

NURSING CARE IN KIDNEY DISEASES

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Abstract: in this article, kidney disease is its origin. It also describes the symptoms of the disease and nursing care.

Key words: kidney, types of kidney stones: single stone, single stone, salt Pielonefrit, Glomerulonefrit.

One of the most urgent issues today is the increase in kidney diseases and the lack of use of nursing care, neglecting the disease or changing the starting point of the disease. According to certain signs, it can be determined that the pain is not in other organs, but in the kidneys. To them:

Patients with kidney inflammation feel discomfort in the lower back and upper part of it. This symptom is accompanied by frequent urination. Another feature is that urination does not bring relief and is accompanied by pain. In addition to these symptoms, patients have fever;

In case of kidney stones, the process of urinating can cause sharp unbearable pain;

If there is discomfort in the kidney area in the morning, this may indicate inflammation of the kidneys. One of the causes of the pathological process is cooling;

Kidney pain, located on the left or right side, becomes stronger after some manipulations. This sign is called Pasternatsky's sign, in which the doctor slightly taps the area of pain;

Pains felt on both the right and left side appear in kidney failure;

In men, the increase in pain in the organ area during heavy physical exercises or lifting weights indicates the pathology of the organ;

Severe pain in the kidneys after a cold indicates the development of a pathological process in them, which only worsens under the influence of low temperature;

It is a serious signal that the skin in the area of the kidneys loses its natural pink color and acquires a sharp gray tint. Such changes are a good reason to consult a doctor and check for kidney disease.¹

Causes and symptoms

Kidney pain can be not only acute. The following types of pain are distinguished:

Smiley;

Puller;

¹ <https://med360.uz/kasalliklar/buyrak-og'rig'i/>

Impassable;
Stinger.

Kidney diseases in men and women include various pathologies that prevent the normal functioning of these organs of the urinary system. Each of the kidney diseases has its own characteristics, different clinical manifestations and treatment methods. In fact, many kidney diseases are asymptomatic, that is, without symptoms, and patients do not know about existing problems with their health. Therefore, it is important to understand what the main diseases of the kidney are, to know their symptoms and treatment.

Kidney pain manifests itself in the following diseases:

Pyelonephritis (its exacerbation). In addition to kidney pain, a woman experiences swelling of the face and neck, pale skin, and an increase in body temperature. Patients diagnosed with pyelonephritis before the beginning of pregnancy have a risk of exacerbation of the disease during this period;

Kidney stone disease. Its sign is kidney pain;

Glomerulonephritis. A sign of this disease is acute pain.

Back pain observed in the last periods of pregnancy does not always indicate kidney problems. It can also be caused by an increase in the load on the spine.

Often, the patient accidentally finds out that he has a missed stage of kidney disease, he came to the doctor complaining of a completely different problem. Doctors even call the kidneys "dumb organs" among themselves, because the first symptoms of the disease appear only when the kidneys fail in some cases.

Of course, doctors can suspect the presence of the disease during a blood analysis, but for this, this analysis must be in the hands of a nephrologist, which happens very rarely. In most cases, patients first find out about this type of doctor when they are admitted to the hospital with a diagnosis of myocardial infarction.

The fact is that when the kidneys do not work normally, the amount of calcium in the blood increases sharply, and calcium is deposited and accumulates on the walls of blood vessels. As a result, the vascular space narrows. Therefore, most patients with kidney failure die at the age of 30-40. In this case, the cause of death is cardiovascular disease.

Treatment of patients with kidney diseases is very expensive for any country's budget. For example, the cost of a hemodialysis treatment varies from place to place and is equivalent to 50-100 USD, which the patient needs to receive three times a week. Therefore, not every patient will be able to be treated. Thus, only 212 out of every million people are provided with reliable hemodialysis. In addition, the treatment can

only be obtained in areas with a sufficient budget. The same is true for kidney transplants.²

If the disease is detected in time in patients with kidney pathology, the treatment will be both effective and cheaper, therefore, it is recommended to conduct an ultrasound examination of the kidneys once a year, and submit relevant analyzes. It should be strictly followed by persons in the risk group, in particular hypertensive patients, diabetics, obesity and atherosclerosis.³

It should be remembered that the following factors can trigger the onset of kidney disease:

- A sharp decrease in body weight, which is caused by a decrease in the fatty capsule surrounding the kidney.
- Obesity. Excess fat puts pressure on the kidney and worsens its function. In addition, the tone of the blood vessels worsens in case of sensitivity.
- Diabetes mellitus.
- Harmful habits (smoking and alcohol abuse). Alcohol causes dehydration and blood thickens, and tobacco smoke is the strongest carcinogen. All these have a negative effect on the work of the kidneys.⁴
- It is important for the patient to use nursing care and advice in these situations.

