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Articles

Abdurahmonova Gulorom Iskandar qizi, Choriyeva Laziza Anvar qizi

1-3

1. TOHIR MALIK ASARLARIDA EGASI UMUMLASHGAN VA SHAXSI NOMA’LUM GAPLARNING LINGVISTIK TAHLILI ("Murdalar gapirmaydi"asari talqinida)

Muhammadiyeva Gulnoza Zarif qizi, Xoliqova Parvina Abdumalik qizi

4-10

2. OILA TINCHLIGI – JAMIYAT FAROVONLIGI ASOSI

Maxkamova Dilnoza

11-13

3. QO'QON SHAHRIDA TURISTIK YO'NALISHLARNI TASHKIL ETISH JARAYONI

Egamova Gulhayo

14-17

4. THE CURRENT STATE OF THE GRANTING OF LINGUISTIC KNOWLEDGE IN THE LESSONS OF THE 5TH GRADE NATIVE LANGUAGE

Usmonova Nigora Rustamjonovna

18-21

5. BOSHLANG’ICH SINF O’QUVCHILARINING O’QISH SAVODXONLIGINI OSHIRISH USULLARI VA MATN USTIDA ISHLASH

Samandarova Latofat Raxmonovna

22-23

6. KASB-HUNAR MAKTABLARINING QISHLOQ SHAROITIDA O’QUVCHILARNI O’QITISHDAGI MUAMMOLAR VA TAKLIF ETILGAN YECHIMLAR

Ishanchayeva Shoirakhan Bakhramdjanovna

24-27

7. GULBADANBEGIM AND HIS SOCIAL-PHILOSOPHICAL VIEWS

Ochilova Feruza

28-30

8. ABDULLA QODIRIYNING “MEHROBDAN CHAYON” ROMANIDA KELTIRILGAN ARABIZMLAR

Akhmedov Sunnat Mukhitdinovich

31-34

9. MORPHOFUNCTION CHANGES IN SHEEP PARAMPHISTOMATOSIS

Саидкулова Мунира Саидкуловна

35-40

10. ЯЗЫКОВЫЕ СРЕДСТВА И ПРИЁМЫ СОЗДАНИЯ ОБРАЗА «МАЛЕНЬКОГО ЧЕЛОВЕКА» В ТВОРЧЕСТВЕ А.С.ПУШКИНА

Mahmutaliyev Adxam Meliboyevich, Ahmadjonov Asadbek

41-47

11. GENERAL RULES OF BLOOD PREPARATION FOR LABORATORY EXAMINATION

Kurbonova Z.Ch., Sayfutdinova Z.A.. Abdullayeva G.B., Khidoyatova M.D., Jienbaeva A.A.

48-50

12. “TECHNOLOGY OF STORAGE OF POTATOES IN A CONTROLLED GAS ENVIRONMENT"

Ibragimov Odiljon Olimjonovich, S. M. Tojiddinova

51-54

13. CORRECTIVE-PEDAGOGICAL WORK ON THE DEVELOPMENT OF THE SMALL HAND MUSCLES OF SCHOOL-AGE CHILDREN

GENERAL RULES OF BLOOD PREPARATION FOR LABORATORY EXAMINATION

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Obtaining material for analysis
Blood is taken from a vein
Blood is taken from the finger
Blood sampling from the wrist vein should be done with blood flow using a wide slotted cannula. The most common mistake in blood collection is the incorrect use of anticoagulant.

The procedure for taking blood from a finger

Fingertip blood sampling technique.
Of course, rubber gloves are worn, processed with 70º alcohol.
Blood is taken from the peripheral part of the 4th ring finger (above the ear or heel in newborns).
We will process the place where the blood is taken with the help of 70º alcohol cotton.
We pierce using a disposable scarifier.
We wipe the first drop with dry sterile cotton.
We put the blood in a glass and a test tube.
We put a 70º sterile cotton swab on the finger from which the blood was taken.

General rules for preparing patients for blood donation:

1. Blood must be taken strictly on an empty stomach, before taking medicines, before X-ray, endoscopic and ultrasound examinations.

