

## REHABILITATION OF PATIENTS AFTER MASTECTOMY FOR BREAST CANCER

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**Introduction:** Breast cancer is the most common type of cancer, as well as the main cause of cancer deaths in women worldwide. There is a significant difference in breast cancer survival rates worldwide - the 5-year survival rate is 80% in developed countries and less than 40% in developing countries. According to the World Health Organization (WHO), improving breast cancer outcomes and survival through early detection remains the basis of breast cancer regulations.

**Objective:** To optimize the oncorehabilitation of women after mastectomy based on the study of psychological disorders, quality of life parameters and functional disorders according to a special ICF scale.

**Keywords:** rehabilitation, mastectomy, breast cancer.

**Materials and methods:** A total of 202 patients after mastectomy who underwent rehabilitation from 10.11.2022 to 30.09.2023 were accepted for the study. To achieve this goal, we conducted a survey of patients undergoing two-week rehabilitation at the Oasis sanatorium after mastectomy for breast cancer, using a clinical questionnaire to identify the assessment of neurotic conditions, as well as an assessment of functional disorders using the categories of the International Classification of Functions, which included b28011 – chest pain, b7100 – shoulder motor activity, b4352 – edema of the affected side, d4154 – maintenance bodies in a standing position, b1343 – sleep quality, b4552 – fatigue, respectively-b1343 – sleep quality, b4552 – fatigue, respectively-1343 – sleep quality, b4552 – fatigue, respectively-b4552 – fatigue, respectively-4552 – fatigue, respectively on the first and last day of the rehabilitation program. The rehabilitation program was based on an individual approach to each patient using such techniques as: climatotherapy, diet therapy, hydrokinesotherapy, various methods of physiotherapy and physical therapy.

Statistical processing of the Yakhin-Mendelevich questionnaire data was performed on various scales: the anxiety scale, the neurotic depression scale, the asthenia scale, the hysterical response type scale, the obsessive-phobic disorders scale, the vegetative disorders scale; and according to the categories of the International Classification of Functions, a comparative analysis of data for the study of rehabilitation potential and rehabilitation prognosis is given. Statistical methods included procedures of descriptive statistics, nonparametric analytical statistics. Statistical processing of the obtained results was carried out using the software packages Microsoft Excel, STATISTICA v.13.0.

**Results and discussion:** The most pronounced violations of psychological status were identified on the scale of obsessive-phobic disorders. There is an improvement in the values of all scales after rehabilitation. The maximum increase occurs in the scale of vegetative disorders, and the minimum in the scale of the hysterical type of reaction at  $p < 0.05$ .

The most pronounced functional disorders were identified by the criterion of fatigue. There is an improvement in the values of all scales after rehabilitation. The maximum increase occurs on the scale of fatigue and motor activity of the shoulder, respectively, at  $p < 0.05$ .

Statistically significant differences in mental status indicate the effectiveness of the rehabilitation program. The change of a stressful situation, climatotherapy, moderate physical exertion, hydrokinesotherapy have a positive effect on the autonomic nervous system, reduce the influence of the sympathetic nervous system on the body, perhaps for this reason, the scale of autonomic disorders, as well as the scale of asthenia, has the greatest increase among the indicators of neurotic states. Can

to assume that the smallest increase on the scale of the hysterical type of response indicates the need for longer psychotherapeutic therapy in the period after rehabilitation treatment in a sanatorium.

The Man-Whitney criterion confirms statistical differences in the criteria for the International Classification of Functions before and after Rehabilitation. Rehabilitation measures aimed at eliminating lymphidema show the greatest positive results in terms of eliminating the limitation of motor activity of the shoulder joint, as well as reducing fatigue symptoms. Maintaining a standing posture is less susceptible to correction due to irreversible damage as a result of surgical interventions or radiation therapy.

**Conclusions:** The psychological status according to the questionnaire of neurotic states of Yakhin-Mendelevich shows significant improvements in all indicators after the passage of the rehabilitation program by patients. The results of the assessment of functional disorders in patients using the categories of International Function classifications indicate a positive effect in each category.

Thus, the implementation of a comprehensive rehabilitation approach is accompanied by an improvement in rehabilitation potential and prognosis.

#### **Literature:**

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