



THE ROLE OF NURSES IN ORGANIZING DISPENSARY MONITORING OF PATIENTS WITH CHRONIC GASTRITIS IN OUTPATIENT (POLYCLINIC) SETTINGS

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Abstract: This study highlights the role of nurses in effectively organizing dispensary monitoring of patients with chronic gastritis in outpatient (polyclinic) settings, their interaction with patients, and their importance in implementing preventive measures. Dispensary observation in outpatient settings plays a crucial role in patient registration, disease control, and prevention. Regular monitoring, patient education, and counseling provided by nurses contribute to improved health outcomes and reduction of complications. The results of the study provide practical recommendations for physicians and nurses on effective patient monitoring and engagement in treatment processes.

Keywords: Chronic gastritis, dispensary monitoring, polyclinic, nursing role, patient supervision, healthy lifestyle

Introduction: Chronic gastritis is a widespread disease worldwide and has a significant impact on public health. It is common among various population groups and, if not controlled in time, may lead to complications.

- The main causes of chronic gastritis include:

- Helicobacter pylori infection
- Improper and irregular nutrition
- Stress and emotional strain
- Harmful habits
- Incorrect use of medications

The importance of dispensary monitoring includes:

- Early detection of diseases
- Regular examination of patients
- Prevention of complications
- Continuous patient supervision

Regular follow-up of patients in outpatient settings helps reduce complications and improve quality of life. The effectiveness of dispensary monitoring depends not only on physicians but



also significantly on nursing activities. Nurses monitor patients, promote diet and healthy lifestyle, and systematically record patient complaints, laboratory results, and symptoms, enabling comprehensive medical assessment.

Due to the high prevalence and risk of complications, early diagnosis and control of the disease remain urgent issues. The dispensary monitoring system in outpatient settings serves this purpose. Since nurses are the healthcare professionals who communicate most frequently with patients, their role is especially important. In recent years, the preventive role of nurses has significantly increased.

Objective. The aim of this study is to determine the role and effectiveness of nurses in organizing dispensary monitoring of patients with chronic gastritis in outpatient settings.

Tasks:

- To assess the preventive activities of nurses
- To evaluate the effectiveness of dispensary monitoring
- To develop practical recommendations for improving patient engagement in treatment

Materials and Methods: The study was conducted in 2025–2026 at the multidisciplinary medical center of Bukhara region and the Peshku district medical association.

A total of 120 patients aged 20–60 years diagnosed with chronic gastritis and under regular outpatient follow-up were included in the study.

Data were collected using:

- Clinical observation
- Specially designed questionnaires
- Analysis of medical records
- Statistical analysis
- Interviews with study participants

Patients' lifestyle, dietary habits, and medication adherence were analyzed. Factors such as age, gender, disease duration, and lifestyle were also considered.

Statistical Analysis. The results were obtained from 120 patients with chronic gastritis.

-Women: 60%

-Men: 40%

Age distribution:

-20–30 years — 15%

-30–40 years — 37%



-40 years and above — 48%

Frequency of outpatient check-ups:

-Once every 3 months — 10%

-Once every 6 months — 35.8%

-Once a year — 54.2%

Reasons for not attending preventive check-ups:

-Low quality of preventive services — 54%

-Long queues in polyclinics — 38%

-Work-related busyness — 8%

Conclusion: The findings show that most patients with chronic gastritis are women and individuals over 40 years old.

- Most patients undergo examinations annually, indicating the need to improve the effectiveness of dispensary monitoring.

- The main reasons for non-attendance at preventive check-ups are low service quality and long waiting times in polyclinics.

- Improving the quality of preventive services and reducing waiting times are essential measures in the healthcare system.

- Dispensary monitoring plays a key role in effective management of patients with chronic gastritis. Nursing care is one of the main components of this process. Improving nurses' knowledge and skills contributes to better disease prevention.

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