

ARTERIAL HYPERTENSION AS A DIAGNOSIS AND STUDY OF THE QUALITY OF LIFE OF PATIENTS

Radjabov Nurbek Gafurovich

Bukhara State Medical Institute

Abstract

Quality of life (QL) assessment is a new and promising area of medicine that allows you to accurately assess a patient's health condition, clearly present the essence of his clinical problem, determine the most rational method of treatment, and evaluate its expected result in terms of parameters that are at the intersection of a scientific approach. specialists and the subjective point of view of the patient, while evaluating all components of health.

Key words: *arterial hypertension, treatment efficacy, quality of life, antihypertensive therapy.*

Relevance. Arterial hypertension (AH) is the most important modifiable risk factor (RF) for cardiovascular diseases. The prevalence of hypertension is still high in many countries of the world, and Russia is no exception [1,4]. Despite the ease of detecting hypertension, the modern antihypertensive drugs (AHP) available in the arsenal of medical workers and the growing number of people taking them, the question of the effectiveness of blood pressure (BP) control remains relevant throughout the world [2,5]. In studies of factors associated with the effectiveness of treatment, in recent years, an important place has been given to the analysis of the quality of life (QL) of patients with AH [2,3] and, above all, health-related quality of life (HRQL) [6.7]. The doctor's and patient's ideas about the goals and effectiveness of treatment can differ significantly.

For the doctor, the main criterion for effectiveness will be the achievement of target blood pressure. However, if a patient notes a worsening of QL during therapy, then his assessment of therapy may be negative, which cannot but be reflected in the level of adherence to medication. QL parameters have independent prognostic significance and are no less important factors for predicting survival than general somatic status [8,9]. The largest number of studies in medicine, studying the effect of various methods of treatment on QL, was performed in cardiology [7,8,9]. However, most of them analyze the effect of antihypertensive therapy on QL in clinical trials, and not in real practice, which significantly limits the significance of these studies for the population of people with hypertension as a whole [11,12]. A feature of this study was that QL was assessed without medical intervention in an unorganized population across the country. The paper deals with the problems of the health status of persons suffering from arterial hypertension (AH) by assessing their quality of life. The study of the quality of life of this contingent of the population is due to the fact that the incidence of hypertension tends to increase, this pathology is

included in the class of diseases that occupy one of the first places in the structure of primary disability and mortality in the adult population.

Purpose of the work. It is an analysis of the quality of life indicators of elderly and senile patients suffering from arterial hypertension (AH), as well as a comparison of quality of life indicators between men and women from the studied age groups.

Materials and research methods. The study of the quality of life of inpatients was carried out on the basis of a multidisciplinary medical center in the Bukhara region, from September 2020 to January 2021. We examined 100 patients with hypertension of varying severity and associated risk factors. As a result, 2 groups were formed. The first group included 56 elderly patients (mean age 66.2 ± 1.3). The second group consisted of 44 elderly patients (mean age 77.8 ± 1.8).

To assess QL, the computer program MAP-R Version 1 for Windows was used, which includes an offline analysis of the results. This program included 36 items grouped into 8 scales, with each item included in only one scale: physical functioning, role-playing, bodily pain, general health, vitality, social functioning, emotional state and mental health. All scales form two indicators - mental and physical well-being, and also give an overall assessment of the entire quality of life.

Results and discussions: In the course of the work carried out, a decrease in both the physical and mental components of health was revealed. Particularly low rates were in senile patients, this is due, in our opinion, to both the influence of associated risk factors for hypertension and the course of the disease itself. But there were no significant differences between men and women in both studied clinical groups.

Conclusions: In both clinical groups, there was a deterioration in the quality of life due to the presence of AH. The average indicator of physical health in the group of the elderly was 39.9, in the elderly - 34.6. The average indicator of mental activity in elderly patients is 43, in senile patients = 37.9. The most significant decrease in all indicators characterizing both physical and mental activity is observed in the group of elderly people. The lowest average indicator for men and women characterizing physical activity is PH (physical functioning) = 31.05, mental activity-MH (mental health) = 34.3.

References

1. Rajabov N. G., Teshaev S. J. MORPHOLOGY AND MORPHOMETRIC CHARACTERISTICS OF THE HEART ON THE BACKGROUND OF PNEUMOSCLEROSIS OF THE PULMONARY AFTER MEDICATION CORRECTION //British Medical Journal. – 2023. – T. 3. – №. 3.
2. Rajabov N. G. Characteristics of the Heart against the Background of Pneumosclerosis of the Lungs after Drug Correction. – 2023.
3. Rajabov N. G. et al. Interactive learning methods factor development of students' knowledge level //ACADEMICIA: An International Multidisciplinary Research Journal. – 2021. – T. 11. – №. 2. – C. 811-814.

