

**OPTIMIZATION THE ROLE OF NURSES IN REHABILITATION OF PATIENTS AFTER STROKE**

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**ABSTRACT**

Stroke incidence is one of the leading illnesses that people suffer from worldwide, it is mainly due to smoking and alcohol consumption. We can see the need to organize rehabilitation of such patients. According to statistics, number of deaths is much higher in patients with cerebral circulatory disorders than in those with heart failure. Stroke can have serious consequences, leading to speech impairment in patients, and a significant change in quality of life of a patient. Damaged functions can be restored, this is done with rehabilitation measures. The blood vessels that supply blood to the brain have a uniquely complex structure. After treatment, most patients return to their daily normal work.

**Keywords:** stroke, blood pressure, alcohol, rehabilitation.

**RELEVANCE**

Severe cases of stroke in the brain can lead to significant consequences such as speech and motor dysfunction. As a result, the life of the patient and his family members becomes more difficult. Rehabilitation work to restore the damaged functions is effective. Stroke is now becoming a major social and medical problem in Neurology. About 11 million strokes are registered worldwide each year. 40% of the patients are under retirement age[10]. Mortality from circulatory disorders in the brain is 40% and it is the second leading cause of death with 25% of total mortality of population[2.5]. The relevance of the study of this topic is that acute

disorders of cerebral circulation have medical and social significance due to the high incidence of morbidity and mortality. In addition, persistent circulatory disorders in the brain are one of the leading causes of disability, leading to severe disability of the patient. [6]. One-third of those with the disease are people of working age, and only one in four patients returns to work. In recent years, there has been a radical change in health policy reform in all countries of the world. The provision of medical care to the population has shifted from the inpatient method to the primary level of health care, with an increasing focus on preventive medicine. At the current stage of medical development, the main goals of the state are health management policy, planning, training of qualified specialists, and developing a leadership. [7]. At present, the country is undergoing profound reforms in the field of healthcare. It focuses on the training of nurses and the improvement of nursing care. [8]. Mortality in patients with impaired cerebral circulation is largely dependent on the treatment conditions in the acute period. At the first sign of patients with impaired cerebral circulation, no significant complications are observed if patients receive timely treatment at an early stage in the emergency room. Rehabilitation plays an important role in nursing, and the training of nurses and the improvement of nursing care play an important role around the world [1].

According to scientists from the World Health Organization, after a circulatory disorder in the brain – stroke, 70% of cases can achieve a healthy life with proper care after 3 months of the development of the stroke, [4]. Science-based priorities for optimizing nursing care for patients after stroke include: establishment of specialized intensive care and neurology departments; creation of a system of continuing education for nurses on the features of care for post-stroke patients, development and implementation of procedures and standards for nursing care for post-stroke patients; development of reasonable norms for a single nurse depending on the type of work performed; informational, methodological and documentary work of nurses in the workplace; establishment of a monitoring system and develop a criteria for evaluating the performance of nurses, ensure the use of modern patient care tools and functional clothing for patients; train teaching skills so patients and their relatives can be taught. [9].

Optimization of nursing care has led to positive changes in patients and nurses. Adherence by the nurse to the stages of the nursing process in the rehabilitation of patients with acute cerebral circulatory disorders helps to restore the functional independence of patients early, increases the quality and effectiveness of nursing care. Recently, there has been an increase in reports of increased blood flow to the brain, which means that strokes also occurring in those aged 25-40 years. The effectiveness of rehabilitation protocols is that the organization of nursing care for patients up to the intensive care unit plays an important role [3].

### OBJECTIVE

To study and improve the performance of nurses involved in the rehabilitation of patients with cerebral circulatory disorders. Scientific substantiation of organizational technologies for optimization of nursing care in the hospital to patients after cerebral circulatory disorder on the basis of socio-hygienic research.

## RESEARCH MATERIALS

To study and analyze the theoretical material on the research topic, a questionnaire was conducted in Neurology Clinic 1 of the Tashkent Medical Academy, and Family clinic 1's rehabilitation departments. To analyze the role and participation of nurses in the provision of emergency care to patients with acute cerebral circulatory disorders in a hospital setting.

