

THE IMPORTANCE OF THERAPY IN NURSING

Bozorova Rukhsat Sultonovna

Afshona Abu Ali Ibn Sina Public Health Technical School, Department of Professional Subjects 2, Chief Teacher, Surgery"

Tursunova Shahzoda Sharaf Kizi

Afshona Abu Ali ibn Sino Department of Public Health-Professional Sciences, Senior Lecturer Valeology

Introduction

Nursing is one of the key fields in medicine, not only focused on patient care but also involving various therapeutic approaches aimed at maintaining and restoring overall health. Therapy serves as a fundamental tool in assisting patients, improving their quality of life, facilitating the healing process, and promoting recovery. This article analyzes the importance of therapy in nursing and its role in professional practice.

Keywords: Therapy, Nursing

What is Therapy and Its Role in Nursing

Therapy is a treatment method that involves various procedures and techniques aimed at curing diseases, alleviating symptoms, and improving a patient's condition. In nursing, therapy plays a vital role in improving the physical, mental, and emotional well-being of patients. Proper administration of therapeutic treatments by nurses can accelerate the patient's recovery process and help prevent undesirable complications.

How Therapy is Applied in Nursing

The application of therapeutic knowledge and skills in nursing is reflected in several key areas:

1. **Medication Therapy** : Nurses are responsible for safely and correctly administering medications to patients. They monitor how medications are taken according to the patient's condition and disease type and follow the doctor's orders. This process involves monitoring medication intake, tracking dosages, and informing the doctor when necessary.
2. **Recovery through Physical Therapy** : Physical therapy involves treatments aimed at speeding up the recovery process through physical procedures. Nurses help patients regain mobility or alleviate pain by applying methods such as massage, heat therapy, and electrical stimulation.
3. **Emotional and Psychological Support** : Many patients, especially those with long-term illnesses or post-surgical recovery, require emotional and psychological support. Nurses can positively impact the overall health of patients by assessing their

emotional state and providing support, which helps reduce stress and maintain a positive mindset.

4. **Diet Therapy** : Nutrition and diet play a significant role in patient health. Nurses assist in ensuring proper nutrition through diet therapy. For example, they may help diabetic patients control their sugar intake or recommend proper nutrition for those with cardiovascular diseases.

The Role of Therapy Knowledge in Nursing Education

Therapy is a core subject in nursing education. This knowledge equips nurses with the skills to apply the correct therapeutic approaches in treating patients' illnesses. Nurses trained in therapy during their education can effectively carry out a wide range of procedures, from administering medications to applying physical and emotional treatments.

Conclusion

The importance of therapy in nursing is immense, as it is an integral part of professional practice. Therapeutic approaches enhance the quality of patient care and treatment, accelerate recovery, and help prevent diseases. Additionally, therapeutic knowledge enables nurses to perform a wide range of procedures to improve patients' emotional and physical conditions. For this reason, therapy plays a critical role in nursing education and is essential for the professional growth of nurses.

REFERENCES:

- 1.Navruzova U.O., Negmatullayeva M.A // Modern Aspects of Etiopatogenez of the Generalized Periodontal Disease.-The Pharmaceutical and Chemical Journal, 2022,7 (6): 13
- 2.Navruzova U.O., Sanoqulov L. A // Improving the Effectiveness of the Study, Treatment and Prevention of Caries in Children with Type 1 Diabetes.-European Multidisciplinary Journal of Modern Science, 2022,9(75): 78
- 3.Наврузова У.О., Хамидова Н.К., Юсупов Ш.А- Evropean journal of pharmaceutical and medical research Journal. 2019 №3. С-108-113.
- 4.Наврузова У.О., Генерализаллашган пародонтит этиопатогенезининг hozirgi замон аспектлари //Биология и Интегративная Медицина. 2019 №3. С. 64-70 .
5. Наврузова У.О., Особенности пародонтита при нарушении обмена веществ // Биология и Интегративная Медицина 2019 №3. С.28-40 .
- 6.Наврузова У.О., Современные аспекты этиопатогенеза генерализованного пародонтита (обзор литературы) //Биология и интегративная медицина.2019 №2. С-62-89
- 7.Наврузова Н.О. Ихтиярова Г. А., Каримова Г.К., Наврузова У.О., Шукуров И. Б., Аманова Х. И. - Современные диагностические методы для раннего выявления заболеваний шейки матки // Доктор ахборотномаси -2019. №4 С.77-82
- 8.Наврузова У.О., Каримова Г.К., Ихтиярова Г.А.- Современные диагностика патологии шейки матки // Тиббиёт ва спорт -2020 №1. С. 74-773.
- 9.Navruzova U.O., Negmatullayeva M.A .- 1-Тип Қандли Диабет Билан Касалланган Болаларда Кариес Касаллигини Ўрганиш, Даволаш Ва Профилактика Самарадорлигини Ошириш //Barqarorlik Va Yetakchi Tadqiqotlar Onlayn Ilmiy Jurnal-2022 №1.С. 395-399.

