

THE IMPORTANCE OF MEDICAL AND SOCIO-ECONOMIC EFFICIENCY IN THE REHABILITATION OF PATIENTS WITH DUODENAL ULCER

Parvina Yusufzoda Irbutaeva

Master's Student Samarkand State Medical University, Samarkand

Umurzakova Ruxshona Baxriddinova

Student of the Faculty of Pharmacy, Samarkand State Medical University, Samarkand

Nigora Dilshodovna Irbutaeva

Assistant Professor, Samarkand State Medical University, Samarkand

Annotation: the article discusses important aspects of rehabilitation of patients with duodenal ulcer from the point of view of medical and socio-economic efficiency. An analysis of the impact of complex treatment and preventive measures on clinical outcomes and quality of life of patients was performed. Particular attention is paid to the need for an interdisciplinary approach, covering gastroenterological, psychological and social support. It is concluded that the integration of medical and socio-economic criteria in assessing the effectiveness of rehabilitation programs is of great importance, which contributes to a more complete restoration of working capacity and an improved prognosis of the disease.

Key words: duodenal ulcer, rehabilitation, diet therapy, spa treatment.

Relevance

Despite advances in treatment, peptic ulcer disease remains a significant problem and often leads to temporary or permanent disability, and is one of the main causes of disability in men and women suffering from diseases of the digestive system.

Study Objective

To examine the impact of duodenal ulcer rehabilitation on reducing economic costs for patients and the healthcare system, including the costs of treating exacerbations, loss of ability to work, and social adaptation.

Research Methods

Duodenal ulcers are associated with a high prevalence of the disease, which can lead to disability, as well as with its significant impact on quality of life and socioeconomic aspects. Rehabilitation, which encompasses all aspects of drug treatment, diet therapy, psychotherapy, and spa treatment, is aimed at restoring health, preventing relapses, and returning patients to an active life.

Duodenal ulcers are four times more common than gastric ulcers.

In young people, mainly men, duodenal ulcers are most common. In women, the disease often debuts after menopause.

The mucous barrier and the ability of the mucous membrane to quickly regenerate are protective factors.

Aggressive factors causing damage to the gastric mucosa and duodenum include increased secretion of hydrochloric acid and pepsin, hyperproduction of gastrin, increased impulses of the vagus nerve, gastroduodenal dysmotility, high sensitivity of gastric secretory cells to humoral and nervous stimulation, and *Helicobacter pylori* invasion of the disease.

The primary rehabilitation methods, as is well known, remain drug treatment, including eradication of *Helicobacter pylori* (HP) infection, which significantly reduces the risk of ulcer recurrence from 70% to 4-5%. In turn, proton pump inhibitors (PPIs) and enveloping agents are prescribed to reduce the secretion of gastric juice and accelerate ulcer healing.

Diet therapy plays an important role, including rational, fractional, balanced meals rich in protein and fiber in small portions, divided into 5-6 meals, excluding alcohol, fatty and spicy foods.

Sanatorium and resort treatment is the prevention of chronic diseases, treatment, rehabilitation after injuries and illnesses, and restoration of health.

The use of natural healing resources (mineral waters, therapeutic mud, climate, salt mines) has a beneficial effect.

As is known, today, one of the non-drug treatment methods is ozone therapy (OT), which is a method based on the use of medical ozone (active oxygen) to improve blood circulation, saturate tissues with oxygen, stimulate the immune system, and fight infections and intoxications.

The therapeutic effect of ozone in the treatment of ulcerative colitis is manifested through active stimulation of the immune system, improved microcirculation and antioxidant protection.

Conclusion. Thus, the use of basic therapy in combination with spa treatment and dietary adherence resulted in a reduction in disability, reduced costs, and improved patients' quality of life, allowing them to maintain their ability to work.

LITERATURE:

1. Scientific Review. Medical Sciences <https://science-medicine.ru/ru/article/view?id=1057>
2. Polozova E.I., Trokhina I.E. Ways to Increase the Efficiency of Treatment of Gastric Ulcer and Duodenal Ulcer // Scientific Review. Medical Sciences. 2018. №2. p. 24-28; URL: <https://science-medicine.ru/ru/article/view?id=1057> (date of access: 23.09.2025).
3. Gorbunov, V. P. (2020). Modern approaches to the rehabilitation of patients with peptic ulcer disease. *Journal of Gastroenterology*, 15(3), 45-50.
4. Тогамуродова, Ж. Ж., & Ирбутаева, Н. Д. (2025). КОМПЕТЕНТНОСТЬ В СПЕЦИАЛЬНОСТИ ВРАЧА КАК КЛЮЧ К КАЧЕСТВЕННОМУ ЗДРАВООХРАНЕНИЮ. ТА'LIM, TARBIYA VA INNOVATSIYALAR JURNALI, 1(4), 180-182.
5. Тогамуродова, Ж. Ж., & Ирбутаева, Н. Д. (2025). ЗНАЧИМОСТЬ

- ЗНАНИЯ РУССКОГО ЯЗЫКА В КОММУНИКАЦИИ СТУДЕНТОВ-МЕДИКОВ С ПАЦИЕНТАМИ. TA'LIM, TARBIYA VA INNOVATSIYALAR JURNALI, 1(4), 189-192.
6. Turakulov, E., Mamatkulov, S., Irbutaeva, N., & Irbutaeva, P.
RECURRENCE OF DERMATITIS AND PREGNANCY. TA'LIM, FAN VA INNOVATSIYA, 27.
7. Irbutaeva, N., Vladymyrova, V., Shevchenko, O., & Leshchenko, T.
PROFESSIONALLY IMPORTANT QUALITIES OF MEDICAL STUDENTS. TA'LIM, FAN VA INNOVATSIYA, 28.
8. Тогамуродова, Ж. Ж., & Ирбутаева, Н. Д. (2025). ЗНАЧИМОСТЬ ЗНАНИЯ РУССКОГО ЯЗЫКА В КОММУНИКАЦИИ СТУДЕНТОВ-МЕДИКОВ С ПАЦИЕНТАМИ. TA'LIM, TARBIYA VA INNOVATSIYALAR JURNALI, 1(4), 189-192.