



## BRONXIAL ASTMADA HAMSHIRALIK YETAKCHILIGIDAGI REABILITATSIYA STRATEGIYALARI VA ULARNING DAVOLASH NATIJALARIGA TA'SIRI

Usmanova Zarifa Turgunovna

Toshkent davlat tibbiyot universiteti

<https://doi.org/10.5281/zenodo.18220883>

### ARTICLE INFO

Qabul qilindi: 05-yanvar 2026 yil  
Ma'qullandi: 08-yanvar 2026 yil  
Nashr qilindi: 12-yanvar 2026 yil

### KEYWORDS

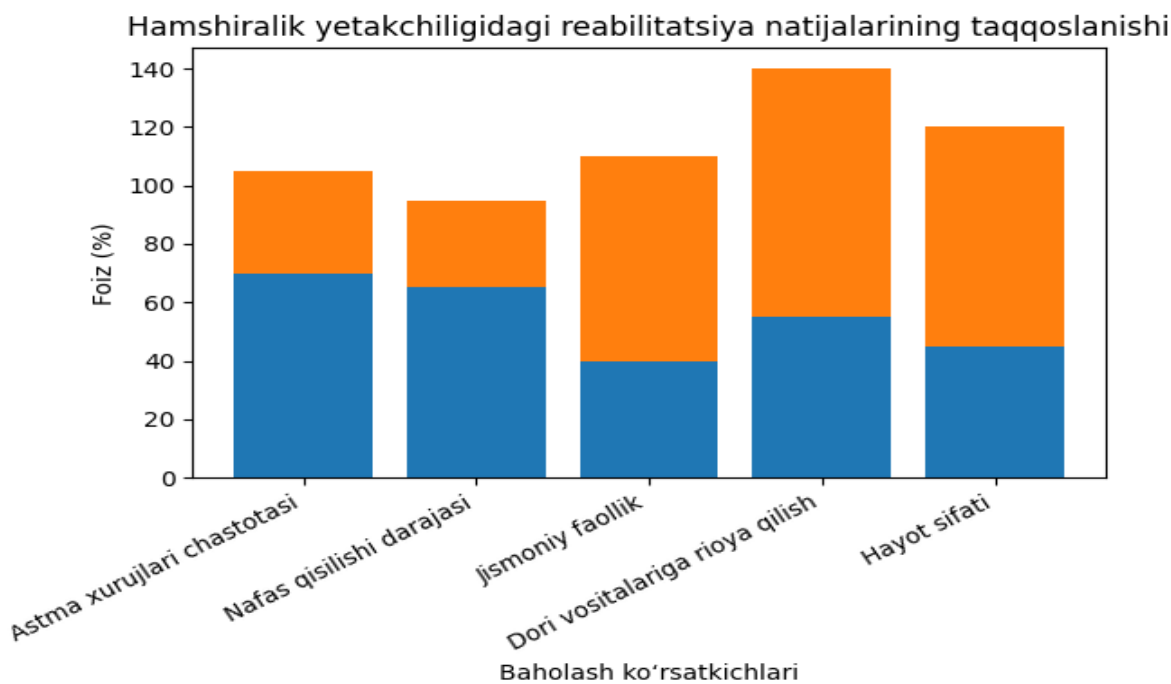
*bronxial astma, rehabilitatsiya,  
hamshiralik yordami,  
hamshiralik yetakchiligi, hayot  
sifati.*

### ABSTRACT

*Bronxial astma surunkali yallig'lanishli nafas yo'llari kasalligi bo'lib, u bemorlarning jismoniy faolligi, psixoemotsional holati va hayot sifatiga sezilarli darajada salbiy ta'sir ko'rsatadi. Zamonaviy tibbiyotda dori-darmon bilan davolash muhim o'rin tutsa-da, rehabilitatsiya jarayonlarini to'g'ri tashkil etish va baholash bronxial astmani nazorat qilishda muhim ahamiyat kasb etadi. Ushbu jarayonda hamshiralik yetakchiligidagi rehabilitatsiya strategiyalari muhim rol o'ynaydi. Mazkur maqolada bronxial astmada hamshiralik yordami asosida olib boriladigan rehabilitatsiya strategiyalari, ularning tashkiliy jihatlari hamda davolash natijalariga ta'siri yoritilgan.*

Bronxial astma butun dunyoda keng tarqalgan surunkali respirator kasalliklardan biri bo'lib, u nafas yo'llarining qaytuvchan obstruksiyasi va yallig'lanishi bilan tavsiflanadi. Kasallik uzoq muddatli kuzatuv, muntazam davolash va kompleks rehabilitatsiya tadbirlarini talab qiladi. Rehabilitatsiya jarayonlarining samaradorligi ko'p jihatdan tibbiyot xodimlarining, ayniqsa, hamshiralarning kasbiy faoliyati va tashkiliy yondashuviga bog'liq.

