

International Interdisciplinary Research Journal

WORLD OF SCIENCE

Development & Science & Education

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EDUCATION
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«SCIENTIFIC ACADEMY»

Development & Science & Education

“WORLD OF SCIENCE”

REPUBLICAN SCIENTIFIC JOURNAL

COLLECTION OF MATERIALS

25th December 2023

Volume-6, Issue- 12

UZBEKISTON

This collection includes articles that originated in the scientific-methodological Journal “World of Science”. This journal aims to implement creative ideas, proposals and solutions for the implementation and design of innovative educational technologies in the process of developing the modern educational system, directions in the development of integrative education. The materials of this journal can be used by professors, teachers of academic lyceums and professional colleges and secondary schools, independent researchers, undergraduates, scientific workers, talented students and researchers working in this field.

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**ORTIQCHA VAZINLI BEMORLARDA TIZZA BO'G'IMINI TOTAL
ENDOPROTEZLASH**

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KIRISH

Birlamchi tizza bo'g'imini total endoprotezlash (TBTE) og'ir artrozni davolashning asosiy usuli hisoblanadi. Qo'shma Shtatlarda 1970 yildan 2005 yilgacha bo'lgan ortiqcha tana vazniga ega bo'lgan kattalar sonining ko'payishi bilan bir qatorda, ortiqcha vaznli bemorlarga jarrohlik aralashuvlar soni ham ko'paydi [1]. AQShda o'tkazilgan tadqiqotlarga ko'ra [2], 65 yoshdan 74 yoshgacha bo'lgan bemorlarning 66 foizi ortiqcha vaznli yoki semirib ketgan. Amerikalik kattalar orasida semirishning eng yuqori tarqalishi bemorlarning ko'pchiligi TBTEga muhtoj bo'lgan yoshga to'g'ri keladi [3, 4]. Shunday qilib, semizlik birlamchi TBTE paytida asoratlari rivojlanishining eng muhim xavf omili sifatida aniqlangan [5]. TBTEga muhtoj bo'lgan obez bemorlar sonining ko'payishi, ko'plab mualliflarning fikriga ko'ra, normal tana massasi indeksiga ega bo'lgan bemorlarga nisbatan ularning asoratlari, operatsiya davomiyligi va kasalxonada qolish davomiyligining oshishi bilan bog'liq. Bundan tashqari, bemorlar uzoq muddatli operatsiyadan keyingi davrda past funktsional natijalarga ega. Osteoartritli bemorlarni jarrohlik davolash uchun tibbiy xarajatlar o'rtacha semizlik bilan 50% ga va og'ir (morbid) semizlik bilan 200% ga oshadi [8-11]. nomidagi Rossiya Travmatologiya va ortopediya ilmiy-tadqiqot institutida tizzani almashtirish jarrohligi reestriga ko'ra . R.R. Vreden (2015), TMI 30 dan 40 kg / m² gacha bo'lgan bemorlarning soni yiliga 44,3 dan 49,1% gacha, morbid semizlik bilan (TMI>40 kg / m²) - 5,2 dan 8,7% gacha. Bu, masalan, tegishli ko'rsatkichlar mos ravishda 34,8-49,1 va 2,2-2,5% dan oshmaydigan Shvetsiyadagidan sezilarli darajada yuqoridir [12]. Mahalliy adabiyotlarda faqat bir nechta tadqiqotlar obez bemorlarda TBTE bo'yicha ilmiy ishlarga bag'ishlangan [13-15]. Muammoning yuqori dolzarbligini hisobga olib, biz semiz bemorlarda birlamchi TBTE natijalarini o'rganib chiqdik.

MATERIAL VA USULLAR

Tadqiqot 2020-2023 yillarda o'tkazildi. Travmatologiya ortopediya ilmiy amaliy markazida 2482 bemor davolandi va TBTE o'tkazildi. 1968 nafar ayollar (79,29%), erkaklar - 514 (20,71%). Qabul qilingandan so'ng bemorlarning vazni o'lchandi, bo'yi o'lchandi va TMI quyidagi formula bo'yicha hisoblandi: tana vazni (kg) / balandlik (m) ² . Parametrlar ma'lumotlar bazasiga kiritildi (Excel dasturi). Hisob-kitoblar R dasturida, 3.4.2* versiyasida amalga oshirildi. So'rovda qatnashgan erkaklarning yoshi 18 yoshdan 85 yoshgacha (o'rtacha yoshi - 63 yosh), ayollar uchun - 17 yoshdan 89 yoshgacha (o'rtacha yoshi - 64 yosh). Erkaklarning yoshi bo'yicha taqsimlanishi o'rtacha 63 yosh bilan bir xilga yaqin edi, ayollar uchun esa multimodal edi : 2 cho'qqi bilan - 65 yosh va 74 yosh, 1-cho'qqi yanada aniqroq (1-rasm). TMI bo'yicha erkaklarning taqsimlanishi o'rtacha 28,5, ayollar - 32,5 o'rtacha bimodal va kamroq aniq cho'qqi - 22,2 bilan bir xilga yaqin edi. Erkaklar va ayollar o'rtasida TMIda statistik jihatdan sezilarli farqlar aniqlandi (p- qiymati 40 kg / m² ; jadvalga qarang. Bemorlarning yarmidan ko'pi (55,6%) 3-guruhga tegishli ekanligi ma'lum bo'ldi (semizlik I-II

