

MODERN APPROACHES TO AMBULATORY TREATMENT OF BRONCHIAL ASTHMA IN CHILDREN OF SCHOOL AGE

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Abstract

Bronchial asthma is a disease that causes chronic inflammation of the airways and causes difficulty in breathing. Bronchial asthma is a common problem in school-age children, and this disease can reduce the quality of life of children, limit their activities at school, and have a negative impact on their general health. Therefore, modern approaches to ambulatory treatment of bronchial asthma are important.

Keywords: Bronchial asthma, airway inflammation, allergic asthma, cough, stress, infections, healthy environment.

Introduction

The causes of bronchial asthma are many and varied. These include allergens, infections, environmental factors, stress and genetic factors. Allergic asthma is common in school-aged children, which is characterized by inflammation of the airways associated with allergens. Asthma symptoms include shortness of breath, coughing, difficulty breathing, chest tightness, and coughing that worsens at night or in the morning. The main goal of outpatient treatment is to control the symptoms and attacks of asthma in children, improve their quality of life and reduce the severity of the disease. To achieve this goal, modern approaches are based on a number of basic principles. Asthma can manifest itself differently in each child. Therefore, the treatment plan should be prepared individually for each child. This plan takes into account the age of the child, the severity of the disease, allergic reactions and other factors. Medicines play an important role in the treatment of asthma. Inhalers, bronchodilators and anti-inflammatory drugs are widely used in modern asthma treatment. Inhalers allow children to deliver drugs directly to the respiratory tract, which increases the effectiveness of treatment. Asthma symptoms are often associated with allergens. Therefore, it is very important to protect children from allergens. This can be done, for example, by avoiding dust, animals, pollen and other allergens at home. Educating children and their parents about asthma is important in managing the disease and preventing worsening of symptoms. Educational programs teach children how to recognize and respond to asthma attacks. Asthma symptoms and medication effects should be monitored regularly. This allows children to be assessed and treatment plans adjusted as needed. Special devices for asthma control, such as peak flow meters, may be used. Physical activity is important for school-age children, but some sports may be limited for children with asthma symptoms. Therefore, it is important to choose safe and useful sports for children.



This can be activities such as swimming or cycling. The stress and anxiety associated with asthma can make the condition worse in children. Therefore, psychological help and support is important. Helping children manage stress and express their emotions can help improve their overall health. A number of effective measures can be taken to prevent asthma attacks. These measures will not only help prevent asthma symptoms from worsening, but also improve the overall health of children. Asthma attacks are often associated with allergens. Therefore, it is important to avoid dust, animals, pollen, mold and other allergens at home. Regular cleaning at home helps reduce allergens. Respiratory irritants such as cold air, dust and smoke should be avoided. When you are outside in cold weather, it can be helpful to protect your mouth and nose with a scarf or mask. It is very important to take your prescribed asthma medication regularly. This helps prevent asthma symptoms from worsening. Inhalers and other medicines should always be kept with you. Physical activity is important for children with asthma symptoms, but some sports may be limited. To prevent asthma attacks, it is necessary to choose safe and useful sports. Activities such as swimming or cycling are more recommended. Stress and anxiety can make asthma attacks worse. Therefore, it is important to help children manage stress and express their feelings. Meditation, yoga, or other calming activities may be helpful. Risk factors for asthma should be reduced at school and at home. It's important to avoid allergens at school, provide fresh air, and work with teachers who understand children's asthma. A healthy and balanced diet improves the overall health of children. Foods rich in antioxidants, such as fruits and vegetables, help protect the respiratory tract. Asthma symptoms and medication effects should be monitored regularly. Through medical examinations, children's conditions can be evaluated and treatment plans can be changed as needed. It is important to educate children about asthma and teach them how to recognize and respond to asthma attacks. Parents should also be educated about asthma symptoms and how to manage them. Using air filters to clean the air at home and regularly renewing the air can help prevent asthma attacks. Air purifiers and humidifiers can also be helpful. By implementing these measures, asthma attacks can be prevented and the quality of life of children can be improved. An individual approach and precautions are necessary for each child. Approaches developed on the basis of modern medicine and scientific research play an important role in the fight against asthma in children and serve to improve their health. By using an individual approach for each child and modern treatment methods, it is possible to improve the quality of life of children living with bronchial asthma.

Conclusion:

Outpatient treatment of bronchial asthma in school-aged children should be carried out using modern approaches. Individual approach, medication, avoidance of allergens, education and enlightenment, monitoring and control, physical activity and psychological approaches help children to cope effectively with asthma symptoms. For children living with asthma and their families, getting the right treatment and support is important because it can help them improve their quality of life and keep their disease under control.



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