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# Effectiveness Study of Long-Term Follow-Up of Children with Bronchial Asthma and Allergic Diseases

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**Abstract:** Allergic diseases have a negative impact on physical and psychological condition, social life, participation in school, patients reduce the quality of life of themselves and their families. The increase in the prevalence of allergic diseases among children and adolescents remains one of the most important medical and social problems and causes serious damage to the health economy of many countries of the world.

**Keywords:** Allergy, immunobiologist, allergic rhinitis, immunoenzyme analysis.

In recent years, local and foreign researchers have been conducting a lot of scientific and research work on the clinical, immunological, medical and social aspects of allergic diseases in children, the intensity of the spread and formation of these diseases in children, various treatment methods, and the prevention of complications. However, despite the high prevalence of the disease, the problem of allergy is often neglected: in pediatrics, sick children do not receive the necessary medical measures at all, or are treated only occasionally with symptomatic drugs; in addition, self-medication is also common [1,6]. The results obtained on the development of new methods of diagnosing allergic diseases in children allowed to identify the risk factors leading to these pathological factors, including the diagnosis of allergic diseases, including food allergy in children.[2] A comprehensive, conceptual approach to the study of the formation and development of allergic diseases in rural areas is still not available. In addition, there are unfortunately very few epidemiological, comprehensive studies on the prevalence of allergic diseases among children in the rural areas of our republic and the intensity of study. [3] Works related to the comprehensive study of the spread of these diseases, clinical and immunobiological aspects of allergic diseases in children are rare, although the works in this direction are the risk factors of the disease, their effects, the specific characteristics of the course of allergic diseases in children, the current medical services for allergic diseases. Providing complete information about the condition, it creates a basis for the development of various effective measures for early detection and treatment.[5] In this regard, research on a conceptual approach to the comprehensive clinical, immunological, medical-social study of allergic diseases among children living in rural areas, as well as the development of new criteria for early diagnosis, prognosis of their course and consequences, is one of the urgent problems [4].

Study of long-term monitoring, treatment and preventive effectiveness of children with bronchial asthma and allergic diseases.

**The purpose of the study.** Study of long-term monitoring, treatment and preventive effectiveness of children with bronchial asthma and allergic diseases.

**Material and method of research.** Over the past 4 years, 560 people (children and their family members) have been trained as an object of research, a total of 2360 visits have been made. Before

the start of training, parents filled out 2 different questionnaires. The first questionnaire included 14 questions about the passport part, medical history, heredity for allergic diseases, and the influence of external risk factors. The second questionnaire was aimed at determining the initial level of knowledge of the respondents about bronchial asthma and allergies.

At the end of the training, its effectiveness was checked through the second questionnaire.

According to the results of the first questionnaire, 78.90% of children (n=442) have bronchial asthma, allergic rhinitis, atopic dermatitis, and hay fever. This confirmed the correctness of the principle of a complex, conceptual approach to the preparation of educational programs.

According to the results of the second questionnaire, 16.07% (n=90) of parents do not know what allergy is, 41.96% (n=235) could not answer the question of what bronchial asthma is, 40.89% (n= 229) could not tell the reasons for exacerbation and attack of bronchial asthma, 28.04% (n=213) did not know how to relieve the attack, 51.96% (n=291) did not name allergies, 38% did not know how to do it. relieves the attack, 52% did not have ideas about allergies. Half of the parents believed that bronchial asthma is a treatable disease. At the same time, 80% of the parents who responded have completed the basic level of education.

**Research results.** Evaluation of the quality of parent education (using additional information about asthma and allergies) through a questionnaire during the development phase showed that 19% of respondents could not define bronchial asthma, and 14% did not know how to relieve bronchial asthma.

In AK, the educational process for parents ended with asthma days, during which contests of pictures and concert numbers were held. Children and parents took part in a special quiz on knowledge about bronchial asthma treatment and self-control. The participation of parents consisted of preparing children for asthma day, decorating the hall, holding contests and concerts. Also featured on Asthma Day thanks to the creative efforts of parents.

