



REFERENCES OF THE RURAL AND URBAN POPULATION ON HYPERTENSIVE DISEASE IN HYPERTENSIVE PATIENTS

Bazirgon Shokirovich Ruzmetov

Assistant of the Department of faculty and Hospital therapy of Urgench branch of the Tashkent Medical Academy

Nazira Azizovna Narmukhamedova

Center for professional development of medical personnel

Associate professor of the Department of Public Health and health management

Candidate of Medical Sciences

Article history:	Abstract:
Received: September 1 st 2021 Accepted: September 30 th 2021 Published: November 21 th 2021	In the following years it is known from a large amount of literature and statistics that not only in our country but also in many countries of the world the growth and rejuvenation of flatulence is observed. In the Russian Federation at present 30-49 % of adult population have blood pressure higher than 140/90 mm Hg and its survival is observed. In developed countries, 5-15%, in Russia 20.2% of pregnant women have high blood pressure.
Keywords: Hypertension, Khorezm Region, Rural And Urban Population	

INTRODUCTION.

According to scientific studies conducted in our country, it is observed that the prevalence of whiplash disease is 35.7%, in men 28.1% and in women 40.6%. Also with increasing age irrespective of gender there is an increase in the incidence of whiplash. In our republic in subsequent years there has been a significant increase and rejuvenation of the morbidity in the island regions, including Khorezm province, where there is a somewhat unfavourable environmental situation. Hypertension is considered one of the most important and urgent problems of cardiology, and some scientific literature notes that the general population is 20 per cent, with adults aged between 60 and 50 per cent.

One of the most dangerous complications of hypertension is the high prevalence of seizures in causes of death. According to data, 55-60% of deaths and 46% of disabilities are due to hypertension. It is noted that its prevalence in the adult population in 2003 is 238.1 per every 100,000 population. The author notes that blood pressure is mainly related to 4 groups - biological (including genetic) - occupational, socio-economic and physiological factors that are more likely to be influenced by causal factors.

THE AIM OF THE STUDY

Is to investigate and evaluate its structural features based on referrals received at the polyclinic of the Khorezm Regional Cardiology Centre between 2016 and 2020.

MATERIALS AND METHODS OF THE STUDY:

In order to study and assess the structural features of memory disease referrals in the region, we

analysed a total of 6020 referrals to the cardiology centre in Khorezm region during 2016-2020, including 3831 rural residents and 2189 submitted referrals. The data were obtained by obtaining an extract from the flight record book of the outpatient department. Statistical methods of social hygiene and sanitation were widely used in statistical analysis and evaluation of the data obtained.

STUDY RESULTS:

Some scientific literature indicates that the prevalence of arterial hypertension is relatively high in large cities (62.7%). Including blood pressure grade I - 45.0%, grade II - 37.4% and grade III - 17.6%, and has a rising tradition, particularly with increasing age in men. A total of 6,020 visits have been made to the centre's polyclinic in five years, as we have previously noted, in relation to light disease. 3,831 (63.6%) of the enquiries were from rural areas and 2,189 (36.4%) from urban areas. It is noteworthy that during the study period (2016-2020), the number of calls for the disorder in the region increased by 39.6% compared to 2016 in 2020 and this situation was observed in rural areas respectively (41.1%). In the city, it can be noted that this figure is -36.93 %. The fact that the rate of whiplash referrals among rural population was higher in 1.7 Marotab (75.0 %) than in the city attracted our attention during the study process. This situation calls for a more in-depth medico-social analysis of the population's knowledge of whiplash and its underlying diseases. An analysis of the rural population during the study period showed that the highest level of applications was in the 50-59 age group and amounted to 33.4% of the total number of applications (3,831). In urban areas, the figure was