4. Rakhmatova D. B., Rakhmatova D. B. " Main" Symptoms and leading clinical options for the flow of acute coronary syndromes in women //Asian Journal of Multidimensional Research (AJMR). – 2019. – Т. 8. – №. 11. – С. 69-74.
5. Rakhmatova D. B. Analysis of the risk factors of Chd in persons over 60 years among the population of the city of Bukhara //Asian studies. Индия. – 2019. – Т. 1. – С. 33-38.
6. Rakhmatova D. B., Zikrillaev F. A. DETERMINE THE VALUE OF RISK FACTORS FOR MYOCARDIAL INFARCTION //FAN, TA'LIM, MADANIYAT VA INNOVATSIYA. – 2022. – Т. 1. – №. 4. – С. 23-28.
7. Рахматова Д. Б., Аслонова М. Р. Современные методы медицинской реабилитации пациентов с артериальной гипертензией //Биология и интегративная медицина. – 2018. – №. 3. – С. 110-117.
8. Рахматова Д. Б. и др. ОЦЕНКА ФАКТОРОВ РИСКА ИБС У ЛИЦ СТАРШЕ 60 ЛЕТ СРЕДИ НАСЕЛЕНИЯ ГОРОДА БУХАРЫ //Теория и практика современной науки. – 2018. – №. 5 (35). – С. 704-708.
9. Urinbaevna Y. R. Features of Prediction of the Severity of Iron Deficiency in Helicobacter Pylori Infection //Scholastic: Journal of Natural and Medical Education. – 2023. – Т. 2. – №. 4. – С. 93-99.
10. Юлдашова Р. У. ЭПИДЕМИОЛОГИЧЕСКАЯ ХАРАКТЕРИСТИКА ЖЕЛЕЗОДЕФИЦИТНОЙ АНЕМИИ У ДЕТЕЙ И ПОДРОСТКОВ В РЕСПУБЛИКЕ УЗБЕКИСТАН ЗА 2007-2019 ГОДЫ //Новый день в медицине. – 2020. – №. 4. – С. 742-747.
11. Юлдашова Р. У. и др. ИСПОЛЬЗОВАНИЕ СИСТЕМЫ ДИСТАНЦИОННОГО ОБУЧЕНИЯ MOODLE ПРИ ПОВЫШЕНИИ КВАЛИФИКАЦИИ ВРАЧЕЙ //Оптимизация высшего медицинского и фармацевтического об-О-62 разования: менеджмент качества и инновации: материалы VIII внутривузовской научно-практической конференции.—Челябинск: Издательство Южно-Уральского государственного медицинского университета, 2017.—136 с. – 2017. – С. 135.
12. Sultonova N. A. THE PROBLEM OF ADDICTED MISSING OF PREGNANCYIN EARLY STAGES OF PREGNANCY //Oriental Journal of Academic and Multidisciplinary Research. – 2023. – Т. 1. – №. 1. – С. 94-101.
13. Sultonova N. A. Dopplerometric Features of Blood Flow Changes in the Utero-Placental System in Women With Related Pregnancy Mission //Miasto Przyszłości. – 2023. – Т. 34. – С. 268-273.
14. Sultonova N. A. Evaluation of Clinical and Instrumental Results of Patients with a Risk of Development of Recurrent Mission //Central Asian Journal of Medical and Natural Science. – 2023. – Т. 4. – №. 2. – С. 536-542.
15. Тиллоева Ш. Ш., Давлатов С. С. Эффективность и переносимость локсидола в лечение ревматоидного артрита у пациентов старших возрастных групп //Central Asian Journal of Medical and Natural Science. – 2021. – С. 432-436.
16. Тиллоева Ш. Ш. и др. Estimation of the condition of the cardiorespiratory system of patients with the conciliation of bronchial asthma and arterial hypertension, effects of complex therapy //Новый день в медицине. – 2020. – №. 2. – С. 227-230.
17. Tillaeva S. S. et al. Currency and diagnostic criteria of rheumatoid arthritis in patients of senior age groups //Asian Journal of Multidimensional Research (AJMR). – 2018. – Т. 7. – №. 11. – С. 184-188.