10 children aged 12 to 14 took part in group 1 of psychological rehabilitation in the conditions of the asthma club, and 10 teenagers aged 14 to 16 took part in group 2. training was held 2 times a week for 2 hours. A number of factors are taken into account when conducting psychological rehabilitation: dependence on diseases, low self-esteem, low resistance to disappointment, loss of the patient's previous position in the family, school, age characteristics, temperament, character, personality. Techniques and methods of interaction with children. Working with children in support groups was mainly based on group methods and consisted of several stages:

1. Psychodiagnosis - carried out during an individual interview between a psychologist and a teenager, and we relied on the use of tests and projective methods to assess his emotional sphere.
2. Pedagogical observation is aimed at determining the characteristics of a teenager's behavior and recognizing his character in communication with peers (working with a group).
3. As a result of long-term observations, the adolescent's personality and social development were analyzed (the child's behavior with his parents, at home, at school, among friends, the adolescent's attitude to the surrounding environment was studied). During the analysis, the adolescent personality formation system was identified: value orientations, social ideas, attitudes, beliefs, self-esteem, self-criticism, behavioral characteristics, etc.
4. Individual and group forms of psychotherapy - built taking into account the information obtained by us in the previous stages and, as a rule, focused on the positive qualities of the teenager identified during the observation.

made it possible to create consensus documents on the treatment, diagnosis and prevention of atopic - IgE-related diseases in the modern sense. With atopic bronchial asthma - the prevalence in the children's population is up to 30%, the prevalence of allergic rhinitis is from 9 to 29%, atopic dermatitis - from 6 to 25% in different countries of the world. (insert 2nd literature)

In recent years, significant progress has been made in understanding the genetic basis and development mechanisms of allergic inflammation underlying atopic diseases. As a result, the

characteristics of atopic diseases were determined, which are common development mechanisms, childhood onset, age-related natural dynamics of development, aggravated heredity, the presence of several diseases and several types. sensitization in one patient, positive skin tests with non-infectious allergens, high level of general and specific IgE in the blood of patients, effectiveness of specific immunotherapy. Thus, the concept of atopy as a systemic allergic reaction was confirmed (insert 2nd literature)

It has been proven that bronchial asthma and allergic rhinitis are one of the combined respiratory tract diseases. In most cases, allergic rhinitis represents the initial stage of this disease, which can lead to the development and development of bronchial asthma. Atopic dermatitis is often the first manifestation of the "allergic walk" and is a risk factor for the development of allergic rhinitis and bronchial asthma (in 30% of cases) in children.

According to the WHO report, 100-150 million people suffer from asthma, and 180,000 people die from this disease every year. In Sweden, 8% of the population has asthma, in Germany there are 4 million asthmatics, and in India there are 15-20 million children. Severe forms of atopic pathology remain one of the urgent problems of internal medicine, and according to leading Russian scientists in immunology, allergology, pulmonology, its solution depends on the results of scientific research in the field of genetics, molecular and ecological biology.

No scientific sources were found on predicting the prospects of socio-psychological adjustment of children with asthma in society. The complex pathogenetic mechanisms underlying bronchial asthma also determine the effective and timely control of allergic inflammation, as well as the treatment method, which should include the emotional state and quality of life not only of the sick child, but also of his family members. cannot be achieved without effective educational programs that help to form a partnership between the doctor and the patient, without which the treatment program developed by the doctor for the patient will not be successful. The available scientific information does not fully answer the comprehensive prevention of the exacerbation and severity of bronchial asthma, including psychological rehabilitation, educational programs and polyclinics that require long-term monitoring of the child for asthma and allergies. .

A general assessment of the regression of clinical signs and changes in the results of special research methods in children with allergic diseases in relation to the external environment and allergic diseases from drugs using made it possible to establish that the highest therapeutic effect is observed in the complex application, it was found that the sick children are constantly taking drugs, these drug preparations weaken the immune system and cause various side effects.

As a result of the scientific-research work on evaluating the methods of medical and social examination of children living in rural conditions diagnosed with allergic diseases, increasing the knowledge and skills of children with these diseases and their parents on these diseases increased the quality of medical care provided to children at home, using medicines, the therapeutic effect of the complex treatment is increased, the effect of these drugs on the immune system has been studied, which made it possible to take sufficient measures in this regard.

**Conclusions**

1. Bronchial asthma "Asthma club" was established and started its activities in order to study the results of long-term observation, treatment and prevention of children suffering from allergic diseases, as well as to improve the knowledge and skills of parents on allergic diseases.
2. The system of "Asthma Club" work directions consisted of the following parts: organizational-methodical, cultural-educational, treatment-prophylactic, psychological, social, informational support. This system has been shown to be effective.
3. Before training on the educational program at the "Asthma Club", 41.96% of parents did not know what bronchial asthma was, 16.07% did not know what an allergy was, 40.89% could not tell the cause of a bronchial asthma attack, 38.04% of the respondents were able to alleviate this attack. did not know how to do it, 51.96 did not have knowledge and skills about allergies. This situation once again confirmed the need for training.

4. Psychological rehabilitation of 12-14-year-old children and 14-16-year-old teenagers within the framework of the "Asthma Club" included psychodiagnostics, pedagogical observation, study of personality and social activity, and psychotherapy. The effectiveness of psychological rehabilitation was 90% in both age groups, respectively.

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