

## USING INNOVATIVE NEW METHODS TO TEACH STUDENTS ABOUT HIV/AIDS

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### ANNOTATION

This article provides for the prevention of HIV / AIDS among the population and youth, schoolchildren and students of colleges, institutes, improving medical culture and how to maintain their health.

Although treatments for both AIDS and HIV exist to slow the virus' progression in a human patient, there is no known cure. The rate of clinical disease progression varies widely between individuals and has been shown to be affected by many factors such as host susceptibility.

AIDS is thought to have originated in sub-Saharan Africa during the twentieth century and is now a global epidemic. Also, conducting classes on new pedagogical technologies and innovative methods. Once inside a human host cell, the retrovirus using its own capacities begins to copy its genetic code into a DNA molecule which is then incorporated into the host's DNA. The virus becomes an integral part of the person's body. But the viral DNA may sit hidden and inactive within human cells for years, until some trigger stimulates it to replicate. In 1983 and 1984, French and U.S. researchers independently identified the virus believed to cause AIDS as an unusual type of slow-acting retrovirus now called « human immunodeficiency virus » or HIV. Like other viruses, HIV is basically a tiny package of genes. But being a retrovirus, it has the rare capacity to copy and insert its genes right into a human DNA.

**Keyword:** AIDS, HIV, retrovirus, Kaposi's sarcoma, ventral infection, antigen, donor.

Today, studying and analyzing the organizational and legal foundations of education and training processes in higher education institutions is one of the most important and challenging tasks. Today, the last stage of the disease is defined by the term AIDS. HIV infection is the period from infection with HIV to the appearance of the first symptoms of AIDS. A person infected with HIV is called an HIV carrier. Thus, HIV and AIDS are two types of the same disease, which is widespread on earth and has yet to be cured.

HIV is the virus that causes AIDS and is the initial stage of the process. This virus weakens the human immune system, and eventually the body becomes impatient, unable to protect itself from simple inflammatory diseases. [1,4]. There is no cure for this disease and it ends in a tragic death.

The sources of HIV infection are patients infected with the virus and carriers of the virus, because the virus is constantly circulating in their blood. The HIV virus is present not only in the blood, but primarily in sperm and menstrual secretions, as well as in the secretions of the vaginal glands. In addition, HIV is present in breast milk, saliva, tears and spinal fluid, various tissues, sweat and urine. The most dangerous are blood, semen and vaginal secretions, and from them enough virus has been detected to cause infection.

In the early days when AIDS was discovered, this disease was common among people who belong to the dangerous group of the population - drug addicts, immoral people, and those with congenital hemophilia. HIV is transmitted in the same way as other retroviruses, namely vertically from mother to child and horizontally through sexual contact. In addition, it is also transmitted parenterally (at the time of injection). Also, the biological fluid of a person infected with HIV can be transmitted even if it falls on a slightly damaged mucous membrane and skin of a healthy person. [2,7]

The AIDS virus is resistant and will be killed by boiling in water for 10 minutes. Special disinfectants can also be used. Alcohol does not kill HIV.

Ways of transmission of the AIDS virus:

- when infected blood is transfused to a healthy person;
- through sexual contact with a patient infected with the HIV virus;
- from an infected mother to a child during pregnancy, childbirth and breastfeeding;
- when using damaged syringes.

The clinical development of AIDS is divided into several periods:

The latent (incubation) period of the disease can last from 2-3 weeks to 1-2 months, and according to some data, up to 3-5 years.

1. The period before the onset of the disease, the latent period:
2. The acute stage of the disease.
3. The period of completion of the disease.

The clinic of AIDS is characterized by symptoms of various opportunistic infections and malignant neoplasms. The early symptoms of AIDS are visible before the obvious symptoms appear. Initial symptoms are characterized by fever, diarrhea, lymphadenopathy, drug build-up, anemia, depression, development of various purulent diseases on the skin and mucous membranes, and suffering of the patient. The first signs of AIDS are the patient's thirst, weight loss, sweating, and enlarged lymph nodes. The AIDS virus enters the human body and has a harmful effect on the helper T-lymphocytes, as a result of which the activity of the helper T-helpers decreases and then they die. It is known that T-lymphocytes are helpers - they play an important role in the immune system of the human body. T-lymphocytes are helpers and cause an immune deficiency in the body. The immune system of a healthy organism usually protects various microbes, viruses, fungi and cells of simple single-celled animals from the environment and inside a person, and at the same time, it is a very complex and reliable means of protection against malignant tumor (cancer) cells. It was noted that helpers T-lymphocytes are of crucial importance in the activity of this immune system.

