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ФАКТОРЫ ПРОФИЛАКТИКИ И ЛЕЧЕНИЯ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ ВО ВРЕМЯ БЕРЕМЕННОСТИ

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АННОТАЦИЯ

Данное исследование направлено на изучение проблемы гипертензии во время беременности (ГБ) направлено. В исследовании приняли участие 200 беременных женщин в Самарканде, Узбекистан.

В этом исследовании у 25% участниц была диагностирована гипертензия. Гипертензия, ожирение, семейный анамнез и высокий уровень стресса были определены как факторы риска ее развития. 60% участниц были менее активны, а 55% имели более высокое потребление натрия. Полученные результаты подчеркивают необходимость раннего выявления и лечения гипертензии у беременных женщин. Также результаты исследования связаны с гипертензией в системах здравоохранения, что показывает важность разработки образовательных программ для решения проблем. Это результаты исследования по расширению проблемы гипертензии во время беременности в Узбекистане и, как ожидается, станут основой для новых исследований.

Ключевые слова: гипертензия во время беременности, распространенность, факторы риска, материнское здоровье, кровяной стресс, изменения образа жизни, образовательные программы.

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FACTORS FOR THE PREVENTION AND MANAGEMENT OF ARTERIAL HYPERTENSION IN PREGNANCY

ANNOTATION

This study aims to investigate the problem of hypertension in pregnancy (HG) directed. 200 pregnant women in Samarkand, Uzbekistan participated in the study. In this study, 25% of the participants were diagnosed with hypertension. Hypertension obesity, family history and high stress levels have been identified as risk factors for its development. 60% of participants were less active and 55% had higher sodium intake. Received results, the need for early detection and management of hypertension in pregnant women emphasizes. Also, research results are related to hypertension in healthcare systems shows the importance of developing educational programs to solve problems. This the results of the study to expand the issue of hypertension during pregnancy in Uzbekistan and is expected to be the basis for new research.

Keywords: hypertension in pregnancy, prevalence, risk factors, maternal health, blood stress, lifestyle changes, educational programs.

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HOMILADORLIK DAVRIDA ARTERIAL GIPERTENZIYANING OLDINI OLISH VA DAVOLASH OMILLARI

ANNOTATSIYA

Ushbu tadqiqot homiladorlik davridagi gipertenziya (HT) muammosini o'rganishga qaratilgan. Tadqiqotda Samarqand shahridagi 200 nafar homilador ayol ishtirok etdi. Ushbu tadqiqotda ishtirokchilarning 25% ga gipertoniya tashxisi qo'yilgan. Gipertenziya, semizlik, oilaviy tarix va yuqori stress darajasi uning rivojlanishi uchun xavf omillari sifatida aniqlangan. Ishtirokchilarning 60 foizi kamroq faol bo'lgan va 55 foizi natriyni ko'proq iste'mol qilgan. Topilmalar homilador ayollarda gipertoniya kasalligini erta aniqlash va davolash zarurligini ta'kidlaydi. Tadqiqot natijalari sog'liqni saqlash tizimidagi gipertoniya bilan ham bog'liq bo'lib, muammolarni hal qilish uchun ta'lim dasturlarini ishlab chiqish muhimligini ta'kidlaydi. Bu O'zbekistonda homiladorlik davridagi gipertoniya muammosini kengaytirish bo'yicha o'tkazilgan tadqiqot natijalari va yangi tadqiqotlar uchun asos bo'lishi kutilmoqda.

Kalit so'zlar: homiladorlik davridagi gipertenziya, tarqalish, xavf omillari, ona salomatligi, qon bosimi, turmush tarzi o'zgarishi, ta'lim dasturlari.

Introduction.

Hypertension in pregnancy (HG) is one of the world's health problems. In Uzbekistan, this problem poses a serious threat to the health of not only the mother, but also the baby. Hypertension is one of the most common pathologies of development in pregnancy, and this the problem is getting more and more attention in society. In this study, in pregnancy causes of hypertension, risk factors and prevention methods are analyzed. Hypertension during pregnancy can cause serious medical problems. Statistics according to data, hypertension occurs in 10-20% of pregnant women, and most of these cases not detected in time. When analyzing these cases, studies show that hypertension not only personal factors, but also environmental, social and economic conditions. In the medical system of Uzbekistan, the issue of hypertension in pregnancy has a special place. This

The increase in cases of hypertension during pregnancy in the country, especially in urban areas, is different due to environmental factors and limited health services. Uzbekistan The latest research conducted by the Ministry of Health of the Republic, with hypertension analysis of related situations and development of necessary measures for their prevention shows the need.

The phenomenon of hypertension is complex and multifactorial, its causes are genetic, biological, and psychological depends on the aspects. To understand the

relationship between hypertension and pregnancy, a series theories are used, including homeostasis theory and stress theory. These are theories helps to understand the increase in blood pressure during pregnancy and its consequences. Before studies conducted, including studies conducted in China, hypertension in pregnancy and aimed at identifying preeclampsia risk factors. However, these studies are often specific carried out in geographical areas or in particular social groups, with wide-ranging results limits access. Cases of hypertension among pregnant women in Uzbekistan. Not enough research has been done to learn.

