



DISEASES NURSING STUDENTS MUST KNOW AND THEIR TEACHING IN THERAPEUTICS

Hamdamova Mohira Aminovna

*Gijduvan is a leading teacher of the technical school of public health named after
Abu Ali ibn Sina*

Halimova Navbahor Hamdamovna

*Gijduvan is a leading teacher of the technical school of public health named after
Abu Ali ibn Sina*

Abstract: *Understanding common and critical diseases is essential for nursing students to provide effective patient care. This article highlights key diseases nursing students should be familiar with and discusses strategies for teaching these diseases within the framework of therapeutic education.*

Introduction Nursing education prepares students to care for patients across various clinical scenarios. Familiarity with prevalent diseases and their management equips future nurses to provide evidence-based care. This article identifies key diseases relevant to nursing practice and outlines effective methods for integrating their study into therapeutics education.

Key Diseases for Nursing Students The following are essential diseases nursing students must study and understand:

1. **Cardiovascular Diseases**

- Examples: Hypertension, myocardial infarction, heart failure.
- Importance: Nurses must monitor cardiovascular parameters, educate patients on lifestyle changes, and administer medications.

2. **Respiratory Disorders**



- Examples: Asthma, COPD, pneumonia.
- Importance: Understanding respiratory conditions helps nurses manage symptoms, assist with treatments, and provide emergency care.

3. **Endocrine Disorders**

- Examples: Diabetes mellitus, thyroid dysfunction.
- Importance: Nurses play a key role in monitoring blood sugar levels, administering insulin, and educating patients about lifestyle modifications.

4. **Infectious Diseases**

- Examples: Tuberculosis, COVID-19, HIV/AIDS.
- Importance: Knowledge of infection control measures and treatments ensures safe and effective care.

5. **Neurological Disorders**

- Examples: Stroke, epilepsy, Parkinson's disease.
- Importance: Nurses support recovery and rehabilitation and manage symptoms.

6. **Gastrointestinal Disorders**

- Examples: Peptic ulcer disease, irritable bowel syndrome, liver cirrhosis.
- Importance: Nurses provide dietary education and monitor complications.

7. **Mental Health Conditions**

- Examples: Depression, anxiety, schizophrenia.
- Importance: Nurses address mental health alongside physical health for holistic care.

8. **Pediatric and Geriatric Conditions**

- Examples: Neonatal jaundice, osteoporosis.
- Importance: Age-specific conditions require tailored nursing approaches.

Teaching Diseases in Therapeutics

1. **Case-Based Learning**



- Utilize case studies to discuss disease mechanisms, symptoms, and treatment options.

2. **Simulation Training**

- Simulate clinical scenarios to provide hands-on experience in disease management.

3. **Interactive Lectures**

- Integrate multimedia tools and real-world examples to enhance engagement.

4. **Clinical Rotations**

- Expose students to real-life patient care settings for practical learning.

5. **Interdisciplinary Learning**

- Collaborate with other healthcare professionals to teach disease management from multiple perspectives.

Challenges and Recommendations Teaching diseases in nursing education involves challenges such as:

- Limited time in curricula to cover a wide range of conditions.
- Rapidly evolving medical knowledge requiring frequent updates.

Recommendations include:

- Prioritizing high-prevalence and high-impact diseases.
- Providing continuous professional development for educators.
- Using technology to supplement traditional teaching methods.

Conclusion Educating nursing students about key diseases and their therapeutic management is crucial for preparing competent healthcare professionals. By adopting innovative teaching strategies and addressing challenges, nursing programs can ensure their graduates are well-equipped for clinical practice.



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