



OPTIMIZATION OF APPROACHES TO THE TREATMENT AND REHABILITATION OF PATIENTS WITH ASEPTIC NECROSIS OF THE FEMORAL HEAD

Akramov Vohijon Rustamovich

Bukhara State Medical Institute, Republic of Uzbekistan, Bukhara city
Annotation

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ABSTRACT

This paper examines modern approaches to the treatment and rehabilitation of patients with aseptic necrosis of the femoral head, which is an urgent problem in orthopedics and traumatology. Aseptic necrosis caused by impaired blood supply leads to pain symptoms, functional limitations and a decrease in the quality of life of patients. The aim of the study is to optimize treatment methods, including conservative and surgical approaches, as well as rehabilitation measures.

The paper analyzes the clinical data of 100 patients treated in specialized institutions. Drug therapy, physiotherapy, osteotomy and endoprosthesis are considered, as well as the role of rehabilitation programs including physical therapy and psychological support. The results show that an integrated approach to treatment can significantly reduce pain and improve functional condition: 70% of patients noted an improvement in their quality of life after using optimized methods.

Special attention is paid to the need for an individualized approach that takes into account the unique characteristics of each patient. The study highlights the importance of interdisciplinary interaction in the treatment and rehabilitation process. The data obtained can be used to develop new strategies for managing aseptic necrosis, which will increase the effectiveness of the treatment process and reduce the risk of disability. In conclusion, the optimization of therapy and rehabilitation methods is critical to improve treatment outcomes and improve the quality of life of patients.

Keywords: aseptic necrosis, femoral head, treatment, rehabilitation, optimization.

Relevance

Aseptic necrosis of the femoral head (ANGBC) is a serious medical problem affecting a wide audience of patients, including young people, athletes and the

elderly.[2] This pathological process is caused by a violation of blood supply, which leads to necrosis of bone tissue and, as a result, to pain symptoms and limited mobility. In conditions of increasing morbidity and an increase in the number of cases of aseptic necrosis, effective treatment and rehabilitation are becoming priorities of medicine. [5]

According to statistics, the prevalence of ANGBC reaches 10-20 cases per 100,000 people per year. At the same time, this disease often leads to disability and deterioration of the quality of life, which makes it not only a medical problem, but also a social problem. Given the high degree of complexity of diagnosis in the early stages, many patients seek help already at late stages, when conservative methods become less effective. [6]

Modern methods of treating ANGBC include drug therapy, physical therapy, as well as surgical interventions such as osteotomy and arthroplasty. However, despite the availability of various approaches, there is still no unified and optimized treatment strategy. This is due to the variety of clinical manifestations and the individual characteristics of each patient. Therefore, the relevance of this topic is determined by the need to develop individualized treatment and rehabilitation protocols based on modern scientific data and practical experience. [8]

In addition, considerable attention should be paid to the rehabilitation of patients, since the restoration of functional activity and improvement of quality of life play a key role in the successful outcome of treatment. The inclusion of physical therapy programs, psychological support and educational activities will help patients cope with the consequences of the disease and adapt to new living conditions. [9]

Thus, the optimization of methods of treatment and rehabilitation of aseptic necrosis of the femoral head is an integral part of an integrated approach to the management of this disease. The development and implementation of new strategies will not only improve the effectiveness of treatment, but also significantly improve the quality of life of patients, which makes this topic relevant to the medical community. [10]

Goal

The purpose of this study is to optimize the methods of treatment and rehabilitation of patients with aseptic necrosis of the femoral head (ANGBC). The main focus is on identifying the most effective therapeutic approaches and developing individualized rehabilitation programs that improve clinical outcomes and improve the quality of life of patients.

Materials and methods

The research materials include data from 100 patients who have been treated in specialized medical institutions over the past three years. The criteria included the presence of a confirmed diagnosis of ANGB, the age from 18 to 65 years and the absence of concomitant severe diseases that could affect the results of treatment.

The research methods include a comprehensive analysis of clinical data, including medical records and examination results. The following methods were used to evaluate the effectiveness of various approaches:

drug therapy (nonsteroidal anti-inflammatory drugs, chondroprotectors) and physiotherapy (ultrasound, magnetic therapy).

osteotomy and endoprosthetics performed on the basis of clinical indications.

individualized physical therapy programs, physical therapy classes and psychological support.

Methods of descriptive statistics and comparative analysis were used for statistical data processing, which made it possible to identify significant differences in clinical outcomes with different methods of treatment and rehabilitation.

Thus, the conducted research is aimed at obtaining sound recommendations for optimizing therapeutic and rehabilitation measures, which will help to increase their effectiveness and improve results for patients with ANGB.

Results

As a result of the study, significant data were obtained on the clinical efficacy of various methods of treatment and rehabilitation of patients with aseptic

necrosis of the femoral head (ANGBC). An analysis of 100 patients undergoing treatment revealed key aspects affecting the outcomes of therapy.

Of the 100 patients, 60% successfully responded to conservative treatments, including drug therapy and physiotherapy. The main sign of improvement was a decrease in pain, which was reported by 75% of patients three months after the start of treatment. There was also an improvement in functional indicators: according to mobility tests, 70% of patients noted an improvement in movement activity.

Surgical techniques such as osteotomy and endoprosthesis were used in 40% of patients who did not respond to conservative treatment. Among them, 80% reported a significant improvement in the quality of life after surgery. Functional assessments conducted 6 months after the intervention showed that 85% of patients achieved normal levels of mobility.

An important part of the therapy was the introduction of rehabilitation programs, which included physical therapy and psychological support. A study of patient satisfaction showed that 90% of them rated rehabilitation as an important factor in their recovery. According to the results of surveys, patients who underwent rehabilitation noted an improvement in their emotional state and level of confidence in their physical abilities.

Statistical analysis showed that the combined approach, including both conservative and surgical methods, was more effective than the isolated use of any of them. The level of patient satisfaction after complex treatment was 88%, which confirms the importance of integrating various methods.

In general, the results of the study emphasize the need for an individualized approach to each patient, taking into account the peculiarities of the course of the disease and treatment preferences. Optimization of therapy and rehabilitation methods significantly increases the likelihood of positive outcomes and improves the quality of life of patients with ANGBC.

Conclusion

The study confirmed the high relevance of optimizing the methods of treatment and rehabilitation of patients with aseptic necrosis of the femoral head. The results show that an integrated approach, including conservative and surgical methods, significantly improves the clinical outcomes and quality of life of patients.

The analysis showed that 70% of patients noted a decrease in pain and improved mobility with conservative treatment, while surgical interventions provided successful results in 80% of patients who did not respond to drug therapy. Rehabilitation programs turn out to be an important factor in recovery, improving not only the physical but also the emotional state.

The need for an individualized approach based on modern scientific evidence and clinical experience highlights the importance of interdisciplinary collaboration in the treatment of ANGBC. Further research should focus on the development of new therapeutic strategies and rehabilitation methods, which will increase the effectiveness of treatment and reduce the risk of disability. Optimization of the treatment process is critical for the successful control of this disease and improvement of the quality of life of patients.

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