

THE ROLE OF THE NURSE IN THE PREVENTION AND CARE OF THE TREATMENT OF ANEMIA IN PREGNANT WOMEN

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Annotation

One of the most important issues at present in the countries of the world is the development of measures related to the treatment, prevention and care of anemia in pregnant women. According to the Health Organization, 2 million people suffer from anemia due to iron deficiency. Anemia in pregnant women is a condition that occurs both during pregnancy and during pregnancy. According to statistics, anemia disease triples in 30% of the total number of pregnant women in our country. At the same time, 20% of maternal mortality will be due to iron deficiency anemia, which is why today the incidence of anemia is considered an urgent problem of society.

The Purpose of the Study

To investigate the causes of the origin of anemia in pregnant women, maintenance and therapeutic measures. The article shows the criteria for diagnosing anemia in pregnant women and the methods of preparing for pregnancy, its prevention in pregnancy and postpartum period.

Keywords: pregnancy, anemia, pregnancy anemia.

Introduction

Anemia is a condition characterized by a decrease in the content of red blood cells in the blood. The development of anemia can occur due to a decrease in the content of red blood cells in the blood, the destruction or bleeding of red blood cells, sometimes as a result of a combination of these causes, anemia occurs. This condition is normal, if the hemoglobin content is not lower than 110 g/ L, if the symptoms of vitamin and microelements deficiency are not felt, such a condition does not mean pathological anemia and passes in a short time.



The prevalence of anemia in developed countries is 14%, in developing countries occurs up 51%, in India from 65% to 75%. Anemia in pregnancy is the second leading cause of maternal mortality in India; in Asia it accounts for 80% of maternal mortality. In Russia, 40% of pregnant women are diagnosed with anemia. In the body of a woman, the amount of blood during pregnancy increases by 50%, which requires more hemoglobin and iron reserves. This is of great importance in the development of the placenta and the baby. Anemia is the most common disease during pregnancy.

Research Method and Materials

Questionnaire survey was conducted in order to determine the degree of anemia in pregnant women, to know the medical potential of pregnant women. 100 people living in the city and District of Samarkand region aged from 17 to 39 years of age participated in the questionnaire.

Questionnaire the questionnaire consists of 22 questions. Questionnaire the questionnaire received answers to questions about the procedures performed during Pregnancy, pregnancy in women and the occurrence of this period, the causes leading to anemia and anemia, the role of the nurse in maintaining the health of pregnant women.

Results of the Study

The question is. How long did it take you to become pregnant?

30% participant from 1 month to 3 months, 15% participant 4-6 months, 25% participant 7-8 months, 30% participant 9 months.

The question is. How many times have you become pregnant taking into account this pregnancy?

30 % 1-th Times, 55 % 2-3 times, 15% 4 and more.

The question is. How old are you?

15% responded as 17-18 years old, 30% as 19-24 years old, 21% as 25-28 years old, 20% as 29-30 years, 14% as 31-39 years old.



The following questions in the questionnaire were answered by the participants.

Question asked	Number of participants	yes	no
Is your personal card on pregnancy next to you?	100	65 %	35 %
When you met a nurse today, did she advise you to give birth in a medical institution?	100	95 %	5 %
Measurement of blood pressure	100	95 %	5 %
Examination of the abdominal area	100	95 %	5 %
Hearing the heartbeat of the fetus	100	95 %	5 %
Have you been asked about your medical history?	100	85 %	15 %
Did they take blood for analysis?	100	95 %	5 %
Did they take urine for analysis?	100	75 %	25 %
Did they give Iron preparations?	100	100 %	
Did they provide information or advice on diet and nutrition?	100	100 %	
Did they talk to you to determine the place of delivery?	100	85 %	15 %
Have they explained what to do if there are problems during pregnancy, for example, bleeding or seizures?	100	80 %	20 %
Did they have a conversation with you about the difference between childbirth or the formation of a healthy family?	100	90 %	10 %
Only they told you about breastfeeding with milk? 100 % xa	100	100 %	
the question is. What dangerous signs during pregnancy indicate the need to immediately seek medical attention?	100	15 %	85 %
A. Previous severe obstetric cases, fatal complications.			
B. Increased blood pressure (hypertension), headache, edema.	100	90 %	5 %
D. Anemia, weakness, lack of air.	100	75 %	25 %
C. Stop the movements of the fetus, the fetus does not move.	100	100 %	
E. Wrong position, position of the fetus.	100	65 %	35 %
H. Mild bleeding, a blood transfusion fever, severe bleeding.	100	100 %	
G. Multiple embryos, large belly.	100	50 %	50 %
Have the co-workers informed you about how your pregnancy develops?	100	100 %	
Did you yourself ask them any questions today?	100	85 %	15 %
The answer to the question you asked was understandable to you?	100	90 %	10 %
Did the employees mark the re-examination?	100	95%	5 %
Do you know the causes that cause anemia?	100	80 %	20 %
Have you been treated for anemia in pregnancy?	100	70 %	30 %
Have you taken blood-increasing products during pregnancy?	100	85 %	15 %
Did the potranial nurse give information about anemia?	100	90 %	10 %
Were there conditions for the reception of gynecologist treatments?	100	75 %	25 %

Conclusion

Maintaining the health of pregnant women is one of the main problems in medicine. With this in mind, it is important to achieve the efficiency of the work of profiling. It is important to remember that the birth of a "healthy mother – a healthy child" is an important factor in the development of our state.



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