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ТЕЗИСТЕР ЖИНАҒЫ СБОРНИК ТЕЗИСОВ ABSTRACT BOOK

EVALUATING THE EFFECTIVENESS OF RESTORATIVE TREATMENT METHODS IN THE LATE PERIOD AFTER STROKE.

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Introduction. Neurorehabilitation of patients with high susceptibility to post-stroke (PS) disability is still an urgent problem in medicine. In solving this problem, it is necessary not only to physically restore the patient's PS but also to improve his quality of life, which is the main indicator of the social rehabilitation and adaptation of the patient after a cerebral stroke.

Research purpose. To standardize the assessment of the effectiveness of the treatment of stroke at different stages, subjective and objective status of the patient various scales, tests, and questionnaires are used to objectify effective indicators

Materials and methods. To determine the possibilities of neurophysiological and neuropsychological tests, as well as the scale of quality of life, in evaluating the effectiveness of rehabilitation measures in patients with post-stroke diseases. Research materials and methods. 40 patients with cerebral stroke who were rehabilitated during the early, late recovery and residual complications of the disease were monitored. Before and after treatment, all stroke patients underwent neurological, neurophysiological, and neuropsychological examinations to objectively evaluate the restoration of impaired functions. Each type of inspection includes a set of tools for evaluating a specific functional system. Neurophysiological examination includes the study of the functional state of the neuromotor apparatus using diagnostic transcranial magnetic stimulation (TMS) methods. Centrally evoked motor response (CMR), cortical silence period (CS), and transcallosal inhibition (TI) were determined using the TMS method. Neuropsychological examination includes the study of cognitive activities using the Mini-Mental State Examination (MMSE) scale.

Results. The results of the studies showed that all the main research areas are involved in the recovery process in patients after a stroke. Thus, assessment of disorders before treatment allows us to determine the level of paresis, spasticity, and range of motion of paretic limbs. Analysis of the results of the studied parameters of this field after the treatment revealed a decrease in spasticity, level of paresis, and increase in range of motion in patients with hemiparesis. Comparison of clinical and neurophysiological data showed that parameters of positive dynamics of movement disorders (amplitude, amplitude coefficient) increased proportionally in these patients. Analysis of neuropsychological studies showed a predominance of cognitive impairment in PS patients with sensory and sensorimotor aphasia. These indicators were correlated with CS and TI indicators. Thus, for example, long CS and short TI returned to normal after therapy. Along with the positive dynamics of motor and neuropsychological disorders, there was an improvement in daily activities and self-care. This was confirmed by the positive dynamics of quality of life indicators and the Barthel index.

Conclusion. The obtained results allow us to conclude that the used neurophysiological, and neuropsychological indicators, as well as scales and questionnaires are reliable, valid, and sensitive measurements, and can serve as an effective tool for assessing the initial state of the patient's PS and the results of therapy. will give. The use of these methods allows to optimize of the implementation of rehabilitation measures and can be used in clinical and sanatorium-resort facilities along with modern instrumental and laboratory research methods.