- High blood pressure damages the kidney vessels and causes them to malfunction.

If you are aware of your health, you can suspect the presence of kidney disease through the following common symptoms. So, symptoms of kidney failure:

- Swelling of the face accompanied by the appearance of bags under the eyes, swelling of the legs. By evening, the swelling will return. The skin is dry, colorless, maybe yellow.
- Pyelonephritis and hydronephrosis can be indicated by pain in the lower back.
- Rapid fatigue, weakness, fever, headache - all these symptoms suggest kidney disease.
- Violation of the smell, color, and quantity of urine is a good reason to go to the doctor.

Many medical scientists of the world are studying the origin of this topical issue and how it develops. Among them, a group of specialists consisting of specialists from the Belozersky Institute of Physico-Chemical Biology of Lomonosov Moscow State University, the Faculty of Bioengineering and Bioinformatics of this university,

²[https://e-library.sammu.uz/ru/book/523.tib canons.1-book](https://e-library.sammu.uz/ru/book/523.tib%20canons.1-book).

³ Pathomorphology of kidney diseases- -Jumanov Z-E- 2022.pdf

⁴ <https://mymedic.uz/kasallikar/urologiya/buyrak-kasalliklar/>

and the National Medical Research Center of Obstetrics, Gynecology and Perinatology named after Kulakov managed to determine the cause of this chronic disease.⁵

After a study conducted on mice, scientists noticed that the number of stem cells in the kidneys decreases with age. In addition, it was found that the rate of division of these cells decreases, which leads to a decrease in protection against external factors. With a lack of oxygen and glucose, cells gradually die, but in younger people they can be restored, says lenta.ru.

The strategy for treating chronic kidney pain is chosen by a therapist or a nephrologist. When acute pain is felt, the algorithm of actions is as follows:

Call the emergency service;

Taking a lying position. A flat surface is suitable for this. In this case, you should try to bring the breath to a normal state. It is recommended to avoid excessive body movements;

Apply heat slightly above body temperature to the painful area. Very hot exposure is not recommended, as it can aggravate the patient's condition in the presence of inflammation.

Each kidney disease that causes pain requires an individual type of therapy:

In the treatment of pain caused by kidney stone disease, it is necessary to take drugs that reduce pain and neutralize the infection. Means that dissolve mineralized deposits can also relieve the patient's condition;

Anti-inflammatory drugs (Prednisolone, Voltaren), antibiotics (erythromycin), hypotonic agents (Reserpine, Diazoxide) are prescribed to relieve acute pain observed in glomerulonephritis.

It is recommended to drink "Furosemide" when swelling is observed. Diet is just as important as taking medication in the treatment of pain. To reduce unpleasant symptoms, the patient should follow the following rules in the diet:

Minimize protein and salt intake;

Refusal of salted, by-products, smoked products;

Avoid chocolate, cheese, mushrooms;

Include greens and vegetable soups in the diet.

Folk tools

Tinctures and tinctures made from herbal preparations can have an anti-infective and diuretic effect.

A set made on the basis of calendula, cow's milk, coriander seeds, and field sedge allows the patient to get rid of pulling and sharp pains in the kidney, to cleanse the body of toxins;

⁵ Belozersky Institute of Physico-Chemical Biology of Lomonosov Moscow State University

Cranberries, berries and sedges not only "grind" stones, but also restore kidney function;

Ortosiphon, tolokyanka, and cranberry herbs can be used to eliminate small pricks in the area of the kidneys.

Folk remedies cannot cure kidney diseases, in any case it is necessary to follow the instructions of traditional medicine and avoid independent treatment.

If the pain does not weaken or, on the contrary, increases, it is recommended to take antispasmodics. It is necessary to inform the emergency medical team about the drugs taken. Abu Ali Ibn Sina also gives the following recommendations about this disease: he touched on the healing properties of melon and noted that the tincture of its pods, dried in a cool place, has the property of crushing kidney and bladder stones.

In conclusion, it should be said that every person should always take care of his health. It is also beneficial for our own health to accept nursing care at the starting point and not ignore the recommendations.

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