



O'ZBEKISTON RESPUBLIKASI  
SOG'LIQNI SAQLASH VAZIRLIGI  
TOSHKENT TIBBIYOT AKADEMIYASI



# SOG'LOM TURMUSH TARZI

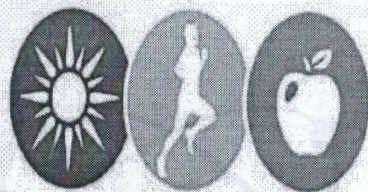
XALQARO ILMIY-AMALIY ANJUMAN

## HEALTHY LIFESTYLE

INTERNATIONAL SCIENTIFIC AND PRACTICAL CONFERENCE

## ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ

МЕЖДУНАРОДНАЯ НАУЧНО-ПРАКТИЧЕСКАЯ КОНФЕРЕНЦИЯ

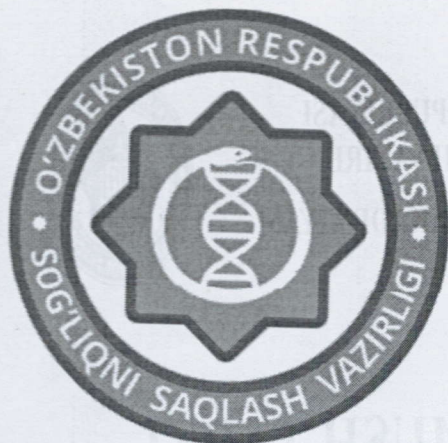


SOG'LOM TURMUSH TARZI

17 fevral 2023 yil,  
Toshkent sh.



«Sog'lom turmush tarzi» 2023 yil 17 fevral



**O'ZBEKISTON  
RESPUBLIKASI SOG'LIQNI  
SAQLASH VAZIRLIGI**



**TOSHKENT TIBBIYOT  
AKADEMIYASI**

**2023 yil 17 fevralda o'tkazilgan  
«SOG'LOM TURMUSH TARZI»  
mavzusidagi xalqaro ilmiy-amaliy konferensiyada  
chop etilgan tezislar  
TO'PLAMI**



**(Tezislarning originalligini tekshirish uchun QR kodni skaner qiling)**

**Toshkent – 2023**



#### IV – BO'LIM. ATROF MUHIT GIGIYENASI VA SOG'LOM TURMUSH TARZI

##### THE IMPACT OF LACK OF SLEEP ON THE PROFESSIONAL ACTIVITIES OF FUTURE DOCTORS

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**Aim.** Every doctor has a duty to lead a healthy lifestyle in order to help patients and at the same time remain strong and maintain long-term ability to work. It's no secret that lack of sleep is bad for our body, but medical students and doctors constantly have to break the rules of healthy sleep: they often stay on duty, work out, prepare for exams. There is an important concept - cognitive functions. Cognitive or mental capabilities are the highest functions of the brain that provide a person with the opportunity to be a person. These include thinking, spatial orientation, understanding, calculation, learning, speech and reasoning ability. Today an average of 50% of people do not sleep the recommended 8 hours each night. It's an epidemic of sleep deprivation. It's extremely important for future doctors to have developed cognitive abilities for productive work and memorization of the material. In this regard, we decided to conduct a research and show how lack of sleep affects working capacity and prove the importance of good sleep in the practice of every doctor.

**Materials and Methods.** We have chosen the questionnaire method based on the Montreal Cognitive Impairment Rating Scale used in medical practice. A questionnaire survey was conducted among 30 students in two stages: the first time they were awake and the second time they felt sleep deprived. For this purpose, for 3 days the students slept only for 4 hours.

**Results.** A total of 30 students of Tashkent Medical Academy participated in the study. The maximum score was 30 and normally, the results are 26 and higher. The result from 21 to 25 indicates mild cognitive impairment. According to the results obtained, the average score of alert students was 28 out of 30, while in a sleepy state the score reached only 21 out of 30. As it's known, there are 2 types of memory: short-term and long-term. After conducting the test, we found that the indicator of short-term memorization in vigorous students was 100%, while in a sleepy state only 80% of students completed the task. Things are different with the long-term memory test: 80% of the sleepy students (24 out of 30) completed the task, while only 40% (12 out of 30) were able to solve the same task while being sleepy. A special place is occupied by the results of the test for the speed of thinking and attention of students in a waking and sleepy state. In the first case, the indicator decreased from 80% to 65%, and in the second, from 90% to 55%, which clearly indicates cognitive impairment due to lack of sleep.

**Conclusions.** Based on the results obtained, we made the following conclusions: first of all, memory, attention, memorization and speed of thinking deteriorate the most. Accordingly, a decrease in cognitive abilities leads to problems with learning, concentration and low energy level, which negatively affects working and healthy lifestyle. Secondly, cognitive abilities in general also decrease by about 25%, which can lead to a violation of the health of doctors and possible iatrogenies. And thirdly, each of us needs to adhere to a healthy lifestyle, get enough sleep, eat



right and play sports. Only in this case, the doctor will be able to provide quality care without harming himself.

