



NURSING CARE IN CHILDREN WITH TYPE 2 DIABETES

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| Article history: | Abstract: |
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| Received: October 10 th 2024 Accepted: November 8 th 2024 | Diabetes mellitus is a chronic and metabolic disease that is spreading worldwide and growing younger. The number of cases of this disease is increasing every year. In 2021, 529 million people worldwide were diagnosed with diabetes, and by 2050, this number is expected to reach 1.31 billion. Nowadays, the problem of improper nutrition (fast food, eating a lot of sweets) and obesity among children has increased. This leads to the development of type 2 diabetes. The responsibility of the first link of the healthcare system, nurses, is very important to children with diabetes. The importance of nursing practice and this process in improving the patient is great. This article describes the main processes of care for children with type 2 diabetes and the role of nurses. |
| Keywords: Children with type 2 diabetes, nursing care, healthy lifestyle, proper nutrition, psychological support, glycemic index, insulin, sugar level control, healthy lifestyle. | |

RELEVANCE OF THE TOPIC: Nursing care is very important in children with type 2 diabetes, which is aimed at controlling the general health of children and preventing complications. Although type 2 diabetes is rare among children, in recent years, the rate of occurrence of this disease in children is increasing due to the violation of healthy lifestyle, improper diet and decrease in physical activity. Type 1 diabetes is the most common type of diabetes in children and is the main form of diabetes in young people. In recent years, the number of children with type 2 diabetes has been increasing. It should be noted that type 2 diabetes is more common in adults, but in young children, it puts even more responsibility on medical workers, because it is very important to educate not only children, but also their parents.

Nurses and parents should be informed about the symptoms of this disease in children and preventive measures. When the nurse agrees with the doctor, they will draw up an individual control and treatment procedure for the child and ensure that the disease passes without complications. It is important to improve the quality of life of type 2 diabetes and increase the quality of all-round medical and spiritual support for the patient in easing the disease process. In the pre-doctor period, it is very important for nurses to collect the necessary anamnesis from the patient and his family members in a correct and orderly sequence, as well as to provide psychological support. This requires great experience, knowledge and skills from the nurse.

PURPOSE OF THE STUDY: Nursing approach plays an important role in the management of type 2 diabetes in children. It includes individual care, education and psychological support.

1. Status assessment and control.

- Take a medical history: Collect the child's symptoms, eating habits, physical activity level, and family history.
 - Glucose level monitoring: Regular measurement of blood sugar levels and monitoring of changes.
 - Detect changes in the body: Detect signs of obesity, insulin resistance or complications.
2. Drawing up a care plan.
- Individualized plan: A care plan is developed that matches the child's age, body mass index (BMI), lifestyle, and other health factors.
 - Meal planning: In collaboration with a dietician, create a diet suitable for the child (for example, limiting carbohydrates, including foods with a low hypoglycemic index and more fiber).
3. Education and counseling.
- Providing information to family members and the child: Explaining the nature, causes and complications of diabetes. Teaching the importance of proper nutrition and regular physical activity. Show how to control blood sugar.
 - Use of insulin or drugs: If the child is prescribed drugs or insulin, teach them to take them correctly.
4. Psychological support.
- Emotional support of the child: To ensure that he feels confident in managing the disease.
 - Preventing stress and depression: Providing psychological support or referral to a specialist if necessary.
5. Stimulation of physical activity.
- Teaching the child daily exercises and forming this habit (light jogging, games, swimming and hakazo).
 - Increase activity level, which helps improve insulin sensitivity.
6. Prevention of complications.
- Foot Care: Ensure hygiene and proper footwear selection to prevent foot complications.



Eye and kidney examination: Organization of Periodic Examinations.

- Infection control: Immunization and providing information about vaccinations.

7. Follow up and re-evaluate.

- Monitor how effective the care plan is.
- Making changes to the plan when necessary.
- Cooperation with doctors and other specialists in the course of providing medical care.

CONCLUSION: Although type 2 diabetes is rare among children, its increasing rate is a cause of great concern. This situation requires modern approaches to early detection of disease complications, prevention and quality care for children. Nursing care is an important part of the process and plays a key role in improving the quality of life of children living with diabetes. The nurse not only provides medical care, but also provides the child and his family with in-depth knowledge about the disease, increases motivation and provides psychological support. The right approach helps children to develop self-management skills, increase their self-confidence and active participation in society. Also, the health of children with type 2 diabetes should be supported not only by their families, but also by medical workers, educational institutions and other

members of society. Because effective management of this disease requires a comprehensive approach. In general, type 2 diabetes can be managed by promoting healthy lifestyles, increasing care and education among children. And nursing care is crucial to ensuring a healthy future for children.

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