18. Афакова М. СОВРЕМЕННЫЕ ПРЕДСТАВЛЕНИЯ ЭТИА-ПАТОГЕНЕЗА РАЗВИТИЯ КАРИЕСА ПОСТОЯННЫХ ЗУБОВ У ДЕТЕЙ ШКОЛЬНОГО ВОЗРАСТА //International Bulletin of Medical Sciences and Clinical Research. – 2023. – Т. 3. – №. 6. – С. 29-34.
19. Муртазаев С., Афакова М. СРОКИ ПРОРЕЗЫВАНИЯ И МИНЕРАЛИЗАЦИИ ПОСТОЯННЫХ ЗУБОВ У ДЕТЕЙ ШКОЛЬНОГО ВОЗРАСТА //Stomatologiya. – 2020. – Т. 1. – №. 2 (79). – С. 83-88.
20. Жалолова В. З. и др. Роль инновационных методов обучения на развитие уровня знаний студентов //Новый день в медицине. – 2019. – Т. 4. – №. 28. – С. 32-35.
21. ЖАЛОЛОВА В. З., РАХМАТОВА М. Р. Anthropometric indicators of juniors and cadets in sport medicine //Биология и интегративная медицина. – 2020. – №. 4. – С. 5-15.
22. Zamirovna J. V. Methods for Selecting Junior and Cadets Athletes by Morphofunctional Criteria //Central Asian Journal of Medical and Natural Science. – 2021. – С. 87-91.
23. DJuraev A. M., Khalimov R. J. New methods for surgical treatment of perthes disease in children //International Journal of Psychosocial Rehabilitation. – 2020. – Т. 24. – №. 2. – С. 301-307.
24. DJuraev A. M., Khalimov R. J. New methods for surgical treatment of perthes disease in children //International Journal of Psychosocial Rehabilitation. – 2020. – Т. 24. – №. 2. – С. 301-307.
25. DJuraev A. M., Khalimov R. J. New methods for surgical treatment of perthes disease in children //International Journal of Psychosocial Rehabilitation. – 2020. – Т. 24. – №. 2. – С. 301-307.
26. Джураев А. и др. Наш опыт хирургического лечения врожденного возвышения лопатки у детей раннего возраста //Медицина и инновации. – 2021. – Т. 1. – №. 4. – С. 37-44.
27. Ходжиева Г. С. Интразональность и специфика течения функциональных заболеваний билиарного тракта при синдроме Жильбера //Научный форум: Медицина, биология и химия. – 2018. – С. 64-68.
28. Ходжиева Г. С. Интразональность и специфика течения функциональных заболеваний билиарного тракта при синдроме Жильбера //Научный форум: Медицина, биология и химия. – 2018. – С. 64-68.
29. Орзиев З. М., Ходжиева Г. С. Диапазон факторов экстрагепатических" субтрансаминаземий" //Биология и интегративная медицина. – 2018. – №. 4. – С. 50-61.
30. Ходжиева Г. С. ЗНАЧЕНИЕ ОБРАЗОВАТЕЛЬНО-ПЕДАГОГИЧЕСКИХ ТЕХНОЛОГИЙ В ФОРМИРОВАНИИ КЛИНИЧЕСКИХ ЗНАНИЙ УЧАЩИХСЯ //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI. – 2022. – Т. 2. – №. 12. – С. 793-798.
31. Ilkhomovna K. D. Morphological Features of Tumor in Different Treatment Options for Patients with Locally Advanced Breast Cancer //International Journal of Innovative Analyses and Emerging Technology. – 2021. – Т. 1. – №. 2. – С. 4-5.
32. Khodzhaeva D. I. Changes in the Vertebral Column and Thoracic Spinecells after Postponement of Mastectomy //International Journal of Innovative Analyses and Emerging Technology. – 2021. – Т. 1. – №. 4. – С. 109-113.

