



## PATIENT SKIN CARE

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**Annotation:** *this article will talk about the function of the skin in the human body and the practice of caring for the skin of patients in bed mode, preventing bed sores.*

**Keywords:** *skin, analyzer, necrosis, bed wound, mumification, personal hygiene, potassium permanganate, manipulation, rubber Cannon, sudno, komfora alcohol.*

The skin performs a number of functions in the human body, such as breathing, protection and the release of unnecessary substances from the body. The skin protects the body from various mechanical damage, chemical damage, as well as microorganisms. If the skin is intact, healthy and clean, germs on its surface will fall off along with the affected cells. The skin secretes special substances that are harmful to microbes. The acidic environment at the level of healthy skin prevents most germs from developing.

The skin performs several important functions: protection, heat management, metabolism, participates in breathing activities. One of the most important sensory organs is the skin analyzer. The skin protects the body from mechanical damage, excess sunlight, external environment, harmful substances, as well as microorganisms. If the skin is healthy and tidy, the germs on its surface will fall off along with the affected cells. The skin secretes special substances that are harmful to microbes. The acidic environment at the level of healthy skin prevents most germs from developing. The skin is involved in the exchange of substances, mainly gases. The most important analyzers function of sweat is the nerve endings located in the skin, that is, the turlituman effects (hot and cold) that affect the body from the external environment. the touch of something and pressure, pain, etc.) is realized thanks to the receptionists who take it. Numerous and diverse skin receptors that receive influences from the external environment are an important Ring of unconditioned reflexes and are involved in their development. The most important functions of the body: muscle function, heat management, sex, protective reflexes, etc. are perceived through the skin.

The fact that the skin performs specific functions is the most important condition for health. In order for the skin to perform its functions correctly, it is necessary to keep the skin of the body tidy and avoid various damage. The disease disrupts the activity of all organs and systems of the human body. The diseased organism makes excessive demands on the skin, according to which the importance of patient compliance with cleanliness



increases. The skin of the body is contaminated by the excretions of the sebaceous and sweat glands, mucosal coins, microbes and dust mites. Inpatient patients are bathed in a hygienic bath or shower once a week. In cases where a bath or shower is not recommended, the patient's body is wiped daily with a damp towel.

Face and neck should be washed every day. If it is not possible for the patient to stand, then the nurse and the sanitarka wash him by pouring water from the jug with a cloud (sponge) tool. Younger children are also bathed by a nurse. The hand should be washed in the morning, every time before eating, after going to the toilet. In patients with limited mobility, there is a decrease in skin dryness, elastic and regenerative properties. This in turn causes bed sores to appear. Armpit areas, Chow folds, skin folds under the breasts require frequent washing, especially in people who sweat a lot and are obese. Otherwise, the skin of these areas will be trimmed, in which the protective ability of the skin will decrease, causing the infection to fall off.

Bed wound - a certain part of the body is under constant pressure, where it is a ulcerative-necrotic lesion of the skin that develops as a result of circulatory disorders. Bed wound-often without medication, occurs in patients who have been lying in bed for a long time as a result of a serious illness. The area where bed sores appear most often is the buttocks. In fewer cases, they appear in areas where soft tissues are pressed for a long time between the shovel, heel, nape, elbow, rabbit Drumstick and bed with bone. Mostly bulging bones are caused by an infection of the subcutaneous fat layer and a local circulatory disorder in which the skin is constantly pressed. In this case, the soft tissues will fester. A deep bed wound that does not end for a long time is formed in the heel when the spinal cord is damaged, as well as in diseases accompanied by compression of the spinal cord, when large nerves, such as: the rabbit nerve, are damaged. In Vitamin deficiency, the risk of bed sores increases when the metabolism is disturbed. In patients with a deficiency of the cardiovascular system and withered tincamadori, bedsores can quickly form within a day. Bedsores are infectious diseases in the wound (rash perspiration, constipation, etc.) is going to strain. There is a possibility that a bed wound will appear even when the mucous membrane is pinched by foreign bodies. Putting the patient on an uneven bed, the sheets getting dirty and clumping, the seams and folds of the underwear being thick, the remains of food woven into the urine, the patient's waterfall care bed leads to wound formation.

When the bed wound develops slowly, at first the border of the indistinct blue area is conspicuous, and then, starting to migrate the epidermis (surface layer of the skin), bubbles are formed (this process may not be). Purulent edema spreads to the inside and to the sides, and muscles, tendons and bones are exposed to the top, causing necrosis (tissue rupture). Complications such as saramas, phlegmon, sepsis, gas gangrene can remain from the bed wound. The appearance of bed sores is caused by weight loss as a bone, decreased heart function, insufficient blood circulation, diseases of the central nervous system (traumatic damage to the spinal cord), as well as diabetes mellitus. Bed sores that appear in diseases of the central nervous system are very fast, they flare up within a few hours after the onset of the disease, while bed sores in patients with diabetes last very long and are difficult to treat.





