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АКТУАЛЬНЫЕ ВОПРОСЫ СОВРЕМЕННОЙ МЕДИЦИНЫ

МЕЖДУНАРОДНАЯ КОНФЕРЕНЦИЯ МОЛОДЫХ УЧЕНЫХ

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ACTUAL PROBLEMS OF MODERN MEDICINE

INTERNATIONAL CONFERENCE OF YOUNG SCIENTISTS



ACTUAL PROBLEMS
OF MODERN MEDICINE

14 апрель 2023 года,
г.Ташкент

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SYSTEMATIC DATA META-ANALYSIS FOR THE FORMATION OF REHABILITATION AND SOCIALIZING POTENTIAL AMONG ATHLETES WITH VISUAL IMPAIRMENT

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The purpose of the study - in the context of data meta-analysis, the role formation of rehabilitation and socialization potential in professional athletes with visual impairment.

Materials and methods. This systematic review included an analysis of 3009 scientific studies and peer-reviewed articles in databases such as Medline, PubMed, SPORTDiscus, EMBASE, The Cochrane Library, e - Library, which reported on the correction or reorganization of the rehabilitation and socialization potential among athletes with visual impairments. The main limitation of the study was the age criterion for visually impaired athletes, aged 18 and over. Restrictions on the dates of publications and the language of writing studies were not introduced, for a wider coverage of the topic. At the same time, observational studies, reviews, case reports, abstracts, comments on reports were excluded from the study. Outcome criteria included a range of physical measurements such as bioimpedancemetry, blood pressure levels, waist circumference, measures of physical, functional activity, and adaptive reserves of visually impaired athletes. The meta-analysis data was extracted from scientific publications using Google software. AMP and summarized in an Excel spreadsheet (Microsoft Office 365), statistical analysis was performed using the SPSS program Statistics 21.

Results. Of the 3009 articles that passed through the meta-analysis of the data, 1677 scientific publications had the original title and corresponded to the goals and objectives on the topic of the formation of rehabilitation and socialization potential among visually impaired athletes. Only 115 (100%) publications met the criteria for inclusion in the study, while 62 (53.9%) were excluded because the study was conducted among athletes under 18 years of age. As a result, among 53 (46.1%) publications, the main contingent of study participants were athletes of club amateur competitions - 39 (33.9%), Paralympic athletes - 9 (7.8%), a representative of veteran sports - 5 (4.3%). The main interventions in selected studies were prevention and reduction of the risk of injury and falls in 71.8% of cases, correction of sensory organization in 18.3% of cases, and studies of psychological and social well-being in 9.9% of cases. The efficacy of interventions relative to study outcomes was characterized by a wide 95% confidence interval, implying inaccuracy in the studies performed. Heterogeneity and a small sample size were also noted, demonstrating a low risk of attrition bias in statistical calculation, which in turn may be the reason for underreporting in the studies included in the meta-analysis.

Conclusions. As part of a systematic meta-analysis, it was found that the vast majority of athletes with visual impairments have a risk of developing sensory control and balance disorders, a low level of psychological and social health parameters, and are prone to the occurrence of non-communicable diseases. In this connection, it is extremely important to deeply control the parameters of the physical, functional and psycho-emotional state of health of visually impaired athletes through the formation of rehabilitation and socialization potential within the training and competitive process. The development of this program will ensure the construction of the training process with a perspective on the result and health protection of this category of athletes.

REHABILITATION FOR THE PATIENTS WITH CORONARY HEART DISEASE

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Introduction. Cardiac rehabilitation is a package of lifestyle secondary prevention strategies designed to improve the prognosis of patients with heart disease. It consists of three core modalities: education, exercise training and psychological support. Behaviour change is key to long-term adoption of a healthy lifestyle. Cardiac rehabilitation programmes