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## ISSIQ IQLIM SHAROITLARIDA BOLALARDA UCHROVCHI DIAREYA KASALLIGINI OLDINI OLISH VA UNING ASORATLARINI BARTARAF ETISH

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**Annotatsiya:** Ushbu tezisda issiq iqlim sharoitida go'daklar va kichik yoshdagi bolalar o'rtasida o'tkir diareya kasalligining kelib chiqish sabablari va o'ziga xos kechishi tahlil qilingan. Kasallikning eng xavfli asorati bo'lgan degidratatsiyani (suvsizlanishni) erta aniqlash, oral rehidratatsiya usullari va profilaktika chora-tadbirlari samaradorligi ko'rib chiqilgan.

**Kalit so'zlar:** issiq iqlim, bolalar, o'tkir diareya, suvsizlanish, oral regidratatsiya, rinit, profilaktika.

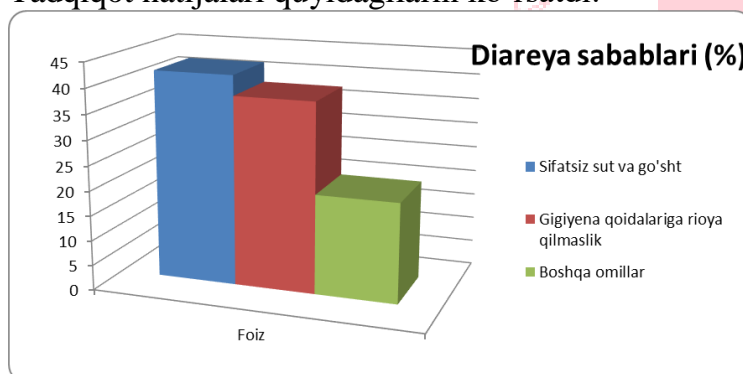
**Kirish,** O'zbekiston kabi keskin kontinental va issiq iqlimga ega mintaqalarda yoz mavsumida bolalar o'rtasida o'tkir ichak kasalliklari va diareya ko'rsatkichlari keskin ortadi. Yuqori havo harorati oziq-ovqat mahsulotlarida patogen mikroorganizmlarning tez ko'payishiga va bolalar organizmida termoregulyatsiyaning buzilishiga sharoit yaratadi. Bolalarda metabolizmning tezligi va tana vazniga nisbatan suv miqdorining ko'pligi sababli, diareya qisqa muddatda hayot uchun xavfli bo'lgan eksikoz (suvsizlanish) va toksikoz asoratlariga olib keladi. Shu bois, issiq iqlim sharoitida diareyaning oldini olish va asoratlarini bartaraf etish pediatriyaning eng dolzarb muammolaridan biri bo'lib qolmoqda.

**Tadqiqot maqsadi.** Issiq iqlim sharoitida bolalarda diareya kasalligining rivojlanish omillarini o'rganish va asoratlarni kamaytirishda erta rehidratatsiya davosining samaradorligini baholash.

**Material va usullar.** Tadqiqot davomida yozgi mavsumda o'tkir diareya tashxishi bilan shifoxonaga yotqizilgan 1 yoshdan 3 yoshgacha bo'lgan 50 nafar bemor bolaning kasallik tarixi va anamnezi tahlil qilindi. Bolalarda suvsizlanish darajasi JSST mezonlari bo'yicha baholandi. Bemorlarning ota-onalari o'rtasida birinchi tibbiy yordam ko'rsatish ko'nikmalari bo'yicha so'rovnomma o'tkazildi.

### Natijalar va ularning muhokamasi

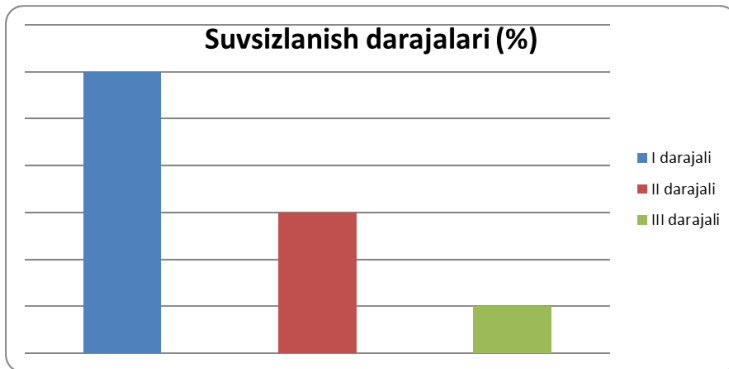
Tadqiqot natijalari quyidagilarni ko'rsatdi:



1-rasm.