10 Ibrokhimovich, A. I., & Kizi, J. M. M. (2023). 1-Type Kandli Diabetes Bilan Kasallangan Bolalarda Caries Kasalligini Organish, Davolash Va Prevention Samaradorligini Oshirish. *AMALIY VA TIBBIYOT FANLARI ILMIY JURNALI*, 2 (4), 165–171. Retrieved from <https://sciencebox.uz/index.php/amalibbiyot/article/view/6735>

11. Ibrokhimovich, A. I., & Kizi, J. M. M. (2023). Improving the Effectiveness of Research, Treatment and Prevention of Caries in Children with Type 1 Diabetes. *Scholastic: Journal of Natural and Medical Education*, 2(4), 182-187.

12 FR Kamalova, OO Yarieva, II Akhmedov (2021). Risk factors for oral diseases in children with diabetes mellitus *Scholastic: Journal of Natural remedies*, 1 (1), 57-63

13 Орзижоновна, Н. У., & Миродил Қизи, Ж. М. (2023). Профилактика Гастродуоденальных Кровотечений При Эрозивной Язве У Больных Ишемической Болезнью Сердца. *AMALIY VA TIBBIYOT FANLARI ILMIY JURNALI*, 2(4), 16–23. Retrieved from <https://sciencebox.uz/index.php/amaltibbiyot/article/view/6517>

14 Navruzova Ugilkhon Orzizjon Kizi, Saidov Jumamurod Zaynievich, & Narzullaeva Mekhriniso Zayniddinovna. (2023). Histological Findings in Endoscopically Detected Gastritis. *American Journal of Pediatric Medicine and Health Sciences (2993-2149)*, 1(9), 306–309. Retrieved from <https://grnjournal.us/index.php/AJPMHS/article/view/1596>

15 Orzizjon Kizi, N. U. ., Botyrova, R. M. ., & Boltaevich, A. S. . (2023). Study and Prevention of Caries in Type 1 Diabetes. *AMALIY VA TIBBIYOT FANLARI ILMIY JURNALI*, 2(2), 20–23. Retrieved from <https://www.sciencebox.uz/index.php/amaltibbiyot/article/view/5592>

16 Kizi, N. U. O., Fazliddinovna, E. G., & Najmiddinovna, A. N. (2022). Coronavirus Complications, Post Illness Medicines and Vitamin Therapy. *Central Asian Journal of Medical and Natural Science*, 3(6), 551-556. <https://doi.org/10.17605/OSF.IO/HQ4YZ>

17 Наврўзова Ўғилхон Орзижоновна, Файзиева Зарина Алпомишовна, Толибова Муниса Уйғуновна, ЎТКИР ЮРАК -ТОЖ ТОМИР ЁТИШМОВЧИЛИГИ КЛИНИК БЕЛГИЛАРИНИ ЎРТА ЁШЛИ БОЛАЛАРДА КЕЧИШИ, VARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI: Vol. 2 No. 9 (2022): BARQARORLIK VA ETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI

18. Akhmedov Ipkhom Ibrokhimovich, & Navruzova Ugilkhan Orzizjon Kizi. (2023). Or Pathogenesis of Periodontal Disease in I and II Levels of Obesity. *Central Asian Journal of Medical and Natural Science*, 4(6), 1007-1010. Retrieved from <https://cajmns.centralasianstudies.org/index.php/CAJMNS/article/view/2178>