

THE ROLE OF NURSES IN THE PREVENTION OF CARDIOVASCULAR DISEASES*Rahmonova Dildora Naimovna**Teacher of the Department of Preclinical Sciences,**Faculty of Medicine, Asia International University***Annotatsiya (O‘zbekcha)**

Ushbu maqolada yurak-qon tomir kasalliklarini oldini olishda hamshiralarning o‘rni, profilaktik tadbirlar hamda sog‘lom turmush tarzini shakllantirishdagi ahamiyati yoritilgan. Tadqiqot davomida yurak-qon tomir kasalliklarining asosiy xavf omillari tahlil qilinib, ularni kamaytirishda hamshiralarning profilaktik faoliyati o‘rganildi. Natijalar shuni ko‘rsatadiki, aholining tibbiy savodxonligini oshirish, sog‘lom turmush tarzini targ‘ib qilish hamda bemorlarni muntazam kuzatib borish yurak-qon tomir kasalliklarining oldini olishda muhim ahamiyatga ega.

Kalit so‘zlar: yurak-qon tomir kasalliklari, profilaktika, hamshira, sog‘lom turmush tarzi, arterial gipertenziya, tibbiy savodxonlik.

Аннотация (Русский)

В данной статье рассматривается роль медицинской сестры в профилактике сердечно-сосудистых заболеваний, значение профилактических мероприятий и формирования здорового образа жизни. В ходе исследования были проанализированы основные факторы риска сердечно-сосудистых заболеваний и изучена профилактическая деятельность медицинских сестер по их снижению. Результаты показывают, что повышение медицинской грамотности населения, пропаганда здорового образа жизни и регулярное наблюдение за пациентами играют важную роль в предупреждении сердечно-сосудистых заболеваний.

Ключевые слова: сердечно-сосудистые заболевания, профилактика, медицинская сестра, здоровый образ жизни, артериальная гипертензия.

Abstract (English)

This article examines the role of nurses in the prevention of cardiovascular diseases and highlights the importance of preventive measures and the promotion of a healthy lifestyle. The study analyzes the main risk factors of cardiovascular diseases and evaluates the preventive activities carried out by nurses. The results show that improving health literacy, promoting healthy lifestyle habits, and ensuring regular monitoring of patients play an important role in preventing cardiovascular diseases.

Keywords: cardiovascular diseases, prevention, nurse, healthy lifestyle, arterial hypertension, medical literacy.

Introduction

Cardiovascular diseases remain one of the leading causes of mortality and disability worldwide. According to the World Health Organization (WHO), cardiovascular diseases account for nearly one-third of all global deaths each year. These diseases include coronary heart disease, hypertension, myocardial infarction, and stroke.

The increasing prevalence of cardiovascular diseases is associated with modern lifestyle factors such as physical inactivity, unhealthy nutrition, stress, and harmful habits. For this reason, preventive measures play a critical role in reducing morbidity and mortality.

Nurses working in primary health care settings have a particularly important role in preventive medicine. They maintain close contact with patients and communities, allowing them to identify risk factors early and provide timely health education.

Materials and Methods

The study is based on the analysis of scientific literature related to cardiovascular disease prevention and nursing practice. Analytical, comparative, and observational research methods were used to evaluate the role of nurses in preventive health care activities.

In addition, recommendations of international health organizations and scientific publications related to cardiovascular disease prevention were reviewed and analyzed.

Results and Discussion

Cardiovascular diseases usually develop as a result of several interacting risk factors. Early identification and control of these factors significantly reduces the likelihood of disease development.

| Main risk factors for cardiovascular diseases Risk factor | Impact on health |
|---|--|
| Arterial hypertension | Increases pressure on the heart and blood vessels |
| High cholesterol | Causes atherosclerosis and vascular blockage |
| Obesity | Leads to metabolic and cardiovascular disorders |
| Smoking | Damages blood vessels and increases blood pressure |
| Physical inactivity | Weakens cardiovascular function |
| Chronic stress | Negatively affects heart rhythm and blood pressure |

These risk factors are largely preventable through lifestyle modification and health education. Nurses play an important role in this process by providing patients with knowledge and practical recommendations.

The Role of Nurses in Prevention

Nurses are key participants in preventive health care. Their responsibilities include health education, patient monitoring, and participation in rehabilitation programs.

Health Education

Nurses provide education about healthy lifestyles, balanced diets, and physical activity. Such educational programs help individuals understand the importance of preventing cardiovascular diseases.

Monitoring of Risk Groups

Patients with hypertension, diabetes, or obesity require regular monitoring. Nurses measure blood pressure, monitor heart rate, and evaluate patient health conditions during routine visits.

Improving Patient Compliance

Another important role of nurses is ensuring that patients follow medical recommendations. This includes explaining medication regimens, lifestyle modifications, and preventive strategies.

Rehabilitation Support

After cardiovascular events such as myocardial infarction, rehabilitation is essential. Nurses assist patients in gradually increasing physical activity and adapting to a healthier lifestyle.

Nursing Care in Cardiovascular Diseases

The nursing process consists of several systematic stages that ensure high-quality patient care:

Assessment of the patient's condition

Establishment of a nursing diagnosis

Development of a nursing care plan

Implementation of nursing interventions

Evaluation of outcomes

During this process nurses also encourage patients to:

reduce salt intake

increase fruit and vegetable consumption

maintain a healthy body weight

exercise regularly

manage stress effectively

Conclusion

Cardiovascular disease prevention is one of the most important priorities of modern health care. Nurses play a central role in this process through health education, risk factor monitoring, and patient support.

Improving the professional competence of nurses and strengthening preventive health programs can significantly reduce the burden of cardiovascular diseases and improve the overall health of the population.

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