33. Khodjayeva D. I. MORPHOLOGY OF IDIOPATHIC SCOLIOSIS BASED ON SEGMENT BY SEGMENT ASSESSMENT OF SPINAL COLUMN DEFORMITY //Scientific progress. – 2022. – Т. 3. – №. 1. – С. 208-215.
34. Ilkhomovna K. D. Modern Look of Facial Skin Cancer //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMUY JURNALI. – 2021. – Т. 1. – №. 1. – С. 85-89.
35. Mamedov U. S., Pulatova D. SH. The Results of Cancer Treatment of the Oral Caviti Tumors in //the Republic of Uzbekistan European journal of Pharmaceutical and Medical Research.-2019.-6 (9).-P. – С. 326-329.
36. Mamedov U. S., Khodjaeva D. I. Modern diagnostic approachketreatment of thyroid cancer //International Journal of Development and Public Policy. – 2021. – Т. 1. – №. 4. – С. 101-105.
37. Мамедов У. С., Нуров Ж. Р. Результаты комбинированных и комплексных методов лечения рака глотки //Вестник науки и образования. – 2020. – №. 24-3 (102). – С. 68-74.
38. Мамедов У. С. К вопросу о лечении регионарных метастазов опухолей орофаренгиальной зоны //Бюллетень ассоциации врачей Узбекистана. – 2011. – №. 3. – С. 61-63.
39. Sunnatovich M. U., Kizi A. M. A. Radiation Diagnostics of Liver Echinococcosis //Central Asian Journal of Medical and Natural Science. – 2021. – Т. 2. – №. 5. – С. 424-433.
40. MAMEDOV U. S. Improvement of Extended Lymphadenectomy in the Treatment of Tumors of the Oropharyngeal Region // " ONLINE-CONFERENCES" PLATFORM. – 2021. – С. 125-125.
41. Мамедов У. С., Нарзиева Д. Ф. Отдаленные результаты лечения рака слизистой полости рта //Вестник науки и образования. – 2020. – №. 24-3 (102). – С. 75-81.
42. Kamalova Lobar Yagmurovna . PHYSIOLOGICAL BASIS OF RATIONAL NUTRITION AND DAILY INTAKE OF NUTRIENTS . TIBBIYOT AKADEMIYASI ILMUY-USLUBIY JURNALI 12-19 . 2023 й
43. Kamalova Lobar Yagmurovna – FEATURRES OF THE CONDITION OF THE ORAL CAVITY IN CHILDREN WITH CHRONIC PYELONEPHRITIS //New Day in Medicine 11(49)2022 251-255
44. Yagmurovna K. L. Digestion in the Mouth and Stomach in the Early Postnatal Period //Texas Journal of Multidisciplinary Studies. – 2023. – Т. 20. – С. 68-72.
45. Kamalova L. METABOLISM AND ENERGY //Modern Science and Research. – 2023. – Т. 2. – №. 5. – С. 267-274.
46. Kamalova L. MAIN TYPES OF DIGESTION AND THEIR DISTRIBUTION AMONG GROUPS OF LIVING ORGANISMS //International Bulletin of Medical Sciences and Clinical Research. – 2023. – Т. 3. – №. 5. – С. 61-66.
47. Камалова Л. СУРУНКАЛИ ПИЕЛОНЕФРИТ БИЛАН ОФРИГАН БЕМОР БОЛАЛАРДА ЎТКАЗИЛГАН СТОМАТОЛОГИК КЛИНИК ТАДҚИҚОТЛАР //Евразийский журнал медицинских и естественных наук. – 2022. – Т. 2. – №. 13. – С. 258-262.
48. Yagmurovna K. L. Disorders of Calcium-Phosphorus Metabolism in Children with Chronic Pyelonephritis //Texas Journal of Medical Science. – 2022. – Т. 14. – С. 80-83.

49. Камалова Л. БОЛАЛАРДА УЧРАЙДИГАН БҮЙРАК КАСАЛЛИКЛАРИ ИЧИДА СУРУНКАЛИ ПИЕЛОНЕФРИТНИНГ УЧРАШ ДАРАЖАСИ //Евразийский журнал медицинских и естественных наук. – 2022. – Т. 2. – №. 12. – С. 187-192.
50. Kadirovna K. D., Uktamovich S. A. Current issues in the development of neuroprotective therapy in ischemic stroke. – 2021.
51. Khodjieva D. T., Khaydarova D. K., Khaydarov N. K. Complex evaluation of clinical and instrumental data for justification of optive treatment activites in patients with resistant forms of epilepsy //American Journal of Research. USA. – 2018. – №. 11-12. – С. 186-193.
52. Khodjieva D. T., Khaydarova D. K. Clinical and neuroph clinical and neurophysiological ch ogical characteristics of teristics of post-insular cognitive disorders and issues of therapy optimization //Central Asian Journal of Pediatrics. – 2019. – С. 82-86.
53. Khodjieva D. T., Pulatov S. S., Khaidarova D. K. All about hemorrhagic stroke in elderly and senile persons (own observations) //Science of Young People (Eruditio Juvenium). – 2015. – Т. 3. – С. 87-96.
54. Хожиева Д. Т., Пулатов С. С., Хайдарова Д. К. Все о геморрагическом инсульте лиц пожилого и старческого возраста (собственные наблюдения) //Наука молодых–Eruditio Juvenium. – 2015. – №. 3. – С. 87-96.
55. Khodjieva D. T., Khaydarova D. K. Clinical and neuroph clinical and neurophysiological ch ogical characteristics of teristics of post-insular cognitive disorders and issues of therapy optimization //Central Asian Journal of Pediatrics. – 2019. – С. 82-86.
56. Khodjieva D. T., Khaydarova D. K. Diagnosis and treatment of posttraumatic epilepsy //Journal of Research in Health Science. – 2018. – Т. 1. – №. 2.
57. Kamolovich S. K., Tadjiyevna K. D. A Study of Neuropsychological Symptomatology and its Clinical Features in Patients with Covid 19 //Central Asian Journal of Medical and Natural Science. – 2021. – Т. 2. – №. 5. – С. 210-115.
58. Tadjiyevna K. D., Kamolovich S. K. Clinical and pathogenetic structure of neuropsychological syndromes in covid-19 depending on gender differences //European Journal of Molecular & Clinical Medicine. – 2021. – Т. 8. – №. 1. – С. 1458-1462.
59. Kamolovich S. K. Clinical and pathogenetic structure of neuropsychological syndromes in covid-19 depending on gender differences. – 2021.