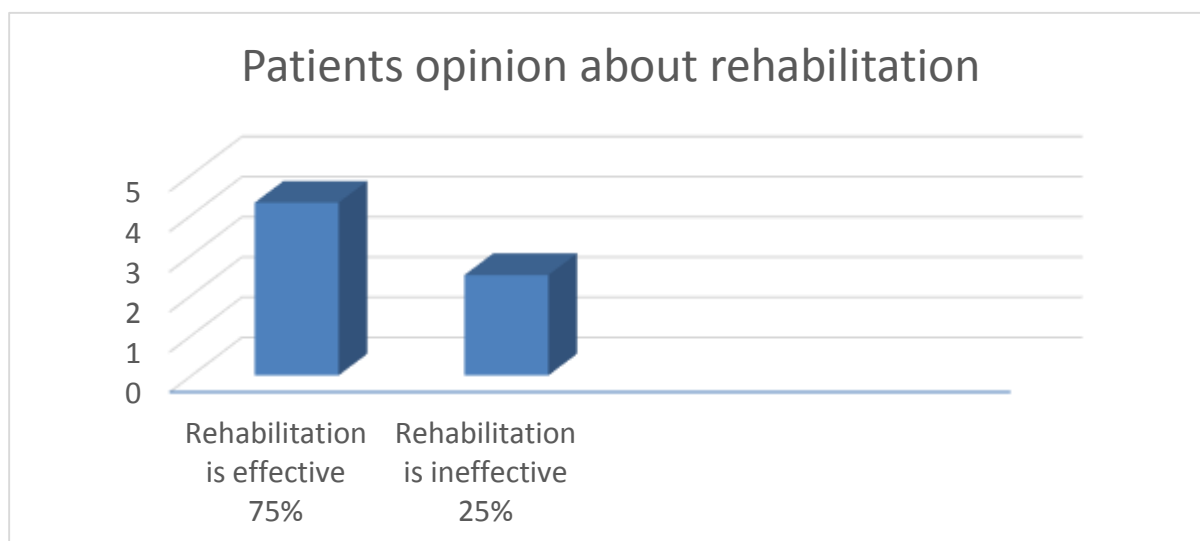
## RESEARCH METHODS

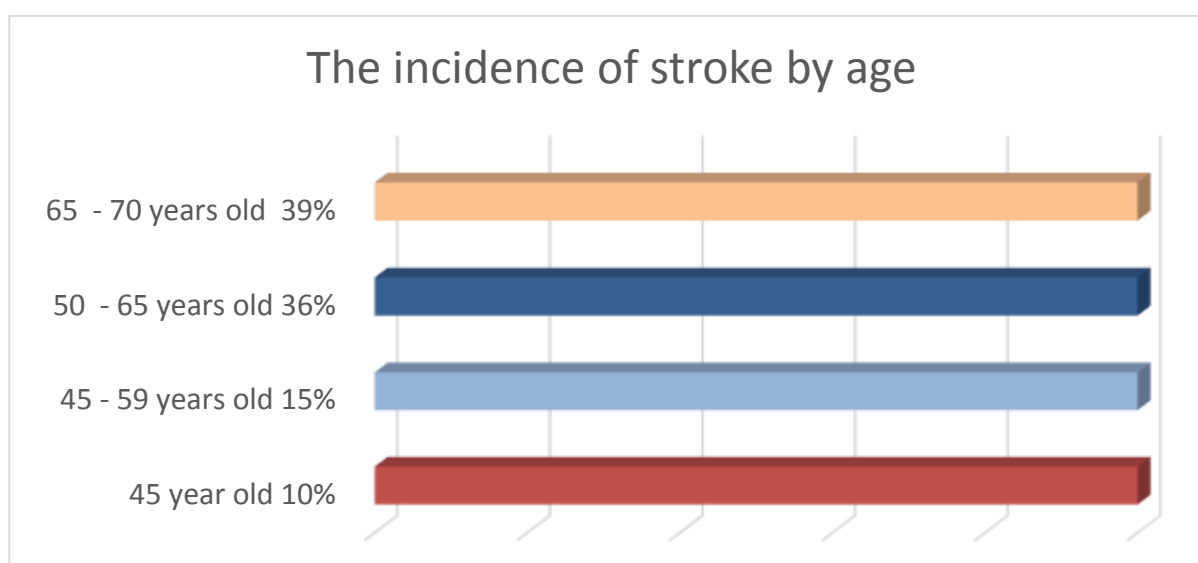
The following research methods were used to obtain objective results: theoretical and statistical, questionnaire.

## RESULTS AND ANALYSIS

In order to improve the rehabilitation work, a survey was conducted among nurses working in the departments of neurology, therapy, resuscitation of the Central Hospital and Polyclinic of Uzbekistan Railways and the nurses of the Tashkent Medical Academy. The study shows that each year, the number of stroke cases is analyzed, resulting in 37 cases from 2016 to 2017, a slight decrease in 2018 and 2019 compared to 2020. Age and gender cases of stroke in 2019-2020 were analyzed. The analysis of stroke incidence by age revealed the following results: among 45 years old cases are 10%, among 45-59 years old group cases are 15%, among 50-65 years old group cases are 36%, 65-70 years old group has cases 39%. By gender, we can see that it is more common among men 66% than women 34%. 75% of patients consider rehabilitation effective, 25% consider it ineffective, 67% are satisfied with their work, 33% are dissatisfied, currently 59% of nurses in these departments have 2 to 8 years of work experience, 41% of nurses have 10 to 12 years of work experience.

Nurses observed that the first sign in sick patients was speech impairment in 52%, left-sided movement impairment in 48% of patients. 58% of medical staff always provide information, 42% of nurses provide information if the patient asks for it, and information about 73% of stroke patients become disabled while remaining 27% need lifelong care were considered right by 77% of medical staff, and 23% of medical staff consider it wrong.





### CONCLUSION

Carrying out large-scale preventive medical examinations in the early detection of the disease, more organization of the activities of rehabilitation centers, as well as further strengthening of awareness-raising among the population. The importance of nursing care in the context of a multidisciplinary approach in the implementation of therapeutic and rehabilitation measures has been emphasized in the domestic and foreign works of many authors. In this regard, research aimed at improving the methods of nursing care, rehabilitation treatment and prevention of cerebral circulation using modern principles of health care quality management and evidence-based nursing practice is now of scientific and practical importance.

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