



THE ROLE OF TUBERCULOSIS SANATORIUMS IN THE REHABILITATION OF TUBERCULOSIS IN CHILDREN

Abdumanapova R.K.

Assistant of the Department of phthisiatry
Andijan State Medical Institute
Andijan, Uzbekistan

Article history:

Received: October 4th 2023
Accepted: November 4th 2023
Published: December 6th 2023

Abstract:

The article analyzes the methods of detecting tuberculosis in children. During the analysis of methods for detecting tuberculosis in children and adolescents who have had contact with a tuberculosis patient, only 20-30% of children from the focus of tuberculosis infection are detected during a contact examination. In children living in foci of tuberculosis infection, mainly severe and complicated forms of tuberculosis are detected.

Keywords: Tuberculosis, method of manifestation, children, adolescents, contact infection, focus of infection, tuberculosis, rehabilitation, prevention.

The sanatorium stage occupies an important place in the complex therapy of children registered in tuberculosis institutions of the Republic of Uzbekistan. Children's tuberculosis sanatoriums in modern conditions should provide effective rehabilitation of patients with local forms of tuberculosis, and children from risk groups should receive preventive and restorative treatment against the background of sanatorium factors to prevent their tuberculosis. Currently, sanatorium treatment of tuberculosis patients is an integral part of the phased TB care for the population. And only a few decades separate us from the time when healing from tuberculosis was a rare happiness for the patient. Most patients with active tuberculosis died. In the pre-antibiotic era, staying in sanatoriums and resorts was one of the main methods of treating all forms and localizations of tuberculosis. Currently, it retains its importance as one of the stages in the complex of therapeutic and preventive measures for tuberculosis. The economic constraints of the last period have narrowed the sanatorium-resort base, but significant contingents of tuberculosis patients, cured of tuberculosis, and people from risk groups use it with a positive effect. Spa treatment is mainly aimed at rehabilitation of impaired body functions, restoration of normal reactivity of the body, strengthening the functional activity of all organs and systems. The peculiarity of sanatorium treatment is its complex nature. Along with treatment, a rationally organized rest, maximum outdoor stay, and climate therapy play an important role in recovery. The beneficial effect of sanatorium conditions on tuberculosis patients is explained by the fact that, being in a sanatorium, they follow a reasonable hygienic and dietary regime, spend almost all their time outdoors, receive enhanced and full nutrition. In addition, staying in nature in a calm

environment strengthens the nervous system. Patients receive dosed sun and air baths that improve blood circulation and respiratory systems.

THE PURPOSE OF THE STUDY: To study the main performance indicators of children's tuberculosis sanatoriums in the period from 2010 to 2012.

MATERIALS AND METHODS OF RESEARCH. The analysis of the forms of sectoral statistical reporting and annual market reports of children's tuberculosis sanatoriums for 2010-2012 was carried out.

THE RESULTS OF THE STUDY. Sanatoriums for tuberculosis patients are divided into local and located in resort areas. Majority it is advisable to send patients to local sanatoriums located in the area of their permanent residence. At the same time, there is no need to adapt to new climatic conditions and transport costs are lower. Patients with all forms of tuberculosis can be sent to local sanatoriums after the elimination of symptoms of acute intoxication and with signs of stabilization of the process. The second phase of chemotherapy (the phase of continuing treatment) in local sanatoriums is preferable for patients of older age groups, young children and patients after surgical interventions for tuberculosis.

Over the past 3 years, the bed capacity of children's sanatoriums has decreased by 50 beds, at the same time, the quality indicators of their activities have improved. There was an increase in the rate of completion of the bed-days plan from 88.3% to 97.5%, a decrease in the average length of stay in a bed from 34.3 to 31 days, a decrease in somatic and infectious morbidity from 21.7 to 20 and from 51.1 to 50.8 per 1000 discharged, respectively.



The analysis shows that 43.2% of the population of tuberculosis sanatoriums are children from socially disadvantaged families (in 2010, this figure was 45.6%).