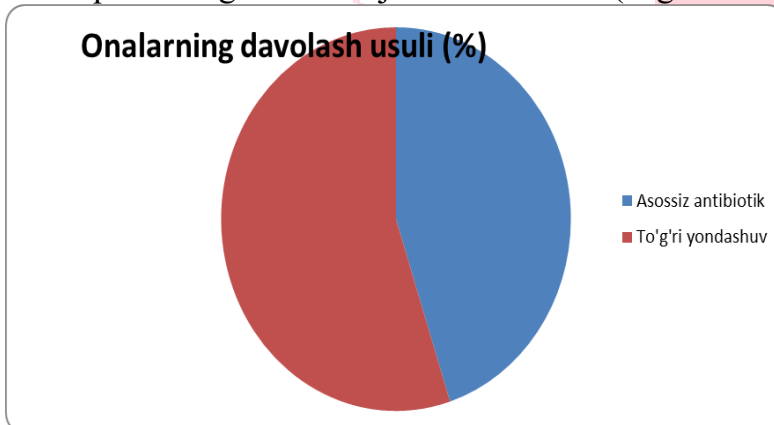
Diareyaga chalingan bolalarning 42% qismida kasallik sifatsiz saqlangan sut va go'sht mahsulotlarini iste'mol qilish, 38% holatda esa gigiyena qoidalariga rioya qilmaslik (iflos qo'llar, yuvilmagan mevalar) oqibatida kelib chiqqan(1rasm).





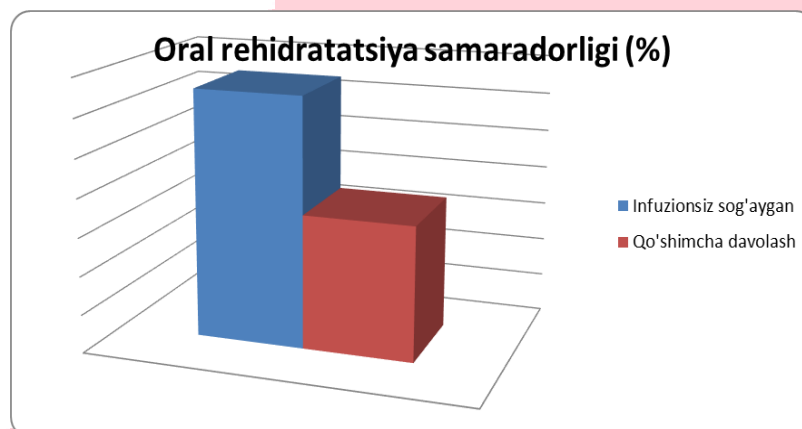
2-rasm.

Shifoxonaga keltirilgan bolalarning **60%** qismida I darajali, **30%** qismida II darajali va **10%** qismida og'ir III darajali suvsizlanish (degidratatsiya) belgilari aniqlangan (2-rasm).



3-rasm.

So'rovnomaga ko'ra, onalarning **45%** qismi uy sharoitida diareya boshlanganda bolaga darhol oral rehidratatsion tuzlar (masalan, Regidron) berish o'rniga, asossiz ravishda antibakterial preparatlarni qo'llagan. Bu esa ichak mikrobiotasini yanada buzgan (3-rasm).



4-rasm.

Kasa llikning dastlabki soatlaridanoq to'g'ri va bosqichma-bosqich oral rehidratatsiya (kichik qismlarda tez-tez suv va tuzli eritmalar berish) o'tkazilgan bolalarda (65%) suvsizlanish asoratlari shifoxonaga yotqizilmasdan infuzion (tomchilab quyish) terapiyasiz bartaraf etildi (4-rasm).

**Xulosa.**



1. Issiq iqlim sharoitida bolalar o'rtasida diareya tarqalishini kamaytirishning asosiy yo'li — aholining sanitariya-gigiyena madaniyatini oshirish va yoz kunlarida taomlarni saqlash rejimiga qat'iy rioya qilishdir.
2. Diareya asoratlarni (eksikoz) bartaraf etishda eng samarali va oddiy usul — kasallikning birinchi daqiqalaridanoq boshlanadigan oral rehidratatsiya terapiyasidir.
3. Onalar o'rtasida uy sharoitida suvsizlanish belgilarini erta aniqlash va poliklinika sharoitida "Diareya burchaklari" faoliyatini kuchaytirish shifoxonaga yotqizish ko'rsatkichlarini sezilarli darajada kamaytiradi.

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

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