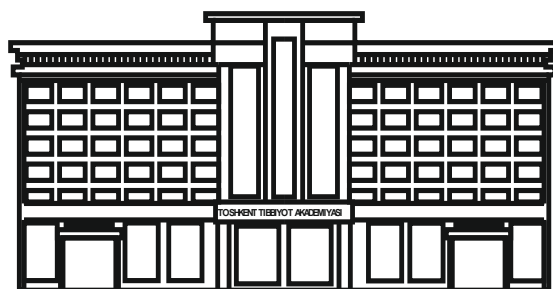


ЎЗБЕКИСТОН РЕСПУБЛИКАСИ СОҒЛИҚНИ САҚЛАШ ВАЗИРЛИГИ
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A STUDY OF THE FACTORS AFFECTING THE EFFECTIVENESS OF COVID-19 REHABILITATION.

Tuychiev L.N., Khudaykulova G.K., Eraliev U.E., Djuraeva N.K., Sadullaev S.E.

ИЗУЧЕНИЕ ФАКТОРОВ, ВЛИЯЮЩИХ НА ЭФФЕКТИВНОСТЬ РЕАБИЛИТАЦИИ ОТ COVID-19.

Туйчиев Л.Н., Худайкулова Г.К., Эралиев У.Э., Джураева Н.К., Садуллаев С.Э.

COVID-19 REABILITATSIIYA SAMARADORLIGIGA TA'SIR ETUVCHI OMILLARNI O'RGANISH.

Tuychiyev L.N., Hudaykulova G.K., Eraliyev U.E., Jurayeva N.K., Sadullayev S.E.

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Аннотация. *Сегодня наибольшее количество сотрудников в сфере здравоохранения в мировом масштабе формируется медицинскими работниками среднего звена. Их труд имеет большое значение в секторе здравоохранения не потому, что его много, а потому, что он обеспечивает широкий спектр безопасной, эффективной и высококачественной медицинской помощи пациентам. Чему научила нас пандемия Covid-19? Тот факт, что мы не боеем и быстрее выздоравливаем от болезни, доказал, что следование здоровому образу жизни и физические упражнения основаны на том факте, что ваш процесс реабилитации проходит легче и быстрее. В указе президента Республики Узбекистан Шавката Миромоновича Мирзиёева от 30 октября 2020 года "О повсеместной пропаганде здорового образа жизни и развитию массового спорта" наиболее актуальный вопрос: возникновение пандемии коронавируса Covid-19 показало необходимость повышения уровня здоровья, физическое здоровье, здоровый образ жизни населения.*

Ключевые слова: *коронавирус, реабилитация, пандемия, процесс, фактор.*

Annotatsiya. *Bugungi kunda global miqyosda tibbiyot xodimlarining eng ko'p sonini o'rta darajadagi tibbiyot xodimlari tashkil qiladi. Ularning mehnati sog'liqni saqlash sohasida ko'pligi uchun emas, balki bemorlarga keng ko'lamli xavfsiz, samarali va sifatli tibbiy yordam ko'rsatayotgani uchun katta ahamiyatga ega. COVID-19 pandemiyasi bizga nimani o'rgatdi? Kasallikka chalinmasligimiz va kasallikdan tezroq tuzalib ketayotganimiz sog'lom turmush tarziga rioya qilish va jismoniy mashqlar bilan shug'ullanish reabilitatsiya jarayonining oson va tez o'tishiga asoslanganligini isbotladi. O'zbekiston Respublikasi Prezidentining Shavkat Miromonovich Mirziyoyevning 2020 yil 30 oktyabrda "Sog'lom turmush tarzini keng targ'ib qilish va ommaviy sportni rivojlantirish to'g'risidagi farmonida" eng dolzarb bo'lgan masalalardan birinini aytib o'tganlar, va tibbiyot hodimlariga bir nechta topshiriqlar berilgan.*

COVID-19 koronavirus pandemiyasining yuzaga kelishi dunyo mamlakatlari qatori O'zbekistonda ham aholining sog'lig'i, jismonan salomatligi, sog'lom hayot kechirish darajasiga axamiyat berishilishi zarurligini ko'rsatdi.

Kalit so'zlar: *koronavirus, reabilitatsiya, pandemiya, jarayon, omil.*

The fact that the COVID-19 coronavirus infection has negatively affected the health of our citizens, primarily suffering from cardiovascular and respiratory diseases, as well as obesity (overweight), as a result of which today's pandemic has caused many of our citizens to turn a blind eye to the untimely world among us. All of us, having made a serious conclusion from this, are provided with the need to abandon harmful habits, constantly engage in mass sports, adhere to the principles of proper nutrition, in particular, to turn a healthy lifestyle into our daily life, which is high in salt, sugar and fat, and not to eat pastries and sweets, bakery products more than the norm.

The aim of the study is to study the level of adherence to a healthy lifestyle among patients with Coronavirus infection. Increase the role of secondary medical workers.

