

METHODS OF TREATMENT AND CARE OF NERVOUS DISEASES

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Abstract: this article gives information about methods of treatment and care of nervous diseases. In the treatment of nervous diseases, several methods are usually used at once.

Keywords: nervous diseases, methods, treatment, patients

The patient is recommended a certain regimen, diet, drugs, and, if necessary, surgical methods. The service of nurses is of special importance in the treatment of patients. Because they should not only carry out any procedures prescribed by the doctor, but also use their sweet words to help patients recover faster. Nurses should be patient, sweet-talking, kind, and at the same time, demanding in their work and treatment of patients. Patients like cheerful, humble, alert, attentive staff.

A medical nurse should be well versed in his profession, knowledgeable, well aware of the course of the disease, and the effect of drugs on the body. Nurses must be well-versed in measuring the patient's body temperature and performing complex procedures. Nurses should communicate more with patients and explain ways to get rid of the disease faster. The nurse must provide information about the condition of the patient during each night to the nurse. In addition, it is necessary for the nurses to ask the patients what they are unable to say, avoiding the sniffer. Recently, psychotherapy is of great importance in rehabilitation, treatment of nervous and mental patients. The goal of rehabilitation is to restore the health of a mental patient, and basically there are 4 ways:

- 1) a close conversation between the doctor and the patient;
- 2) to pay attention to all aspects of the active life of the patient (his role in the family, his activities in society, himself and the patient) and take into account that the impact on them will be different;
- 3) an inseparable unity of biological (drugs, effects of physiotherapy methods) and mental social psychotherapy, labor treatment;
- 4) conducting the above three types of rehabilitation together or switching from one to another. These activities are aimed at early recovery, in which nurses should actively participate. The most important task of mental treatment is to return the patient's lost activity, to restore his health and work ability. Nurses must be able to quickly

distinguish between different conditions that occur in the patient and provide timely and appropriate care and make sure that the patient recovers completely.

In the case of cerebrovascular disorders (when blood is poured into the brain), prompt and correct help prevents serious complications (lung infection, ulcers and trophic changes in the body, and damage to the urinary tract) received and saved the patient from death. As a result of the patient lying motionless for a long time, it leads to a cold of the respiratory tract (as a result of accumulation of mucus in the lungs, mouth, nose, throat, it blocks the respiratory tract). To prevent such cases, turn the patient to the right and left side every 2-3 hours, clean the mucus accumulated in the mouth and throat cavity, put a hot heater when urine is retained or use a catheter need to urinate. In order to prevent the appearance of deep trophic ulcers, it is necessary to frequently wipe the patient's scapula and buttocks with camphor alcohol, wipe the sweaty areas with a clean wet cloth, and sprinkle with talcum powder.

Great care should be taken when feeding unconscious patients.

If there is a swallowing reflex, sweet tea should be drunk in a spoon. If the patient cannot drink, has difficulty swallowing, it is recommended to inject 0.9% sodium chloride or 5-10% glucose solution intravenously. If the patient has been unable to swallow for a long time, it is necessary to feed through a tube.

The probe is first boiled and then used after applying vaseline or glycerin. Before feeding liquid food, it is necessary to make sure that the probe is correctly inserted into the stomach. If the probe has compressed the airway, the patient's face turns blue and a peculiar sound is heard. After the probe is placed correctly, 1ml of sterile water is injected, if the patient does not cough, the probe is in the stomach and food can be fed easily.

In such cases, nurses should pay special attention to washing, dressing and undressing the patient. In the case of brain injuries (concussion, subarachnoid hemorrhage), it is necessary to keep the patient lying down and clean the oral cavity. Because a lot of saliva and mucus accumulates in the mouth. It is recommended to take sedatives when the patient is restless. Urinary retention requires a catheter or incontinence.

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