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THE INFLUENCE OF HYGIENIC FACTORS ON THE HEALTH OF FREQUENTLY ILL CHILDREN

Akhmadaliev N.O., Salomova F.I., Imamova A.O., Nigmatullaeva D.J., Xolturaeva Sh.

ВЛИЯНИЕ ГИГИЕНИЧЕСКИХ ФАКТОРОВ НА ЗДОРОВЬЕ ЧАСТО БОЛЕЮЩИХ ДЕТЕЙ

Ахмадалиева Н.О., Саломова Ф.И., Имамова А.О., Нигматуллаева Д.Ж., Холтураева Ш.

TEZ TEZ KASAL BO'LUVCHI BOLALAR SALOMATLIGIGA GIGIYENIK OMILLARNING TA'SIRI

Axmadaliyeva N.O., Salomova F.I., Imamova A.O., Nigmatullayeva D.J., Xolto'rayeva Sh.

Toshkent tibbiyot akademiyasi

Актуальность. Наиболее чувствительными и уязвимыми в популяции являются дети с несовершенным развитием эндокринных, иммунокомпетентных и других структур организма и, как следствие, сниженными адаптационными возможностями, что часто приводит человеческую популяцию к развитию дефицитных состояний в отношении инфекций и развитию аллергии. Известно, что здоровье ребенка определяется задолго до его рождения.

Ключевые слова: человеческая популяция, дети, развитие, экологический фактор

Dolzarbligi. Eng sezgir va himoyasiz bo'lgan tez tez kasallanuvchi bolalarning endokrin, immunokompetent va tananing boshqa tuzilmalari nomukammal rivojlangan va buning natijasida adaptiv qobiliyatlari pasaygan bo'lib, bu ko'pincha odamlarda infeksiyalar va immunitet bilan bog'liq yetishmovchilik holatlarining rivojlanishiga olib keladi. Ma'lumki, bolaning sog'lig'i uning tug'ilishidan ancha oldin belgilanadi.

Kalit so'zlar: inson populyatsiyasi, bolalar, rivojlanish, ekologik omil

A complex of negative environmental factors (physical, chemical, as well as genetic and social characteristics of the parents) affects the child through the mother-placenta-fetus system, contributing to the disruption of the intrauterine development of the fetus and the newborn. However, it should be taken into account that the environmental factor affects the entire population as a whole or large groups of it and, undoubtedly, enhances the effect of other causal risk factors that may occur in an individual (in particular, genetic factors). Layered on other risk factors, pollution of environmental objects can have a resolving effect on the development of a number of pathological conditions in a certain period of the child's life.

Due to the deterioration of demographic indicators, the growth of morbidity, disability, instability in the socio-economic sphere, the decline in the standard of living of the population, the reduction of state funding for almost all social spheres, the problem of maintaining the health of the child population is a critical task both in medical and social terms. Research on assessing the impact of the environment on health, especially children, should primarily be focused not so much on studying morbidity as on identifying initial unfavorable pre-pathological changes, which will fully meet the principles of prevention and will ensure the preservation of health during health measures.

Purpose. The objective of the work was to study the patterns of formation of children's health (morbidity, physical development, pre-pathological conditions); assessment of the prevalence of pre-pathological conditions based on a comprehensive assessment of various body systems depending on a set of social and hygienic factors.

Research methods. The research was conducted in preschool institutions of Tashkent city, including the study of the health status of the child population, environmental objects and identification of the nature of the relationships between them. A dynamic examination of children aged 5-6 years was conducted for months.

The assessment of the health status of children included an analysis of morbidity, physical development and an in-depth study of the state of the main systems of the child's body.

The study of morbidity was carried out by copying data from accounting documents (development history of the newborn, development history of the child, medical record of the child, control card of dispensary observation). Cases of diseases, the duration of each disease and the nosological form of the disease were recorded.

Anthropometric studies were carried out at the time of examination of the child and included measuring body weight, the child's height standing, head and chest circumference. The results of the study of physical development served as the basis for assessing both the harmony of the child's

development and his morphological body type. The work used an original approach to the diagnosis of pre-pathological conditions, based on the assessment of the child's health at the individual level with the definition of a set of indicators characterizing the state of various body systems.

The assessment of the child's external respiratory function was carried out by determining the value of the vital capacity of the lungs, the value of the forced vital capacity of the lungs, the volume of forced expiration in 1 second and a number of calculated values (expiratory reserve volume, Tiffeneau index, etc.), on the basis of which the type of ventilation failure was diagnosed (restrictive, obstructive, mixed).

To assess the state of the cardiovascular system in children, pulse and blood pressure were measured, on the basis of which pulse pressure, average dynamic pressure, stroke volume of blood, minute blood volume were calculated. Based on the above indicators, various types of hemodynamic response to dosed physical activity (adequate, inadequate, paradoxical) were diagnosed. Information on social, biological and behavioural factors was obtained using a special questionnaire consisting of 42 questions with several alternative answers to the questions asked. The questionnaire was filled in by the child's parents.