Hamshiralar bemor bilan doimiy aloqada bo'lishi, ularning holatini kuzatishi, ta'lim berishi va motivatsiyasini oshirishi orqali rehabilitatsiya jarayonining uzluksizligini ta'minlaydi. Shu bois hamshiralik yetakchiligidagi rehabilitatsiya strategiyalari bronxial astma bilan og'riqan bemorlarda ijobiy klinik va funksional natijalarga erishishda muhim omil hisoblanadi.



Hamshiralik yetakchiligidagi reabilitatsiya strategiyalarining mazmuni

Hamshiralik yetakchiligidagi reabilitatsiya strategiyalari bemorga yo'naltirilgan, tizimli va individual yondashuv asosida amalga oshiriladi. Ushbu strategiyalar quyidagi asosiy yo'nalishlarni o'z ichiga oladi:

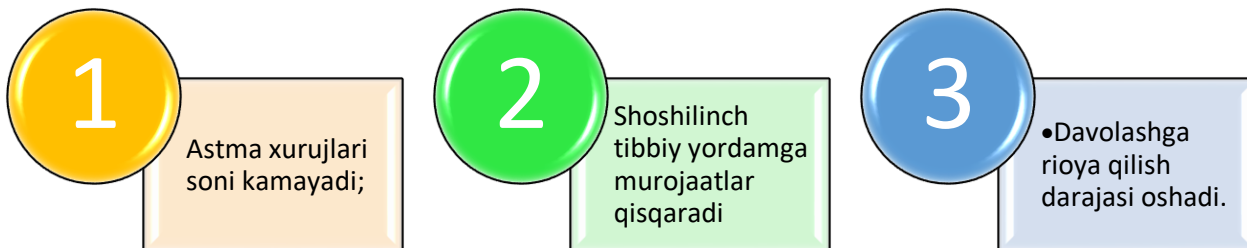
- bemorning klinik holati va funksional imkoniyatlarini dastlabki baholash;
- individual reabilitatsiya rejasini ishlab chiqishda ishtirok etish;
- nafas mashqlari va jismoniy faollikni tashkil etish;
- dori vositalarini to'g'ri qabul qilishni nazorat qilish;
- reabilitatsiya jarayonida xavfsizlik va uzluksizlikni ta'minlash.

Hamshira yetakchiligi reabilitatsiya jarayonlarining muvofiqlashtirilishini kuchaytiradi va barcha mutaxassislar faoliyatini yagona maqsad sari yo'naltiradi.

Bemorlarni o'qitish va o'zini-o'zi boshqarish ko'nikmalarini shakllantirish

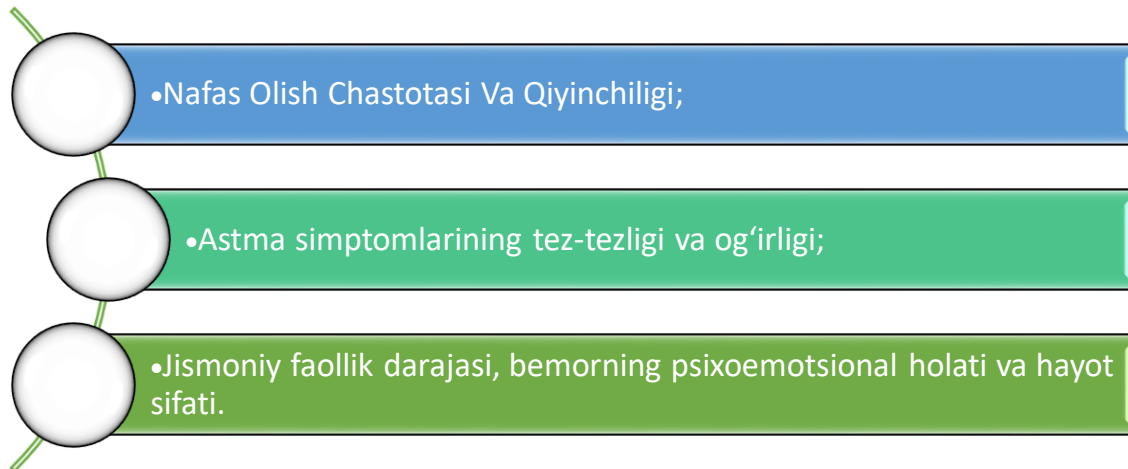
Bronxial astmada reabilitatsiyaning muhim tarkibiy qismi — bu bemorlarni o'qitishdir. Hamshiralik bemorlarga kasallikning mohiyati, uni qo'zg'atuvchi omillar, dori inhalyatorlaridan to'g'ri foydalanish hamda xurujlarning oldini olish choralarini o'rgatadi.

