

NURSES' ACTIVITY IN THE PRIMARY PREVENTION OF DIABETES

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Abstract: this article describes the causes of diabetes and the effective use of nurses' activities as a primary preventive measure in its prevention, gaining an understanding of the disease, etc. The purpose of this thesis is to study the importance of the activities of nurses in the primary prevention of diabetes and to analyze their impact on patients. The results of this study help to strengthen the role of nurses in the health system and give them an important place in the prevention of diabetes.

Key words: Primary prevention, nursing, preventive measures, healthy lifestyle, diet, physical activity, blood sugar control, diabetes education, health system, insulin, glucagon, alpha cell, beta cell, delta cell.

INTRODUCTION

Diabetes is one of the most common diseases in the world today. It is one of the types of diseases that does not affect age or gender and is classified into four types, but to avoid it or to avoid the disease, following a healthy lifestyle, patients with this type of disease are seen by nurses. they should effectively use the provided primary preventive care. In order to prevent this disease and reduce the risk of its development, various preventive measures are implemented in the health care system. Primary prevention is especially important, and the role of nurses in this process is of particular importance.

MAIN PART

According to scientific views, diabetes is the result of insufficient or low biological activity of the insulin hormone in the body, and its appearance is due to failure to follow a healthy lifestyle, weight gain, eating unhealthy foods, and slow physiological movements. Payo is a type of endocrine disease that divides and develops. Controlling diabetes is a process that depends on the patient and his doctor. This process can be observed in two stages, the first is related to heredity, and the second is related to various environmental disorders. In 10-20% of the population, genetic factors can be the cause, but in today's modernized life, 90% are unhealthy lifestyles, overweight, hypodynamia, disorder in consumption. We can recommend the following for prevention and primary prevention of diabetes:

Changing lifestyle

Lifestyle changes are important in preventing diabetes. Regular physical activity and proper nutrition are beneficial for the human body and help maintain normal blood sugar levels. Today, according to statistical data, 30% of them are caused by improper nutrition, 40% by the external environment, and 10% by hypodynamia and physical condition. How do we create a healthy lifestyle?!

Physical activity

- Scientific evidence: Harvard T.H. Chan School of Public Health studies found that regular physical activity can reduce the risk of diabetes by 30-50%.

- Recommendation: At least 150 minutes of moderate or vigorous physical activity per week is recommended.

Healthy eating

- Scientific Evidence: Research from the National Institute of Diabetes and Digestive and Kidney Diseases shows that a healthy diet can significantly reduce the risk of diabetes.

- Recommendation: Eat foods rich in fruits and vegetables, whole grains, lean proteins, and omega-3 fatty acids.

Body weight control

Controlling body weight significantly reduces the risk of diabetes. Overweight and obesity increase insulin resistance in the blood, which can lead to diabetes.

Diet control

- Scientific evidence: University of Iowa studies show that overweight and obesity can increase the risk of diabetes.

- Recommendation: Choose low-calorie and low-fat foods and monitor calorie intake.

Regular activity

- Scientific Evidence: Studies published in the Journal of Clinical Endocrinology & Metabolism show that daily physical activity reduces the risk of diabetes.

- Recommendation: It is necessary to increase daily physical activity and follow a fitness regime.

Blood sugar control

Regularly checking blood sugar levels and keeping them at normal levels is important in preventing diabetes.

Diet analysis

- Scientific Evidence: According to research by the American Diabetes Association (ADA), controlling the glycemic index helps normalize blood sugar levels.

- Recommendation: It is necessary to control the glycemic index of food and eat products with a low glycemic index.

Regular medical examination

- Scientific Evidence: Studies published in the journal Diabetes Care show that regular monitoring is important in early detection and prevention of diabetes.

- Recommendation: It is necessary to consult a doctor every month or every quarter and check the level of sugar in the blood.

A healthy lifestyle

A healthy lifestyle significantly reduces the risk of diabetes. This includes:

Avoid bad habits

- Scientific Evidence: According to World Health Organization (WHO) studies, smoking and excessive alcohol consumption can lead to the development of diabetes.

- Recommendation: Stop smoking and limit alcohol consumption.

Adherence to the sleep regime

Scientific Evidence: Research published in the journal Sleep found that adequate sleep can help control blood sugar levels.

- Recommendation: It is necessary to get 7-8 hours of quality sleep a day and follow a sleep schedule.

CONCLUSION

According to scientific studies and experts, these preventive measures play an important role in preventing diabetes and reducing its complications. Therefore, everyone should pay attention to their health and follow these preventive measures. In addition, research conducted by scientists of the Tashkent Medical Academy shows that the risk of diabetes is significantly reduced as a result of preventive measures and activities of nurses in working with patients. Nurses' educational activities increase patients' understanding of the disease and help maintain a healthy lifestyle. In conclusion, everyone should not be careless about their life, it is very important for your own health and that of your loved ones to take the preventive measures suggested by the nurses.

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