



MINISTRY OF HEALTH OF THE
REPUBLIC OF UZBEKISTAN



Tashkent Medical
Academy



Young Scientists



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Only English “Advances in Medical Research and Practice Conference”

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Tashkent
May 23, 2023





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Results: According to the results of the study the main source of infection of *Microsporum* were stray cats in 13 cases (40.6%) and domestic cats in 8 cases (25%), 6 cases (18.8) from family members, in 5 cases (15.6%) the cause of infection has not been established.

During the study of the incidence of *Microsporum* in children by seasons, the peak of dermatophytosis occurred (was noted) at the end of August and the beginning of December.

Most often this type of dermatophytosis was registered in children aged from 1 to 12 years.

According to the localization of the pathological focus, *Microsporum* of the scalp was observed in 43.7% of cases, *microsporum* of smooth skin – 28.2% of cases, *microsporum* of the scalp and smooth skin 18.7% of cases, infiltrative suppurative *microsporum* was less common - 9.4% of cases.

Conclusions. Currently, cases of infection of children with *Microsporum* have become more frequent which indicates that the population is less and less aware of such mycoses as *Microsporum*, that this disease is transmitted from stray and domestic animals, from close contact with patients and from household items infected. There is an acute question of the need for careful anti-epidemic and therapeutic and preventive measures among the population of the country. And accordingly, it is necessary to carry out timely identification of those infected, make the correct diagnosis and cure them. These activities should be carried out for both domestic and stray animals.

RESULTS OF HYGIENE ASSESSMENT OF FOOD OF SCHOOL STUDENTS

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Aim: Proper nutrition of children and adolescents is the most important indicator of health. Among the various factors that have a permanent effect on the growing organism and its health, the most important role belongs to proper nutrition. Eating not only in childhood and adolescence, but also in adulthood, affects the child's further development and health. Rational nutrition is one of the necessary conditions for human physical and mental development, resistance to infectious diseases and other adverse environmental factors. The school period is characterized by very rapid growth processes in children, and is accompanied by high mental stress during homework at school and at home. Therefore, it is necessary to organize a proper diet of schoolchildren not only for the consumption of nutrients and energy, but also to fill the physiological needs and prevent diseases. Official statistical data and results of scientific studies have revealed that the health of school-aged children has deteriorated over the past ten years. Studying the nutrition of children and adolescents and giving a hygienic assessment of the eating habits.

Research materials and methods: The research was conducted on the basis of a questionnaire from children and adolescents studying in general education schools No. 249 and No. 29 of Tashkent, as well as their parents.

Results: In our study, we conducted a questionnaire survey among school students and their parents to study the nutrition of school students. According to the results of the research, when studying three meals of schoolchildren, in both schools, it was found that elementary school students followed the meal plan more than senior school students. That is, 91.7% of 1-5th grade students of 249 schools, 59% of 6th-11th grade students, 92.4% of 1-5th grade students of 29 schools, and 63% of 6th-11th grade students eat three meals a day. It was found that since elementary school students are small, adults are responsible for following them and bringing them to school, parents are always in front of them, and they eat three meals a day. Basically, elementary school students of both schools eat 3 meals at home, and have a second breakfast (buns, cookies, fruits or sweets) during the long break at school. 44.3% of 249 schoolchildren and 46.5% of 29 schoolchildren come to school without breakfast. All students who participated in the survey eat dinner at home, it was found that traditionally high-calorie foods are eaten at dinner time. Nutritional nutrition is one of the main conditions for ensuring that children and adolescents are healthy, beautiful, physically and spiritually healthy, develop well, and have good immunity. A variety of food products in the diet is one of the main factors in nutritional balance. In addition, taking into account the individual characteristics of the organism, it is required to take into account whether certain food products are possible or not. Taking into account the characteristics of the digestive system of children and adolescents, the body of which has not yet grown and formed strongly, the diet should contain easily and quickly digestible food products. According to SanQvaM 0017-21, the diet of school-aged children includes meat, milk and dairy products, butter and vegetable oil, wheat bread (at each meal). It is recommended to give fish, eggs, cheese, cottage cheese products once every two to three days (SanQvaM 0017-21 "Sanitary rules, norms and hygiene regulations for the organization of meals for students in general secondary, secondary special, professional educational institutions"). In conclusion, it was found that in the upper classes of both schools where the research was conducted, students do not eat 3 meals a day. It was found that the diet of schoolchildren in both groups was not diverse, and they consumed less products rich in necessary vitamins and minerals. Regular malnourishment causes mental and physical weakness in the child's body, susceptibility to infectious diseases. Schoolchildren should eat at least 3-4 times a day, and their daily diet should be enriched with eggs, meat and meat products, fish and fish products, milk and milk products, fresh vegetables and fruits. It is necessary to strengthen propaganda and propaganda about healthy lifestyle and rational nutrition among schoolchildren and their parents.