Research methods and materials is the study involved 140 COVID-19 patients who lived in Sebzor neighborhood, Almazar District of Tashkent City, and the main group was 70 patients and the control group was 70 patients. In the process of collecting, processing and analyzing indications for the observance of a

healthy lifestyle in the rehabilitation process, methods of chronometry, sanitary and statistical, expert assessment were used.

Regular physical education and mass sports, as well as adherence to a healthy lifestyle - a healthy lifestyle is a way to activate human living conditions, which means compliance with the daily routine, conditioning the body on an active basis, playing sports, eating a full and high-quality diet, observing the hygienic rules of nutrition, achieving communication and environmental culture, spiritual education based on universal and through the formation of life skills in a healthy lifestyle, several measures are being implemented in order to ensure the emergence of a strong immune system against the disease in every citizen, to abandon harmful habits, to adhere to the principles of proper nutrition, to systematically and effectively organize restoration and rehabilitation work, as well as mass physical activity measures, to create good conditions for health. Including: in the rehabilitation of patients with COVID-19, the importance of a healthy lifestyle is important, the patient's compliance with the daily routine, taking the drug drugs prescribed by the doctor in time, laying the

foundation for the patient's recovery. Obviously, this is important in promoting health. We recommend that patients organize the agenda and work on the basis of the biological regime. The importance of a properly structured agenda is that both the working day and the leisure must be properly planned, and of course the role of family members in ensuring mental tranquility, thinking about good things and thinking rationally, increasing the confidence of the disease to overcome it. To do this, the nurse must provide the patient's family members with support to support the patient. In order for the patient to refrain from them in case of harmful habits, it is necessary to inform the patient about the consequences of such harmful habits as drunkenness, drunkenness, addiction. It should be borne in mind that one of the important factors in the patient's recovery is neatness, adherence to oral care, compliance with the rules of personal hygiene, strict adherence to neatness.

course of the disease in patients, partly following a healthy lifestyle, and that farewell materials that enhance medical culture are prepared for distribution. After all, following a healthy lifestyle and following medical advice will serve to prevent disease complications in patients so that the patient can quickly return to his previous state.

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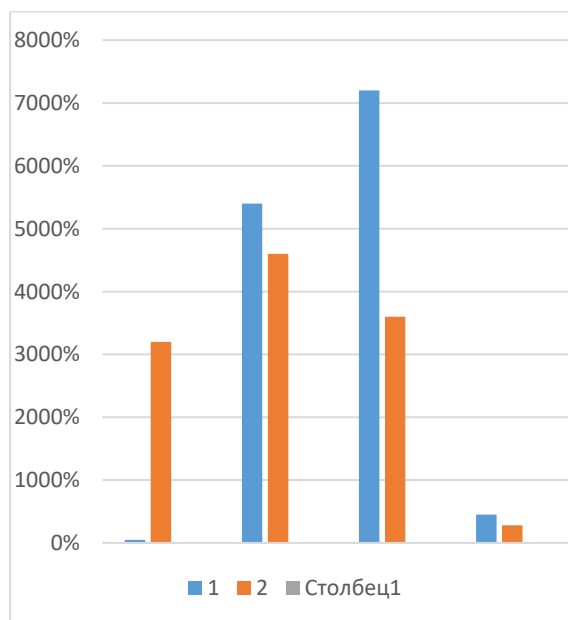
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Research findings and discussion: According to the result of the questions indicated in the questionnaire: 56% of patients replied that they followed the question asked, 16% that they partially followed, 32% that they did not follow at all, "Did you do breathing exercises regularly?" to the question asked, 49% of patients said they were valid, 32% said that they were not permanent, and 19% said that patients did not perform at all.

To the question asked, "Do you smoke cigarettes?" 54% of patients answered yes and 46% patients answered no, "Have you followed your diet and paid attention to meal?" we got the following result when asked if 72% of patients said that they tried to follow and 38% of patients answered that they "Had no opportunity because of their job."

Conclusion.

We recommend that all segments of the population carry out further explanatory work by medical workers, based on the fact that we are witnessing a mild

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Tuychiev L.N., Khudaykulova G.K., Eraliev U.E., Djuraeva N.K., Sadullaev S.E.

Annotation: Today, the largest number of employees in the field of health care on a global scale is formed by middle medical workers. Their labor is of great importance in the health sector, not because it is in large numbers, but because it provides a wide range of safe, effective and high-quality medical care to patients. What has the COVID-19 pandemic taught us? The fact that we do not get sick and recover faster from the disease has

proven that following a healthy lifestyle and exercising based on the fact that your rehabilitation process is easier and faster. In the decree of the president of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev on October 30, 2020 "On the widespread promotion of a healthy lifestyle and the development of mass sports", the most relevant issue: the occurrence of the COVID-19 coronavirus pandemic has shown the need to extend the level of health, physical health, healthy living of the population.

Keywords: coronavirus, rehabilitation, pandemic, process, factor.

