

Klinik laborator diagnostikada innovatsion texnologiyalardan foydalanish, muammolar va yechimlar, 2023



**KLINIK LABORATOR
DIAGNOSTIKADA INNOVATSION
TEXNOLOGIYALARDAN
FOYDALANISH, MUAMMOLAR VA
YECHIMLAR**

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Bolalar va qariyalarda kalsiy miqdorini kuzatish juda muhim. Yosh va keksa yoshda bemorlar ko'proq kalsiy iste'mol qiladilar, bu esa gipokalsiyemiya xavfini oshiradi. Ushbu makroelement miqdorini tekshirish uchun, xavf ostida bo'lgan insonlarga muntazam ravishda qon topshirish tavsiya etiladi.

Tana kalsiy bilan to'yinganda, giperkalsiyemiya rivojlanadi, bu esa quyidagi simptomlarni keltirib chiqaradi: ich qotishi, ishtaha yo'qligi, ichak va oshqozonda yaralar, qorin og'rig'i.

Tanada kalsiy qancha ko'p bo'lsa, buyrakda toshlar (nefrokalsinoz) paydo bo'lish ehtimoli shunchalik yuqori bo'ladi. Odatda bu patologiya assimptomatik shaklda kechadi. Biroq, toshlarning hajmi kattaligi sabab bemorlar oyoq-qo'llarining shishi, yuqori qon bosimi va beldagi og'riqlardan aziyat chekishi mumkin.

Giperkalsiyemiyani o'z vaqtida aniqlash uchun, uning alomatlari yuzaga kelganda, darhol shifokorga murojaat qilish va kalsiyni tekshirish uchun qon topshirish muhimdir.

Kalsiy testining natijalarini aniqlashtirish uchun shifokorlar unga qo'shimcha ravishda quyidagi tekshiruvlarni buyuradilar: temir, yashirin qon, umumiy siydik tahlili, D vitamini, mikroalbumin, paratgormon.

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CORRECTION OF POST-COVID-19 ANXIETY-PHOBIC DISORDERS BY ERICKSON HYPNOSIS

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Introduction. Anxiety-phobic disorders are currently one of the most common mental disorders. According to WHO data (07/06/2020), anxiety disorders were found in 31.9% of 63,439 patients examined after Covid-19 around the world. The method of hypnotherapy is one of the non-traditional methods in the treatment of anxiety-phobic methods

Purpose. To study and evaluate the effectiveness of Erickson's hypnosis in anxiety-phobic disorders after COVID-19.

Methods and techniques. For the study, 40 patients with a diagnosis of post-COVID-19 anxiety-phobic disorder were selected for baseline treatment. The mean age of the subjects was 32 ± 8 . 20 of them are men and 20 are women.

Patients were divided into 2 groups:

1) The main group - 20 patients (50%) who had undergone Erickson hypnosis (6 times at 2-day intervals);

2) In the control group, 20 (50%) patients underwent psychopharmacotherapy (anxiolytic - Atarax 25mg for 1 month).

For psychotherapy, Erickson's hypnosis was used 6 times at 2-day intervals in the main group. The medical-psychological status of patients was assessed through a medical-psychological questionnaire. The level of anxiety was determined by the Spielberger-Khanintest.

Results. According to the results of the study, 2 (10%) patients in the main group were severe (46 points and above), 6 (30%) were moderate (31-45 points) and 12 (60%) were mild (up to 30 points) anxiety was detected. In control group II, 2 (10%) patients had severe anxiety, 8 (40%) had moderate anxiety, and 10 (50%) patients had mild anxiety. When the level of anxiety in the patients was re-examined after treatment, 12 (60%) of the 20 patients in the main group were found to have no anxiety, 5 (25%) had mild anxiety and 3 (15%) had moderate anxiety. Of the patients in the control group, 7 (35%) had mild, 5 (25%) had moderate, 1 (5%) had severe reactive anxiety, and 7 (35%) had no anxiety.

Conclusion. The study showed that the use of Erickson hypnosis in the correction of anxiety disorders after Covid-19 showed a significantly faster improvement in patients' quality of life. Erickson's hypnosis is the subconscious resolution of the cause of the disease, which reduces the duration of treatment and increases the effectiveness. This may lead to the wider use of this method in medicine.

ALANINAMINOTRANSFERAZA KLINIK AHAMIYATI

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Alanin aminotransferaza (ALT) organizmning barcha hujayralarida, asosan, jigar va buyraklarda, kamroq darajada yurak va mushaklarda joylashgan fermentdir. Odatda, qonda ALT faolligi juda past. Jigar hujayralarining sitolizi bo'lganda ferment odatda sariqlik kabi belgilar paydo bo'lishidan oldin qon oqimiga chiqariladi. Shu sababli, ALT fermentning faolligi ko'pincha jigar shikastlanishining ko'rsatkichi sifatida ishlatiladi.

ALT eng keng tarqalgan testlarga kirib, jigar zararlanganligini ko'rsatadi va virusli gepatit, gepato toksik bo'lgan dori-darmonlarni yoki boshqa moddalarni qabul qilishda tekshirish uchun buyuriladi. Biroq, ALT har doim ham faqat jigar shikastlanishini aks ettirmaydi, bu fermentning faolligi boshqa organlarning kasalliklarida ham oshishi mumkin.