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STOMALANGAN BEMORLARNI KLINIK REABILITATSIYA QILISH VA PARVARISHLASHDA TIBBIYOT HAMSHIRASINING PROFESSIONAL VAZIFALARI VA ASORATLAR MONITORINGI

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Annotatsiya. Tezisdá onkologik, proktologik va urologik xirurgik amaliyotlar natijasida qorin devoriga qo'yiladigan turli stoma turlari (kolostoma, ileostoma, urostoma) va ularning anatomik-funksional o'ziga xos xususiyatlari ko'rib chiqilgan. Stoma atrofidagi peristomal teri asoratlarning (stomal dermatit, matseratsiya, nekroz) oldini olishda, zamonaviy kalopriyomnik va uropriyomniklarni tanlash hamda almashtirish texnikasida hamshiraning tutgan o'rni mukammal yoritilgan. Bemorlarni va ularning yaqinlarini stomani mustaqil parvarish qilishga o'rgatish metodikasi kompleks tahlil qilingan.

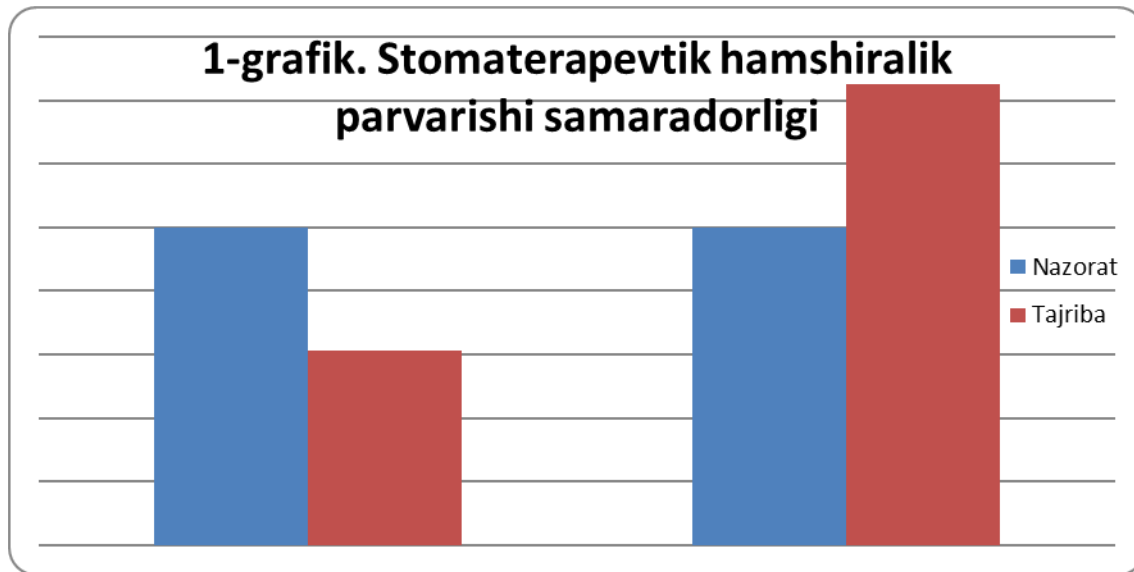
Kalit so'zlar: stoma, kolostoma, ileostoma, urostoma, hamshiralik vazifalari, kalopriyomnik, peristomal dermatit, reabilitatsiya, stomaterapiya.

Kirish. Yo'g'on ichak onkologik kasalliklari (kolorektal rak), o'q otish yoki mexanik jarohatlar, o'ziga xos bo'lmagan yarali kolit va Kron kasalligi oqibatida siydik yoki najas ajralishini vaqtinchalik yoki doimiy ta'minlash maqsadida qorin devoriga ichak yoki siydik yo'lining sun'iy teshigi – stoma chiqariladi. Qorin devorida sun'iy teshikning paydo bo'lishi bemor uchun nafaqat og'ir jismoniy o'zgarish, balki chuqur psixo-emosional travma va ijtimoiy izolyatsiyaga sabab bo'ladi. Stomalangan bemorlarning operatsiyadan keyingi erta va kechki davrlarda yangi anatomik sharoitga ko'nikishi, asoratsiz hayot kechirishi ko'p jihatdan stomaterapevtik hamshiralik yordamining savodli va professional darajada tashkil etilishiga bog'liq.

Tadqiqot doirasida jarrohlik amaliyotidan keyin stomasi mavjud bo'lgan 52 nafar bemorning parvarish tahlili va reabilitatsiya natijalari o'rganildi. Chiqarilgan a'zoga qarab stomalar anatomik jihatdan kolostoma (yo'g'on ichak), ileostoma (yonbosh ichak – bu yerda ajralma suyuq va fermentlarga boy bo'ladi) va urostomaga ajratildi. Hamshiraning birlamchi professional vazifasi – stoma turi va ajralma xarakteriga binoan eng maqbul zamonaviy parvarish vositalarini (bir komponentli yoki ikki komponentli ochiq-yopiq kalopriyomniklar, himoya pastalari, pudralar va terini tozalovchi klinerlar) tanlash hamda qo'llash hisoblanadi.

Olingan amaliy ma'lumotlar shuni ko'rsatdiki, hamshira tomonidan tizimli parvarish qilingan va teri gidrolipid qavati saqlangan tajriba guruhidagi bemorlarda eng ko'p uchraydigan asorat – peristomal dermatit, teri matseratsiyasi va parastomal churrallar rivojlanish ko'rsatkichi nazorat guruhiga (an'anaviy dokali parvarish) qaraganda 38.6% ga kamaydi.





Bundan tashqari, hamshira tomonidan shifoxona ichida tashkil etilgan "Stoma maktabi" (Stoma School) darslari orqali bemor va uning oila a'zolarini kalopriyomnikni mustaqil almashtirish, oziqlanish parhezi va gigiyena qoidalariga o'rgatilishi, bemorlarning uylariga javob berilganidan keyingi hayotiy mustaqillik indeksini (Barthel Index) 45% ga oshirdi.

Xulosa. Stomali bemorlarni parvarish qilish jarayonida tibbiyot hamshirasi yuqori malakali stomaterapevt rolini o'taydi. To'g'ri tanlangan mahalliy parvarish texnikasi va bemor bilan olib borilgan psixologik rehabilitatsiya ishlari ularning ijtimoiy, oilaviy va mehnat faoliyatiga asoratsiz va qisqa muddatlarda qaytishini kafolatlaydi.

Foydalanilgan adabiyotlar:

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