

DETERMINATION OF PULSE IN CHILDREN*Xabibullayev Fayoziddin Tolibjon o'g'li**Samarkand State Medical University Faculty Of Pediatrics 6Th Student***Abstract**

The essence of this scientific article is general information about the pulse, how to measure the pulse, what a normal pulse should be, what it means if the pulse is higher than the norm, why the heart beats faster and more a lot of information is given.

Keywords

Pulse, arteries, Pulse frequency, Normal pulse, rhythmic oscillation of blood vessels, wrist artery, Arterialvenous and capillary pulse, tachycardia, neuroemotional reaction, Cardiovascular system.

INTRODUCTION

Pulse (lat. pulsus - impulse) is a pulse. Rhythmic oscillation of blood vessels as a result of heart contraction; expansion and contraction. Arterialvenous and capillary Pulse is different. Usually, the pulse of the wrist artery is of the greatest practical importance.

In healthy people, the speed of the pulse is equal to the speed of heart contraction, equal to 60-80 pulses per minute. The heart beats more than 90 times per minute is called tachycardia, and the heart beats less than 60 times is called bradycardia. In some diseases of the heart, the pulse may be lower than the rate of contraction of the heart — pulse deficit.

During physical work, the pulse increases during neuroemotional reactions.

Normally, the Pulse is rhythmic (even), meaning that the Pulse waves occur at regular intervals. A heart rhythm disorder is called an arrhythmia (see Cardiovascular System) in which the pulse waves are uneven at the same time interval. The tension of the pulse depends on the arterial blood pressure, it increases in hypertension, and relaxes in hypotonia and heart diseases. Whether the pulse is complete or incomplete depends on the force of heart contraction. Knowing many other unique characteristics of the pulse gives the doctor information about the patient's condition.

How to measure the pulse?

Pulse is a measure of how many times the heart beats per minute.

Unless surgery is performed, we cannot see the heart itself directly. Therefore, when measuring the pulse, we use the contraction of the walls of the arteries: when the heart "pumps" blood into them, they also double.

MAIN PART

To check the pulse rate, place your fingertip where the artery passes and press to feel the pulse. Count the number of beats in one minute - this is the pulse.

The most convenient places to detect the pulse are the wrist and neck: in these areas, not only doctors, but almost everyone can feel the pulse. In children, it is easier to measure the pulse in the femoral artery, and the pulse of newborns can be monitored from the beginning.

Be careful with your neck. If the artery in the neck is pressed harder, dizziness can occur, so it is recommended to measure the pulse from the neck while sitting or lying down.

What should be a normal pulse?

The pulse is not always the same, so the number of normal beats cannot be specified. Only the range can be displayed. The table below shows the values from the minimum pulse to the maximum.

What does it mean if the pulse is higher than normal?

Along with the general state of the body, the environment also affects the pulse. The heart beats faster when you are in the heat, after exercise, under stress, or when you are standing. Human diseases and some drugs also affect the pulse: they can speed up or slow down the pulse.

If you notice that your heart beats faster or slower from time to time, if you feel dizzy or light-headed, see a doctor. Perhaps these are symptoms of some disease.

Heart rate varies with age and heart condition. Also, in a number of cases, the heart rate increases. Clinical and laboratory tests are necessary to determine the cause of high heart rate.

Normal heart rate

Heart rate in children can vary from 130 to 100 beats per minute, and in adults from 60 to 100 beats per minute. Tachycardia occurs when the heart rate exceeds 100 beats per minute.

Heart rate symptoms:

- lack of air;
- dizziness;
- heaviness in the heart area;
- weakness in arms and legs.

These symptoms are caused by a lack of oxygen due to the heart's difficulty in pumping blood to various organs and tissues. Such disturbances lead to lack of oxygen and acceleration of heart rate (tachycardia).

Why does the heart beat faster?

Sometimes an increased heart rate is a natural result of exercise and sports. But if you experience tachycardia-related symptoms even when you are not exercising, you may have heart disease.

Tachycardia can be caused by problems or diseases in the following organs:

- ❖ thyroid gland;
- ❖ heart, for example, hypertension (high blood pressure), ischemic disease, myocarditis;
- ❖ kidney;
- ❖ tachycardia can also be due to anemia, dehydration, or low blood sugar;

❖ tachycardia is often explained by a sharp drop in blood pressure.

In order to determine the cause of the heart rhythm disorder, be sure to consult a doctor and undergo an examination.

How to slow down your heart rate:

Avoiding stress, getting enough sleep, and staying calm are important to calm the heart. Another simple remedy is to urinate more often. If you do not go to the toilet often, this will have a negative effect on the nervous system and blood vessels, and increase the heart rate.

Deep and slow breathing also calms the heartbeat.

Foods rich in potassium, calcium, and magnesium also help lower heart rate. Adding soothing herbal teas to your diet can also help.

What is a pulse? What should be the ideal heart rate?

DISEASES / HEALTH

What is a pulse? What should be the ideal heart rate

Pulse is a parameter that measures how many times the heart beats per minute and is usually expressed as the number of beats. Pulse is a measure of heart rate and is an important tool for assessing physical activity, general health, and cardiovascular intensity.

CONCLUSION

The ideal heart rate varies depending on a person's age, gender, general health and lifestyle. But in general, an adult's resting heart rate should usually be between 60 and 100. However, these values may vary depending on personal factors. For example, athletes often have a lower resting heart rate because regular exercise strengthens the heart muscles and helps them work more efficiently.

Pulse is usually determined by measuring heart rate. Heart rate can be measured by counting pulses for one minute or using a heart rate monitor. However, devices such as smart bracelets and sports watches equipped with modern technology make it easier to measure heart rate.

Determining your ideal heart rate can reflect a person's overall health and level of physical activity. In general, the heart rate of people who exercise regularly can show a lower resting heart rate and better heart health. However, excessive exercise or certain health problems can cause the heart rate to fall outside the normal range. In addition to determining the ideal heart rate, maintaining a specific target heart rate or performing certain exercises It's also important to train within a certain heart rate range in order to perform at your level. It can help a person increase their fitness level, lose weight, or improve their performance in a particular sport.

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