darajali klaster tahlili). 3-rasm) erkaklar va ayollardagi TMI va yoshning takroriy kombinatsiyasi o'rtasida aniq chegara aniqlanmagan, ammo $TMI > 40 \text{ kg/m}^2$ (6-klaster) asosan ayollarga xos edi. Shuni ta'kidlash kerakki, asosiy sabab (86,4). Ortopediya klinikasiga yotqizilgan bemorlarning % idyopatik gonartroz (4-rasm), gonartrozning boshqa shakllarida ayollarda TMI 28,8 (o'rtacha - 32,5) kg/m^2 , erkaklarda - 25,5 (28,50) kg/m^2 , ni tashkil etdi. m^2 , bu lipid almashinuvi buzilishining gonartroz rivojlanishiga muhim hissa qo'shganligini tasdiqlaydi, ayniqsa ayollarda.

NATIJALAR VA MUHOKAMA

Bemorlarga spinal o'g'riqsizlantirish ostida, tasmasiz, orqa xochsimon boylamni saqlab qolish bilan sementli tizza bo'g'imini endoprotezlash almashtirish amalga oshirildi. Passiv va faol harakatlar sezuvchanlik va oyoqlardagi faol harakatlar tiklanganidan so'ng darhol boshlandi, choklar 14-kunida olib tashlandi. Operatsiyadan keyingi birinchi kundan, qisman va 4-6 hafta o'tgach, operatsiya qilingan oyoqqa to'liq yuk ko'tarishga ruxsat berildi. Kuzatuv tekshiruvlari 6 hafta, 3, 6 va 12 oydan keyin o'tkazildi. Og'riq sindromi operatsiyadan oldin, operatsiyadan keyingi 1-kuni, so'ngra 7 va 14-kunlarda, 6 hafta, 3, 6 va 12 oydan keyin vizual analog shkala (VAS-10) yordamida sinovdan o'tkazildi. Shu bilan birga, harakatlar diapazoni Biodex diagnostika va davolash majmuasi yordamida aniqlandi va sinov OKS shkalasi yordamida ham o'tkazildi. (Oxford 12-bandli Knee). ball) va MOS SF-36 so'rovnomasi (Tibbiyot) yordamida bemorning hayot sifatini baholadi. Natija 36 banddan iborat qisqa shaklni o'rganish Salomatlik tadqiqot). Operatsiya qilingan tizza bo'g'imidagi faol harakatlar diapazoni operatsiyadan keyingi erta davrda (14 kungacha) va 6 haftagacha bo'lgan davrda asta-sekin o'sib bordi, 3 oyga platoga yetdi, so'ngra harakatlar oralig'ida biroz o'sish davom etdi. 12 oylik kuzatuvgacha. Bundan tashqari, tadqiqotning barcha davrlarida bu ko'rsatkich 3 va ayniqsa 4-guruh bemorlarida yomonroq edi; yakuniy natija 90° egilish burchagidan oshmadi. Jarrohlikdan oldin va operatsiyadan keyingi davrda og'riq sindromi ortiqcha vaznli va ayniqsa morbid semirib ketgan bemorlarda ko'rsatkichning o'xshash dinamikasi bilan aniqroq bo'lgan, ammo 14-kunga kelib og'riq operatsiyadan oldin qayd etilgan darajaga kamaydi va keyinchalik asta-sekin kamaydi, lekin hatto keyin ham. 1 yil, qo'shma og'riqlar semiz bemorlarda tez-tez uchraydi. Gonartroz bilan og'riq bemorlarda og'riq dinamikasi shaklda keltirilgan. 5. Operatsiyadan keyingi 1 yil ichida OKS shkalasi yordamida sinovdan o'tkazilganda birlamchi TBTE natijalarini tahlil qilish oyoqlarining funktsiyasi sezilarli darajada yaxshilanganligini ko'rsatdi (taxminan 2 marta), ammo 3 va 4-guruhlardagi bemorlarda past faollik darajasi qayd etilgan. Alohida-alohida, men semizlik bilan og'riq bemorlarning hayot sifati ko'rsatkichlarining MOS SF-36 shkalasi bo'yicha aniq ijobiy dinamikani, ayniqsa, sog'liqning psixologik tarkibiy qismini ta'kidlashni zarur deb hisobladim. Olingan natijalar bemorlarning jarrohlik aralashuvga qiziqishi va oyoqlarining faoliyatini tiklash jarayonida rehabilitatsiya mutaxassislari bilan samarali hamkorlik qilishdan dalolat beradi. Xulosa qilib aytganda, yana bir bor e'tiborni qaratmoqchimanki, lipidlar almashinuvining buzilishi va tana vaznining ortishi nafaqat gonartrozning chastotasi va og'irligiga ta'sir qiluvchi mexanik omillar emas, balki davolanish jarayoniga ma'lum qiyinchiliklarni keltirib chiqaradi. Shunday qilib, birlamchi TBTE paytida semiz bemorlarni davolash jarayonida nafaqat jarroh turli xil texnik muammolarga duch keladi, balki kuchli

og'riqni boshdan kechirayotgan bemor ham ijobiy psixologik munosabatga qaramay, reabilitatsiya jarayonida orqada qoladi, bu esa olingan natijani biroz pasaytiradi. .

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