HIV also attacks these T-lymphocyte-helpers, damages them and causes a state of immune tension in the body. As a result, previously harmless saprophytic microorganisms attack and cause the development of various diseases. Similarly, cancer cells, which could not multiply before, begin to multiply rapidly in such a favorable situation. When HIV enters a T-lymphocyte, it becomes integrated with the cell. Helper T-lymphocytes synthesize protein substances, and new young viruses appear from these protein substances. Thus, T-helpers serve the virus. The number of T-lymphocytes in the body decreases, and the activity of the rest decreases.[6,9]

This is the essence of immune tension in the body of a person suffering from AIDS. Laboratory diagnostics are important in the diagnosis of AIDS. Among them: immunoenzyme determination; radioimmunoprecipitate analysis; radioimmunoprecipitate method; Immunoglobulin analysis is used more often and helps to make a diagnosis. Blood serum or plasma is taken as a material for detecting antibodies to OIV, but recently, the type of biological materials is increasing. Among the laboratory analysis, enzyme immunoassay (IFT) is mainly considered. HIV infection is continued by special methods. Medical examination to determine whether one is infected with the HIV virus is divided into mandatory and voluntary medical examination. The group of mandatory medical examinees for the detection of the HIV virus includes:

- blood, blood serum and other biological fluids, tissue donors;
- Persons belonging to the "Dangerous group" with a high risk of contracting the HIV AIDS virus;
- drug addicts injecting drugs into the bloodstream (when detected and then 2 times a year);
- homosexuals (when detected and then 2 times a year);
- irregular, many sexual partners (1 time per year);
- when infected with sexually transmitted diseases (when detected and then once a year).
- People working with the AIDS virus, people infected with the HIV virus,
- Those engaged in the diagnosis, treatment and direct service of AIDS patients (at the time of employment and once a year thereafter);
- patients with clinical indications;
- those with a fever for more than a month;
- diarrhea lasting more than a month;
- loss of 10 or more percent of body weight for no reason;
- prolonged lymphadenopathy for more than three months;
- chronic and recurrent zotiljam or zotiljam, which is ineffective during treatment;
- chronic inflammation of the genitals and diseases without results despite treatment;
- various childhood diseases of the oral cavity and tongue;
- disorders of the immune system (decreased T-helperlam)
- diseases with incomplete diagnosis, AIDS, HIV-like symptoms (on the recommendation of the attending physician).

For example, the immunoblotting method is used, which allows the detection of antibodies against individual proteins of a retrovirus. After the result obtained by this method is positive, it is possible to conclude about HIV infection. [6,7]

Within the framework of the European Union ERASMUS+ international program, MODEHED - "Modernization of the teaching of medical sciences in universities" based on the project "Modernization of the teaching of medical sciences in universities" from the subject of valeology to the subject "Understanding of HIV/AIDS" was launched on the basis of the model program established before the project, and then the tasks envisaged in the project were carried out. The following results were obtained when comparing the knowledge levels of the groups with different methods of transition.

In the 2016-2017 academic year, the students increased their active knowledge by using "brainstorming", "presentation", "handouts" to teach students about the topic.



During the 2017-2018 academic year, in addition to the use of "brainstorming", "presentation", "handout materials", the "video clip", "case" method was used to cover the topic of understanding HIV/AIDS. The use of such tools further increases and activates student activity. In the 2018-2019 academic year, the topic "Understanding of HIV/AIDS" was used along with the use of "brainstorming", "presentation", "handouts", "case" method, along with "videos", "animations". on the basis of the electronic textbook prepared as a result of the project, the topic became the basis for increasing students' knowledge, their activity, free thinking based on the use of voice, presentations, video, animation, case method, non-traditional tests.

Comparing the results shown above, it can be seen that over the past years, the students' activity on the topic "Understanding HIV/AIDS" has increased, and their ability to freely express, explain, and analyze their thoughts has increased. can be seen.

2 months before passing the subject, a questionnaire about HIV infection was conducted among the students. The results of each examination, that is, questionnaires, confirmed that the knowledge of students has increased.

In the 2017-2018 academic year, when analyzing the questionnaire taken before the graduation of valeology in the 1st semester of the 1st course, 5-8% of the students did not have a general understanding, 35-40% heard the information from their peers, and 52-60% were watching TV. and it was found that they read in newspapers.

You can use "brainstorming", presentation, video demonstration, "case" method, scenario game, and test assignments at the end of the lesson. It is appropriate if the tests are made in an unconventional way, because it shows how deeply and completely the student has mastered the subject he has mastered.

The lesson should be equipped with equipment such as a projector, handouts, computer, paper and pencil, blackboard and chalk. For example: a non-traditional test can be used to reinforce the subject of the lesson.

It is important to educate students about sanitation promotion and prevention of sexually transmitted infections.

Viral transmission when injecting drugs

to stop vertical transmission (transmission from a pregnant patient to a child).

to stop the virus from blood, blood products and transplanted organs

will have information about the need to fight against infection.

Creates an understanding of the possibility of infection from sharp medical instruments contaminated with human blood and other fluids.

Using the "case method" and the way of dividing the students into groups in passing the topic, it also increases the students' activation and ability to explain their thoughts to others.

For example:

1 – group of parents.

2nd group of teachers,

3rd group of doctors

According to their tasks, each group is required to read the information about the problem situation, find out the cause of the problem situation, how it happened, and try to solve it. In this situation, the pinboard method can also be used. The student will have the opportunity to express his opinion freely.

In this way, students will have an understanding of AIDS, the causes of the disease, information about the spread and ways of transmission of the disease, clinical signs of the disease, methods of detection, as a result, the student will understand the causes of the disease. They will have deeper information about the spread of the disease and ways of transmission. They understand the initial signs of the disease, methods of detection, and their knowledge and skills increase, they create skills.

Thus, the use of our own experiences and advanced foreign experiences, and the use of ICT and innovative methods will lead to the development of medical culture, knowledge and skills of students and young people to become mature specialists in their professional activities.

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