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ALLERGIC RHINITIS AND ITS COMBINED FORMS IN CHILDREN

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Aim: Due to the increase in the weight of allergic diseases in the general pathology of childhood, the diagnosis and treatment of allergic rhinitis in children and the management of these patients at the outpatient stage have not lost their relevance. The period of preschool and school age is characterized by a high incidence of acute respiratory diseases of the upper respiratory tract, especially acute rhinitis, nasopharyngitis, rhinosinusitis. This daily sets the district pediatrician the task of differential diagnosis of allergic rhinitis and acute rhinitis with a protracted course. Allergic rhinitis most often does not require hospitalization and, with timely diagnosis, does not lead to serious consequences. It is known that children prone to allergies suffer from acute respiratory viral infections more often and more severely than their peers. An integrated approach to the diagnosis and treatment of such children with the participation of an allergist, an otorhinolaryngologist, under the constant supervision of a local pediatrician, the rational use of drug therapy can reduce the duration of the disease, improve the patient's quality of life. The article provides generalized principles for managing patients with allergic rhinitis from the point of view of domestic and international recommendations, the rules of life for children with allergic rhinitis are described in detail, the role of the local pediatrician in teaching parents to ensure a hypoallergenic environment for the child is emphasized. The authors present a clinical example of the effective use of a combined decongestant and antihistamine for the treatment of acute respiratory viral infections in a child with allergic rhinitis. The aim of the work is to study allergic rhinitis and its combined forms in children.

The objectives of the study are to identify the frequency of symptoms of allergic rhinitis and its combined forms in children based on the International ISAAC program in dynamics over three years.

Conclusions: Cause-significant factors influencing the development of combined forms of allergic rhinitis were identified: atopic dermatitis lasting up to three years, rhinoconjunctival syndrome, urticaria, Quincke's edema, high IgE levels and the presence of endotoxemia. Based on the identified adverse factors in the formation of combined forms of allergic rhinitis and bronchial asthma, it is possible to timely predict this pathology, aimed at identifying risk groups and conducting timely primary prevention of the manifestation of bronchial asthma and allergic rhinitis. The presence of endotoxemia was established in allergic rhinitis, characterized by a high level of endotoxin during the period of exacerbation [(1.88±0.3) EU/ml, control (0.002±0.001) EU/ml, p<0.001], and its decrease during remission - (0.25±0.2) EU/ml, p<0.001. The level of endotoxin is characterized by its high value in the combination of allergic rhinitis and bronchial asthma and depends on the severity of the disease and the duration of the process. A direct correlation was established between the content of plasma endotoxin and the level of total IgE in the blood, r=0.59 (p<0.001) and with the number of eosinophils in the blood r=0.36 (p<0.05), which confirms the pathogenetic significance of endotoxin in combined forms of allergic rhinitis. Positive data on the clinical efficacy of the use of Lactofiltrum preparations as an enterosorbent and Korilip in the complex therapy of the acute phase of allergic rhi-