Existing research on the issue of hypertension is mainly an analysis of hypertension and its risk factors aimed at doing, but there is enough information about these issues in Uzbek conditions it's not. On the social, economic and environmental factors associated with hypertension in pregnancy data is scarce. Also, previous studies are clear on the reduction of complications does not offer strategies. The purpose of the study. The purpose of this study is to deepen the issue of hypertension in pregnancy to study, analyze the factors that cause it, and develop effective prevention methods exit. Findings from the study to identify risk factors associated with hypertension and health care it is expected to be the basis for management of diseases related to hypertension in the system.

The novelty of this study is that it examines the issue of hypertension in pregnant women in Uzbekistan comprehensively

explores and presents new theoretical and practical proposals. Research on reducing the risk of hypertension during pregnancy based on the results obtained during innovative approaches are developed. The results of this study help to understand the risk of hypertension in pregnancy, its prevention and helps manage hypertension in the healthcare system.

Also, the results of the research are used in the development of blood pressure control and preventive measures expected to give rise to new strategies.

Purpose.

This study is based on a descriptive-observational methodology, hypertension in pregnancy in many medical institutions in the city of Samarkand, Uzbekistan, in order to study their cases done. The research period is from January 2023 to June 2024 covered. 200 pregnant women participated in the study. The participants were between 18 and 45 years old were selected from women between 12-32 weeks of pregnancy. Among the participants without a history of hypertension, as well as chronic diseases (for example, diabetes, heart diseases) women suffering from The list of participants is provided by medical institutions based on the information provided.

The following data collection methods were used during the research:

1. Data were collected through structured questionnaires created with participants.

Questionnaires about pregnancy history, health status, blood pressure indicators, lifestyle, consisted of questions aimed at measuring eating habits and stress levels.

2. Blood pressure indicators of the participants were measured in medical institutions. Each

participant's blood pressure status was monitored regularly for 2 weeks. These observations helped to identify cases of hypertension.

3. In-depth interviews with a number of participants to collect other data was conducted. Interviews on health problems, behavioral changes and their quality of life was conducted to obtain detailed information about the effect. SPSS 26.0 software was used for statistical analysis of the data collected during the research.

Data were analyzed using the following statistical methods:

→ To analyze participants' demographic characteristics and hypertension risk factors.

→ Indicators such as mean, median and standard deviation were calculated.

→ To determine the relationship between risk factors associated with hypertension.

→ To study the rate and impact of hypertensive cases.

Research materials and methods:

The study was conducted with the participation of 200 pregnant women, the average age of which was 28 years and were between 12-32 weeks of pregnancy. 25% of participants are pregnant hypertension (GG) was diagnosed, and 10% showed signs of preeclampsia. Statistics according to the results of the analysis, high blood pressure is associated with obesity, a history of hypertension and high stress significantly correlated with the level ($p < 0.05$), the obesity index (TMI) was higher than 30 participants had a 3.5-fold increased risk of developing GH. In addition, lifestyle factors were also analyzed. The results showed that 60% of participants reported insufficient activity levels and 55% reported high sodium intake stated that these conditions are

related to the increase in blood pressure. During the survey, Only 30% of participants value the importance of regular blood pressure control it became known that he understood.

The results of this study, especially in the urban areas of Uzbekistan, the issue of gestational hypertension emphasizes the need to solve. Hypertension during pregnancy affects not only the mother, but also the baby can cause serious health risks. The results obtained are world-class studies, is the same as, indicating that the incidence of hypertension is increasing (Zhang et al., 2021; Smith & Jones, 2022).

Research results:

Gestational hypertension theories suggest that it has a multifactorial nature. This study, to theoretical debates, revealing the impact of lifestyle choices on hypertension contributes. At the same time, for future research, broader socio-economic and indicates the need to include environmental variables.

The results of the study indicate the need to strengthen educational programs for pregnant women shows. Diet, physical activity, and stress management interventions, gestational can significantly reduce the risk of hypertension. Blood pressure in antenatal care. Regular measurement can help ensure early detection and management, which can help both mother and child improves the health of the baby. During the study, some shortcomings were identified, in particular, during pregnancy. There is a lack of understanding of the psychological aspects of hypertension. Future studies are pregnant should examine the effects of women's challenges and stress levels on blood pressure regulation.

Also, long-term studies of maternal and child health in cases of gestational hypertension important in assessing the impact on outcomes. In addition, pregnant women in places with limited access to medical services it is necessary to study the cultural factors that influence the health behavior of women. Studying these variables, tailoring specific interventions to meet specific community needs allows to develop, as a result reduces the prevalence of hypertension during pregnancy. As a result, solving the problem of gestational hypertension should combine theoretical, practical and educational aspects requires. By addressing existing knowledge gaps and expanding research, health storage systems to develop strategies to effectively solve this problem possible, leading to better health outcomes for mothers and their babies.

Conclusion:

This study between gestational hypertension (GG) and the health of pregnant women produced important results by studying the relationship. The results obtained are in 25% of participants diagnosis of hypertension and association with high obesity, family history, and stress levels was determined. These results indicate the need for early detection and management of gestational hypertension shows, as well as developing special educational programs to improve women's health emphasizes the importance of output. Research results, especially in urban areas of Uzbekistan makes a significant contribution to solving health problems associated with gestational hypertension. In the future, the psychological aspects of gestational hypertension and the influence of socio-economic factors more in-depth research should be conducted for the purpose of learning, which is health care helps implement best practices by systems and pregnancy provides better health outcomes for mothers and babies during pregnancy.

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