Bed sores flare up gradually, often without even realizing it by the patient himself. They are dry (mummification) and become purulent or purulent as a result of infection. At first, the skin turns red, and then blisters filled with pus appear. When they are treated, they crack, in which the sucker layer of the skin opens, the color gradually dims, and by the time of inanimate, it almost darkens. The dead tissue migrates and most of the bone remains visible inside the bed wound. Rapid outbreaks of bedsores in drug-free patients cause blood damage in general and sometimes death. Relieving pressure on tissues, good skin care and proper treatment of bedsores can give an effective result. However, even so, the bed is easier to prevent than to treat the wound. The occurrence of bed sores is often caused by not taking good care of patients: an uneven, tight seat, its frequent straightening, not being replaced and, therefore, by small children on the sheets, burrs, sutures on sheets and shirts, poor change of patient underwear, and not washing the body skin contaminated by the touch of urine and garbage in time. When bed sores appear, the nurse must first assess the condition of bed sores and, on the basis of these, carry out appropriate measures.

To prevent bed sores, the following measures should be taken:

1) every time the place is to examine the patient's body when reintroducing the blanket, giving importance mainly to the places where the bed wound appears;

2) it is necessary to monitor the neatness of the patient's body, wipe his body with a damp towel every day, wash the contaminated areas of his body by touching urine and garbage with soap with water, and then wipe the skin of the back and buttocks with camphor alcohol. Although it is common to wipe with camphor alcohol before washing, this method does not provide sufficient benefits in the Prevention of bed sores, since the alcohol will clog the small pores of the skin where the germs have fallen, after a while these pores will open and germs from the pores will be added to the dirt on the skin. In addition, washing, especially washing with warm water, allows the skin to improve and the tissues to be well nourished;

3) in order to avoid pressing on the skin, a rubber swab wrapped in a soft towel or pillowcase is placed on the areas where bed sores may appear. When laying the attic, the stump should be standing over its hole. Rubber sudno is placed under patients who cannot hold garbage and urine. A rubber cannon and a hole in the sudno, into which a metal suction cup is inserted.

4) it is necessary to help the patient to change his body situation several times a day and to help him lie on his side, sometimes on this side, sometimes on his back;

5) if the skin is reddened where the bed wound appears, it is necessary to strengthen all the measures listed above and at the same time proceed to treatment. The emerging bed is applied to the wound 1-2 times a day with a 5 or 10% solution of potassium permanganate. If a patient with an increased number of bedsores is admitted to the ward, special treatment with local and General acting agents is required according to the doctor's instructions.

Treatment. When bubbles appear, it is necessary to apply a solution of brilliant green in alcohol to them, and then put a dry bandage. After the necrosis is limited, the necrotized tissue is removed, and the wound is closed with a sterile napkin dipped in a 1% solution of potassium permanganate. The binding is renewed 2-3 times a day. When the wound begins





to heal, a mixture of Vishnevsky ointment, peruan and cotton oil, synthomycin emulsion and other ointment dressings are passed on. The appearance of bed sores in hospital patients is a sign of poor care.

Prevention. Proper care of the patient and regularly changing his condition (if there is no obstacle to this, blood has not been pumped into his brain and there is no myocardial infarction); laying him on a special bed, in which the sheet is written flat, etc. k. The bed is placed in places where there is a possibility of wound formation, a rubber canvas on which a sheet is wrapped or a volume is put under the buttock and a heel, gauze circles with cotton wool are placed under the heel, and when the patient is lying with his belly, such circles are at the base of the knee cap The most common areas of the body are wiped with camphor alcohol or other alcohol solutions 1-2 times a day. A light massage (rubbing) is also done in this. Mainly ultraviolet rays, antiseptic agents, manganese (potassium permanganate), etc. k. is treated with. Doridarmon is prescribed by a doctor, taking into account the general condition of the patient when a bed wound appears.

Bed wound care methods. Before starting personal hygiene procedures:

- prepare the necessary equipment;
- tell the patient the goal and the way to achieve it;
- obtain the consent of the patient to carry out the manipulation;
- wash your hands, wear gloves.

Conclusion. Bed-regimen patient care also requires medical knowledge for family members. Therefore, training by a member of the family in the nursing profession remained a requirement of the period. In any case, when nursing refers to care, whether the patient is a family member or another, its recovery or the aggravation of the disease depends on our care. Skin care is practically no different from the observance of vital cleanliness-neatness. Only in care will the strictness of these rules increase. As we understand, the patient's skin is a mirror of the quality of nursing care. It is clear that the appearance of a bed wound signals a defect in the quality of care.

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