There have been minor changes in the clinical structure of the contingents treated in children's tuberculosis sanatoriums over the past 3 years: the proportion of children with hyperergic and hyperergic reactions has decreased due to an increase in children from tuberculosis foci and infected with tuberculosis. The problem of concomitant pathology in children remains relevant.

Patients who can be expected to have a more complete involution of lesions in a short time are sent to resort sanatoriums. The other group is patients with concomitant diseases, which are better in the conditions of the appropriate climatic resort. Sanatoriums of various climatogeographic zones are used for sanatorium treatment of tuberculosis patients. At the same time, the impact of natural factors in different seasons of the year and the possibility of using sanatorium treatment methods for the complex therapy of tuberculosis and concomitant diseases are taken into account.

The main method of treatment in tuberculosis sanatoriums is complex antibacterial therapy in combination with pathogenetic methods of treatment: climatotherapy (100%), phytotherapy (100%), massage (87.5%), physiotherapy (89.3%), physical therapy (89.6%), coumycotherapy (50%), speleotherapy (77%), hydrotherapy (28.2%).

Treatment of patients with tuberculosis of the respiratory system with concomitant diseases of the cardiovascular system is advisable in sanatoriums located in favorable climatic conditions. When referring tuberculosis patients to climatic resorts, it is taken into account that in some of them, in addition to departments for patients with pulmonary tuberculosis, there are departments for the treatment of extrapulmonary tuberculosis, in particular tuberculosis of the eyes and organs of the genitourinary system. Vouchers for sanatorium treatment are issued to patients by tuberculosis dispensaries

CONCLUSION. In recent years, new forms of children's health improvement have been introduced in sanatoriums, such as hirudotherapy, hypotherapy, reflexotherapy, magnetotherapy, balneo- and hydrotherapy, paraffin therapy, thalassotherapy, aromatherapy, speleotherapy, kinesotherapy, the use of new methods of physical therapy and physiotherapy, the method of intensive hardening. Thus, the quality indicators of the activities of children's tuberculosis sanatoriums have improved in the last 3 years. The average length of stay in a children's sanatorium bed in the Republic of Uzbekistan is 2 times lower, which

makes it possible to rehabilitate more children from risk groups for the development of tuberculosis. In the context of a stabilizing, but generally tense epidemic situation of tuberculosis in the Republic of Uzbekistan, the role of children's tuberculosis sanatoriums in the complex of measures for the prevention and rehabilitation of tuberculosis in children is increasing.

LIST OF LITERATURE

1. Aksenova V.A. Infection and incidence of tuberculosis in children as an indicator of the general epidemiological situation of tuberculosis in Russia. *Tuberculosis problems.* – 2002. - 1.
2. Melnik V.M., Mykolyshin L.I. Tuberculin sensitivity in tuberculosis patients of children of early and preschool age. *Problems of tuberculosis and lung diseases.* - 2003. - 8.
3. Ovsyankina E.S., Gubkina M.F. The difficulties of diagnosing tuberculosis of the respiratory system without bacterial excretion in children and adolescents. *Collection of scientific papers on the 100th anniversary of tuberculosis hospital No. 6.* - Moscow: 2005 - C. 180-5.
4. Ovsyankina E.S., Zakhovaeva E.N., Gubkina M.F. and others. On the issue of the detection of tuberculosis in children and adolescents in a somatic hospital. *Scientific papers on the 75th anniversary of the leading anti-tuberculosis institution in Moscow.* Edited by V.I.Litvinov. - M.: 2001. - C. 96-7.
5. Perelman M.I., Koryakin V.A. *Phthiology.* - M.: 1996. - C. 75-86.
6. *Tuberculosis in children and adolescents.* Edited by E.N.Yanchenko, M.S.Greimer. St. Petersburg: Hippocrates, 1999.
7. Shepeleva L.P. On radiological studies in pediatric phthiology. *Tuberculosis problems.* – 1997. –2.– C. 19–20.