Results. The analysis of the obtained data showed that the incidence of children was determined by a number of factors, and the values of individual indicators reflecting the nature of morbidity depended on various factors. In particular, such a social factor as the size of living space per person determined the levels of almost all morbidity indicators (the number of sick children, the number of cases of diseases, the number of cases of diseases of the respiratory system, and the number of cases of diseases per child), while the concentration of aldehydes and ketones in the atmospheric air, which have, in particular, an irritating effect on the mucous membranes of the upper respiratory tract, had a greater impact on the number of cases of diseases, the number of cases of diseases of the respiratory system, and the number of cases of diseases per child. The studies also showed that there was an almost direct functional relationship between the number of sick children, the number of cases of diseases, the number of cases of diseases of the respiratory system, and the number of cases of diseases per child.

As for the physical development of children, no pronounced influence of socio-hygienic fac-

tors on it was revealed. At the same time, it should be noted that the prevalence of underweight children (leptosomy) directly correlated with a number of indicators characterizing the state of the cardiovascular system (paradoxical type of reaction to physical activity) and with the resistance of the children's body, integrally expressed in the number of diseases of the child during the year. On the other hand, the prevalence of hypersomia (height and weight exceeding the age norm) had an inverse relationship with the indicators of the state of the respiratory system, i.e. the more such children, the less often respiratory dysfunction was observed among them.

Analysis of the obtained materials showed that in the environment-health system there are multiple connections both between socio-hygienic factors and health indicators, and between individual body systems.

Particular attention is drawn to environmental factors and behavioral factors, which are mostly and to a large extent controllable and have ways and means of eliminating them or at least reducing the level of impact.

Long-term stay of children in rooms where the air is polluted with tobacco smoke leads to impaired bronchial patency and an increase in the number of children with reduced resistance, i.e. frequently ill children. It should be noted that the problem of smoking, especially among women, is becoming increasingly important and is causing increasing concern.

A comparison of the prevalence of smoking among parents in 1989-1990 and in 1998-1999 showed that while the number of smoking fathers, while generally remaining high, decreased somewhat - from 57.7% (from 55.0 to 63.6%) in 1989-1990 to 55.1% (from 48.7 to 58.1%) in 1998-1999, the number of smoking mothers increased almost 2.5 times during the same time period. In 1989-1990 the number of smoking mothers was 8.8% (from 4.2 to 13.3%), and in 1998-1999 - 21.6% (from 12.9 to 28.2%). In addition, the number of mothers who began smoking at the age of under 18 has also increased significantly.

Analysis of the obtained materials showed that environmental factors are of great importance, at least because these factors affect the entire and, what is very important, the heterogeneous child population, including children with certain chronic diseases or other health problems. As a result, environmental factors can enhance the effect of other risk factors both in individual indi-

viduals and in entire groups of children, since, superimposed on other risk factors, environmental factors can, under certain conditions and at a certain time, also cause the development of pathological processes in the child's body.

Conclusions. 1. The leading role in the development of adverse effects on the health of children belongs to social and biological factors, which in most cases are the initial cause of the identified changes.

2. Environmental pollution at this age has a lesser direct impact on health, although it can be considered as the initial cause of a decrease in the body's resistance, disruption of the morpho-functional systems of the body.

3. The study and assessment of the incidence of any population as a whole, without taking into account its heterogeneity in gender, age, biological and social aspects, heterogeneity in relation to health levels (the presence or absence of chronic diseases), largely mask the differences in the incidence of individual groups that make up this population, and can be one of the reasons for the erroneous conclusions.

4. A comprehensive examination of children made it possible to move from assessing deviations in individual indicators, from a normological, parametric approach to diagnosing alternative symptom complexes when characterizing the functioning of individual systems.

5. Evaluation of the functioning of individual body systems based on the syndrome approach made it possible to take into account the presence of multidirectional changes in indicators reflecting various conditions, both in terms of quantitative and qualitative nature, and in terms of the prognostic significance of these changes.

6. Medical and economic efficiency of preventive and health measures can be achieved only if the development of these measures is based on the results of the assessment of the health status of the population, taking into account its heterogeneity, which increases the likelihood of reaching not only the immediate, but also the initial cause of the development of adverse effects in children's health.

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THE INFLUENCE OF HYGIENIC FACTORS ON THE HEALTH OF FREQUENTLY ILL CHILDREN

Akhmadaliev N.O., Salomova F.I., Imamova A.O., Nigmatullaeva D.J., Xolturaeva Sh.

Relevance. *The most sensitive and vulnerable in the are children with imperfect development of endocrine, immunocompetent and other structures of the body and, as a result, reduced adaptive capabilities, which often leads human population to the development of deficiency states in relation to infections and the development of allergies. It is known that the health of a child is determined long before his birth.*

Key words: *human population, children, development, environmental factor.*