

THE STUDY OF THE RESULTS OF TREATMENT OF CHILDREN AND ADOLESCENTS WITH BRONCHIAL ASTHMA ON A MID-MOUNTAIN RESORT

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Relevance: In recent years, allergic respiratory diseases have become widespread among children and adolescents, which necessitates an expanded in-depth study of the problem of spa treatment of this contingent of patients. In recent years, the effectiveness of differentiated treatment of children and adolescents with bronchial asthma in resort conditions has been studied.

Research materials: 340 children and adolescents who were treated in specialized departments of the resort were under observation. Among the treated children, this type of disease was in 214, infectious allergic in 109, mixed in 17, among adolescents – in 273, 40 and 14, respectively. Depending on the treatment method, the patients were divided into 4 groups. The complex of treatment of patients of the 1st group included climatobalneotherapy, therapeutic gymnastics, exercise therapy, chest massage, rehabilitation of foci of chronic infection: patients of the 2nd group were additionally prescribed specific immunotherapy with infectious and non-infectious allergens; patients of the 3rd group received physiotherapy, chest massage, applications of ozokerite and paraffin or electric mud on the root area in patients of the 4th group – electrophoresis, mud or mud applications to the lung area in alternation with baths. In a significant proportion of children (25.5%) and adolescents (26.8%), exacerbation of bronchial asthma and the inflammatory process in the respiratory organs was revealed. Exacerbation occurred more often in children and adolescents who entered the resort during the attack period than in those who arrived during the inter-arrival period. In adolescents, exacerbation occurred mainly in spring (35.8%) and autumn (27%), and in children in late autumn (28.6%) and in December (41%). More often, exacerbation of asthma was registered in preschool children (30.2%) compared with older children – 7 years old (22.55). This fact testifies to the improved adaptive capabilities and reactivity of the body of preschool children and, to an even greater extent, adolescents compared with children of younger age groups.

The results of the study: The analysis of the immediate results of spa treatment revealed an improvement in the general condition, the disappearance of shortness of breath and attacks of suffocation in 226 (66.6%) children and 234 (71.4%) adolescents. There were also positive changes in the hemogram: a decrease in leukocytosis (11.3%) eosinophils (33.7%) an increase in hemoglobin (71.5%). Adolescents have a tendency to normalize peripheral blood. Leukocytosis disappeared in all patients, ESR and hemoglobin indices improved (58%).

A total assessment of the effectiveness of treatment revealed a significant improvement in 13 (3.9%) adolescents, improvement in 29 (8.7%) children, 3 adolescent patients who arrived at the sanatorium in March – April in the attack period with severe and hormone-dependent form of bronchial asthma were discharged with deterioration. Spa therapy was ineffective in 13 (3.8%) children and 11 (3.4%) adolescents. All of them suffered an exacerbation of the disease. The study of the function of external respiration (FVD) according to spirometry revealed an increase in the vital capacity of the lungs (LVL) in 55.9% of sick children (normalization was noted in 3.9%), the tiffno index in 51.9% (18.1%), maximum ventilation (MVL) in 44.1% (13%). The study of FVD in adolescents revealed slightly better dynamics: an increase in VEL in 80.1%, the tiffno index in 53.6%, and MVL in 59.8% of patients.

Conclusion: The use of specific hyposensitization in combination with balneotherapy increased the effectiveness of treatment. The therapeutic effect was higher in mild and moderate bronchial asthma in both children and adolescents, which indicates the need for careful selection of patients when referring to the resort.