish imkonini beradi.

#### Foydalanilgan adabiyotlar ro'yxati (References)

1. **Herdman, T. H., & Kamitsuru, S. (Eds.).** (2021). Nursing Diagnoses: Definitions and Classification 2021-2023 (12th ed.). NANDA International. Thieme [1].
2. **Butcher, H. K., Bulechek, G. M., Dochterman, J. M., & Wagner, C. M.** (2018). Nursing Interventions Classification (NIC) (7th ed.). Elsevier [2].
3. **Moorhead, S., Swanson, E., Johnson, M., & Maas, M. L.** (2018). Nursing Outcomes Classification (NOC): Measurement of Health Outcomes (6th ed.). Elsevier [3].
4. **Nurseslabs.** (2025). Respiratory and Pulmonary Nursing Care Plans. [Nurseslabs Medical Library](#) [4].
5. **Global Initiative for Chronic Obstructive Lung Disease (GOLD).** (2024). Global Strategy for the Diagnosis, Management, and Prevention of COPD. GOLD Guidelines [5].
6. **Pabau Clinical Standards.** (2026). Respiratory Failure Nursing Care Plan Template & Evidence-Based Interventions. [Pabau Healthcare Frameworks](#) [6].