*Bemorlarning o'zini-o'zi boshqarish ko'nikmalarini rivojlantirish natijasida:*



- Bu esa reabilitatsiya natijalarining barqarorligini ta'minlaydi.

Reabilitatsiya natijalarini baholashda hamshiralarning roli  
Hamshiralar reabilitatsiya jarayonida bemor holatini muntazam baholab boradi. Baholash quyidagi ko'rsatkichlarni o'z ichiga oladi:



Mazkur ko'rsatkichlar asosida hamshiralar reabilitatsiya rejasini moslashtirish bo'yicha takliflar kiritadi va shifokor bilan hamkorlikda davolash taktikasini takomillashtiradi.  
Hamshiralik yordami va reabilitatsiya natijalariga ta'siri

Ilmiy tadqiqotlar shuni ko'rsatadiki, hamshiralik yetakchiligidagi reabilitatsiya strategiyalarini qo'llash bronxial astma bilan og'rigan bemorlarda kasallik ustidan nazoratni yaxshilaydi, xurujlar sonini kamaytiradi va hayot sifatini oshiradi. Hamshiralar tomonidan ko'rsatiladigan psixologik va ijtimoiy qo'llab-quvvatlash bemorlarning davolashga bo'lgan ishonchini mustahkamlaydi.

Xulosa Bronxial astmada hamshiralik yetakchiligidagi reabilitatsiya strategiyalari samarali davolashning ajralmas qismi hisoblanadi. Hamshiralar reabilitatsiya jarayonlarini tashkil etish, baholash va monitoring qilish orqali bemorlarning klinik holatini yaxshilash va uzoq muddatli ijobiy natijalarga erishishda muhim rol o'ynaydi. Shu sababli sog'liqni saqlash tizimida hamshiralarning yetakchi rolini kuchaytirish va ularning reabilitatsiya jarayonidagi vakolatlarini kengaytirish maqsadga muvofiqdir.

#### Adabiyotlar ro'yxati:

1. Wang S., Pan R., Wang H., Tang Y., Hu L., Ho XS, etc. Immediate psychological reactions and associated factors during the initial stage of the coronavirus disease (COVID-19) epidemic among the Chinese population in 2019. Int J Environ Res Public Health. 2020; 17 (5). Electronic publication 03/12/2020. doi : 10.3390/ijerph17051729; PubMed Central PMCID: PMC7084952. [ PMC free article ] [ PubMed ] [ CrossRef ] [ Google Scholar ]
2. Ahmed MZ, Ahmed O, Aibao Z, et al. Epidemic of covid-19 in China and associated psychological problems. //Asian J Psychiatr . 2020;51:102092.
3. Arasli, H., Furunes, T., Jafari, K., Saydam, MB, Degirmencioglu, Z. Hearing the voices of wingless angels: A critical content analysis of nurses' Covid-19 experiences. //International Journal of Environmental Research and Public Health. 2020; 17(22); 8484: 1-16.
4. Atay , S., Cura, ŞÜ. Problems Encountered by Nurses Due to the Use of Personal Protective Equipment  
The current document contains no sources. 2020; 66(10): 12-16.

5. Bostan, S., Akbolat, M., Kaya, A., Ozata, M., Gunes, D. Assessments of anxiety levels and working conditions of health employees working in COVID-19 pandemic hospitals //Electronic Journal of General Medicine. 2020; 17(5): em246.
6. Brugliera L, Spina A, Castellazzi P, et al. Rehabilitation of COVID-19 patients. //J Rehabil Med. 2020; 52(4): jrm00046.
7. Study of factors influencing the effectiveness of rehabilitation during COVID-19. authors Tuychiev LN, Khudaykulova GK, Eraliev UE, Dzhuraeva NK, Sadullaev SE
8. Negrini S, Ferriero G, Kiekens C, Boldrini P. Facing in real time the challenges of the Covid-19 epidemic for rehabilitation. Eur J Phys Rehabil Med. 2020. doi: 10.23736/S1973-9087.20.06286-3.
9. The role of rehabilitation in primary health care. Authors: Tuychiev Laziz N., Eraliev Umid E., Khudaykulova Gulnara K., Juraeva Lily
10. Simpson R, Robinson L. Rehabilitation following critical illness in people with COVID-19 infection. Am J Phys. Med Rehabil. 2020;99(6):470–474. doi 10.1097/PHM.0000000000001443.
11. Eraliev U. E., Djurayeva Nilufar Kurvankulovna, «Quality of communication between a patient and a nurse during the COVID-19 pandemic», Journal of Natural and Medical Education, 2.- T. 119-127Volume 01, Issue 06, 2023 (14.00.00; 15).

INNOVATIVE  
ACADEMY