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# АКТУАЛЬНЫЕ ВОПРОСЫ СОВРЕМЕННОЙ МЕДИЦИНЫ

МЕЖДУНАРОДНАЯ КОНФЕРЕНЦИЯ МОЛОДЫХ УЧЕНЫХ

## ZAMONAVIY TIBBIYOTNING DOLZARB MUAMMOLARI

YOSH OLIMLAR XALQARO ANJUMANI

## ACTUAL PROBLEMS OF MODERN MEDICINE

INTERNATIONAL CONFERENCE OF YOUNG SCIENTISTS



ACTUAL PROBLEMS  
OF MODERN MEDICINE

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When organizing psychological rehabilitation and psychological support, it is necessary to take into account the stage of sportsmanship and the type of sport, which is important for determining how to implement psychological support. Only an in-depth analysis of the psychological characteristics of training in a particular sport and the available mechanisms of influence on the athlete's psyche, the choice of the most effective forms, tools and methods of training, creative interaction of all participants in training will allow the athlete to fully realize his potential and maintain a high level of his competitive achievements.

## **AWARENESS ON REHABILITATION OF POST COVID-19 PATIENTS**

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**Introduction.** Globally, there are now over 160 million confirmed cases of COVID-19 and more than 3 million deaths. While the majority of infected individuals recover, a significant proportion continue to experience symptoms and complications after their acute illness. Patients with 'long COVID' experience a wide range of physical and mental/psychological symptoms. Pooled prevalence data showed the 10 most prevalent reported symptoms were fatigue, shortness of breath, muscle pain, joint pain, headache, cough, chest pain, altered smell, altered taste and diarrhoea. Other common symptoms were cognitive impairment, memory loss, anxiety and sleep disorders.

**Aim.** To create awareness on the rehabilitation of post Covid-19 patients. To prevent the people using instant results giving medications.

**Materials and methods.** This study used an online Google Form questionnaire as the instrument. Invitation to participate in this survey was sent through the email and social media such as Instagram. The target respondents are the people of Tashkent, Uzbekistan and India because the population ratio is more in India compared to Uzbekistan. This work is done to create an awareness on the complete recovery for the post Covid-19 patients who may even get affected for certain symptoms after getting partially recovered from the disease. The search for literary sources was carried out using the bibliographic databases Web of Science, Scopus, DBLP, PubMed. When selecting sources, they paid attention to experimental articles, literary reviews, the number of their citations over the past year.

**Results.** The survey was conducted using information and communication technologies, booklets, brochures, presentations, etc. All were asked to answer using a specially designed public awareness on allergen contact dermatitis questionnaire. The participants of survey are Male (33.7%), Female (66.3%) and Others (0%). The nationality of the individual was Indian (73.1%), Uzbek (20.9%), Russian (1.5%) and Others (4.5%) attended my survey. The age of the participants was from 18-25 years old (43.3%), from 25-35 years old (14.9%), from 35-45 years old (20.9%) and from 45 and above (20.9%). The respondents were mostly tested positive (47.8%) and negative (52.2%) so this symbolizes the people are not aware of whether they got affected by Covid-19 or not. The participants of my survey who tested positive for the infection during the period of infection felt depressed in a level of all time (13.6%), some time (25.8%), little time (22.7%) and none (37.9%) because the depression level initiates when someone is isolated for a long period of time from the co-people of the world.

**Conclusion.** As an objective of this survey, this paper presented as to create and identify the awareness of public on rehabilitation of post Covid-19 patients. The young people should understand the hazard nature of all the long-term effects of Covid-19. I evident it by the results of the survey that the younger people are not aware about the effect of long-term symptoms which could be life-threatening in the future. The need for awareness-raising activities among the population, especially among young people is inevitable. With regard to solving this problem, a preventive approach can be effective.

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