2. If drug treatment control is not carried out, drugs that affect the obtained results should be canceled in advance. Some drugs affecting the results of laboratory tests are listed in Table 1.
3. The amount of substances whose concentration in the blood changes cyclically should be measured in accordance with physiological cycles. For example, follicle-stimulating hormone (FSG) and luteinizing hormone (LG) concentrations are measured on days 5-7 of the menstrual cycle.

Used anticoagulants and preservatives.

1. Test tubes with EDTA. Blood is used for general clinical examination and glycosylated hemoglobin.
2. Test tubes with sodium citrate. It is used to check the hemostasis system.
3. Test tubes with sodium fluoride. Used to determine glucose. Other biochemical parameters can also be determined.
4. Test tubes with heparin. Used for immunogram.

Blood sampling technique.

Blood is taken on an empty stomach. Before blood collection, the skin intended for puncture is wiped with sterile cotton soaked in 70°C alcohol and dried. Skin treated with a disinfectant is not palpable. Disposable syringes or vacuum blood collection systems — Vacuette, Vacutainer — are used for blood collection. The syringe is opened immediately before use. 2-2.5 ml of venous blood is taken in a 5 ml sterile test tube. Blood collected in a test tube can be stored in a freezer at +4+6°C for up to 24 hours. The tube is not frozen.

• Vacuum tubes
• Blood for different analyzes is drawn into different vacuum tubes with specified additives, following the correct order of the tubes.
• Empty vacuum tubes are stored in a vertical position on a tripod at a temperature of +4 ... + 25 ° C.
• The expiration date of vacuum tubes should be monitored. Expired vacutainers should not be used.
• Belt and underarm pillow
• Skin cleansers

The procedure for taking blood from a vein

Identify the patient.
To know his information.
To find out if the patient follows the prescribed diet and is allergic to the substances contained in the disinfectant for cleaning the skin at the venipuncture site.
Ensuring that the patient is in a comfortable and suitable position for blood collection - the patient's arm should be extended so that it forms a straight line from the shoulder to the wrist.
Wear gloves.

• Select the venipuncture site and ask the patient to make a fist so that the veins are more visible.
• Clean the place intended for venipuncture with a disinfectant and dry the skin.
• The tourniquet is tied approximately 10-12 cm above the point of blood collection.
• The protective cap is removed from the needle.
• A venipuncture is performed and the skin is slightly stretched so that the vein does not move; the vessel wall should be pierced with a needle at an angle of 15-30 degrees, and the hole of the needle should be directed upwards.
• Hold the test tube in such a way that the blood should flow along the wall of the test tube.
• After filling, mix the vacutainers 4-8 times (coagulation tube - 4 times, the rest - 8 times) to mix the blood. The movement should not be sudden.
• Alcohol cotton is applied to the area where the blood was taken and the needle is removed from the vein.
• For 3-5 minutes, the place where the blood was taken is pressed with alcohol cotton, and the patient's hand is asked to straighten.

Test tube	Cover color	Filling solution	Number of turns
Without solution	Red	–	0
Blood coagulation activator	Red	Blood coagulation activator	5-8
Activator of blood coagulation using a gel	Yellow	Activator of blood coagulation using a gel	5-8

EDTA- from ethylenediamineacetic acid	Purple	EDTA K2 EDTA K3	If liquid: 3-5 5-8
Sodium citrate solution	Blue	Sodium citrate 0.129 mol/l (3.8%) 0.109 mol/l (3.2%)	3-5
Glucose	Gray	Sodium fluoride/ EDTA Sodium Fluorite / K Oxalate	5-8
Heparin	Green	Lithium heparin Sodium heparin	5-8
Heparin and gel	Green	Lithium heparin and gel Sodium heparin	5-8

Vacutainers

A vacuum blood storage system or vacutainer is a disposable tube for quick and safe collection of venous blood. Special substances in vacutainers are aimed at proper storage of biological material and accurate results during analysis. Durable plastic is used for production, which prevents gas exchange.

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