## **OCHIQ SUV HAVZALARI SUV NAMUNALARI TAHLILI**

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**Toshkent tibbiyot akademiyasi, Toshkent, O'zbekiston**

Toshkent viloyatida ochiq suv manbalarida suvning sifatini o'rganish maqsadida hududda joylashgan ochiq suv havzalaridan namunalar olindi. Viloyat hududidan 43 ta ochiq suv havzalari oqib o'tadi. Toshkent viloyati hududida 43 ta 1- va 2- toifaga taalluqli bo'lgan suv havzalari oqib o'tadi. Ularga Sirdaryo, Angren, Chirchiq, Ugam, Chimyonsoy, Chotqol daryo va soylari 1-toifaga, Qorasuv, Zax, Kurqulduq, Salar, Parkent, Zarkent, Bo'kachi-tana kanallari 2-toifaga kiradi. Shu bilan birga ochiq suv havzalari qatorida Toshkent va Chorvoq suv omborlari ham mavjud.

Mazkur suv havzalaridan suv namunalari olinib, mikrobiologik va kimyoviy tahlildan o'tkazildi. Yillar dinamikasida suv namunalari tahlillari o'rganilganda quyidagilar aniqlandi: so'nggi 2019, 2020, 2021 yillarda jami mikrobiologik tahlil uchun 8384 ta namuna, kimyoviy tahlil uchun 2748 ta namuna olingan. 2019 yilda mikrobiologik tahlil uchun olingan 3028 ta suv namunasidan 63 tasi talabga javob bermagan, kimyoviy tahlil uchun olingan 1024 ta namunadan 93 tasi talabga javob bermagan. 2020 yilda mos ravishda 2491 ta namunadan 37 tasi, 781 ta namunadan 68 tasi talabga javob bermagan. 2021 yilda jami mikrobiologik tahlil uchun 2865 ta namuna olingan bo'lib shundan 59 tasi, kimyoviy tahlil uchun olingan 943 ta namunadan 97 tasi talabga javob bermagan.

Tadqiqot uchun viloyat hududida joylashgan Bekobod shahar hududida jami 5 ta suv havzalari ya'ni Sirdaryo daryosi, Farhod, Kirov, Xoz-yoz va Dalvarzin daryolari oqib o'tadi. Bularning 2ta si 1- oifaga mansub, 3 tasi 2- toifaga mansubdir. Sanitariya-epidemiologiya va jamoat salomatligi boshqarmasi kommunal gigiyena bo'limi hisobti ma'lumotlariga ko'ra shaharda suv havzalariga oqava suvlarini tashlaydigan ob'ektlar soni 1-toifaga taalluqli havzaga 2 ta, 2-toifaga taalluqli havzaga 3 tani tashkil etadi. Xo'jalik maishiy oqava suvlarini tashlaydiganlar har 1-toifali suv havzasiga 1 ta ob'ekt oqava tashlaydi, ishlab chiqarish oqava suvlarini tashlaydigan ob'ektlar soni esa 1- toifali havzaga 1 ta, 2- toifaga taalluqli havzaga 3 tani tashkil etadi. Mos ravishda talabga tozalanmagan, tozalik darajasi javob bermaydigan namunalar soni 1 va 3 tani tashkil etadi. Doimiy stvorlar soni esa 1-toifada 5 ta, 2- toifada esa 5 tani tashkil etadi. Mazkur suv havzalaridan mikrobiologik ko'rsatkichlarni aniqlash uchun olingan suv namunalari: 1-toifaga taalluqli bo'lgan havzadan 62 ta suv namunasi, 2- toifaga taalluqli havzadan 69 ta namuna olingan, talabga javob bermaydigan namunalar aniqlanmagan. Xuddi shu havzalardan sanitar-kimyoviy tekshirishlar uchun orlingan namunalar soni 1- toifali – 54 ta namuna, 2- toifali – 70 ta namuna olingan bo'lib, bunda 2-toifali suv havzasidan olingan namunalardan talabga javob bermaydigan namunalar soni 18 tani tashkil etgan.

Ochiq suv havzalarini ifloslantiruvchi manbalar 5 ta bo'lib, bularga Bekobod "Suvoqava", "Bekobodsemta'mir", "Bekobodsement", "Uzmetkombinat", "Bekobodyo'lsanoat" kiradi. Ochiq suv havzalariga oqava suv tashlaydigan korxonalariga 5 ta korxonadan Bekobod "Suvoqava", "Uzmetkombinat" korxonalari Sirdaryoga, "Bekobodsemta'mir", "Bekobodsement", "Bekobodyo'lsanoat" korxonalari Do'stlik kanaliga tashlaydilar.

Tahlillar ochiq suv havzalari doimiy ravishda ifloslanib turganini, bunda ifloslanishlar tabiatini tahlil qilish va tekshirish uchun namunalar sonini ko'paytirishni zarurligini ko'rsatadi.