30.3%. In the case of those over 60 years of age, a decline of 29.3 per cent and 29.5 per cent was observed in both rural and urban areas, respectively. With an increase in the number of young people coming forward, 87.6% of the total number of calls were from the age of 40 to the adult age group. In the city, the figure was 85.7%. 1.8 % of the total number of contacts were under 20 years old, 3.3 % were between 21-29 years old and 7.2 % were between 30-39 years old, an increase which means that the disease of lightness lives on. It was noted that in the city this rate would be 2.0 %, 3.9 % and 8.4 % respectively. 60% of the total number of reported cases were outpatient and 40% were hospitalised. In the village, the rate was known to be 49.5% and 50% respectively, while in the city, it was 78.4% and 21%. There was no significant difference between urban and rural areas in outpatient treatment (47.5 % and 52.5 %), but there was a very sharp difference in the number of hospitalised patients (20.5 % and 70.5 %). It turns out that those who come from the village have 3.4 times more inpatient treatment. This situation can be explained by the fact that villagers are relatively late in encountering whiplash and some complications, and in most cases there is hospitalisation and a state of treatment. In references to whiplash, some features were also determined by the degree of illness. It was observed that more than half of all referrals were made in rural areas with 54.3% i and in urban areas with 55.1% of I-II degrees of disorder. 30.3% of the patients had celiac disease grade I and 15.3% grade I-III. In the village, 55.8 % of the total referrals were to men and 44.2 % to women. When comparing this figure with those living in the city, no significant difference was observed. (For men 58.6%, for women 41.4%). It was found that 62.5 % of references for men corresponded to those living in the village and 37.5 % for those living in the city, this figure corresponds to 65.2 %, 34.8 % for women respectively. It turns out that references are 1.7 times higher in men than in the city, in the village, 1.9 times higher in women.

In the village, the results of the analysis by age of patients with hypertension showed that its highest rate was 50-59 years old and accounted for 31.3% of the total number of referrals. This figure was 34.7% in the village and 33.5% in the same age groups in the total population. In all social groups there was also a decrease in the quality of life of patients with arterial hypertension after the age of 60. Of the total number of admissions, 85.7% came from adults over 40 years of age. Correspondingly, 14.3% were registered to urban residents under 39 years of age (Table - 1).

Table - 1
Distribution of hypertension patient visits by age (2016-2020)

Place of residence	Under the age of 20	21 - 29	30 - 39	40- 49	50- 59	Great er than 60	Tot al
Village in %	41 1,8	77 3, 3	17 1 7,2	611 24	124 5 33, 0	1686 30,7	383 1 100
In the city in %	42 1,9	87 4, 0	18 1 8,4	629 28, 7	686 31, 3	564 25,8	218 9 100

As can be seen from the table, references have been made to the fact that at the age of 30-39 years, while the pattern of increase in each age group is the same by a factor of 2, at the age of 40-49 years we observed an increase of 3.4 and 50-59 over the baseline at the age of 16.4. The conclusion is that, among other factors, age also has a significant impact on disease progression. From our point of view, a significant decrease in the number of referrals in people aged 60 and over is related to the survival rate of patients with a disease such as hypertension (Table 1)

CONCLUSIONS:

1. According to the information given in many publications and statistics for the following years, the rate of population recourse to lighthouse disease has a property of growth and rejuvenation in many developed countries, including in our country, as well as in the Khorezm region, where our research is carried out.

2. Citations for hypertension were 1.7 times lower in the city than in the countryside, references for women in men were 1.3 times higher. 78.4% of the referrals were outpatients, while 21.6% were hospitalised and treated in hospitals. In rural areas, the rate was almost the same (49.5 per cent, 55.5 per cent). During the study period, outpatient treatment increased by 2 marotabs.

3 It was found that whiplash citations were 1.7 times (75 %) higher among the rural population than in the city, and higher among the rural population compared to cases of untimely implementation of recommendations.

4. The highest rate of referrals was seen in the 50-59 age group, accounting for 33.4% of the total number of referrals. 87.6% of the referrals were made



by adults over 40 years of age, and the incidence decreased due to the effect of living beyond 60 years of age.

5. More than half of the patients (55.1%) had Grade II malaise. It was found that 44.3% of the referrals were hospitalised and treated.

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