

THE ROLE OF A GENERAL PHYSICIAN IN BRONCHIAL ASTHMA CONTROL**A'zamov Javohir Bakhodirjon ugli**

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ANNOTATION

Bronchial asthma is a chronic inflammatory disease of the respiratory tract, which is one of the urgent problems for the health care system worldwide. Primary medical care plays an important role in its management due to the recurrence of symptoms, the occurrence of attacks, and the need for long-term control. This scientific article discusses the role of general practitioners in the control of bronchial asthma, their activities in diagnosing, choosing a treatment strategy, monitoring and educating patients. The effectiveness of the activities of general practitioners is also analyzed based on international and national clinical recommendations. The results of the article show that a systematic approach to asthma control in primary care reduces disease complications and improves the quality of life of patients.

Keywords

bronchial asthma, primary care, general practitioner, asthma control, inhalation therapy, patient education.

INTRODUCTION

Bronchial asthma is a chronic respiratory disease characterized by inflammation of the bronchial mucosa and bronchial hyperreactivity. This disease is clinically manifested by shortness of breath, wheezing, coughing, and chest tightness. According to the World Health Organization, more than 300 million people worldwide currently suffer from bronchial asthma, and this figure is increasing every year [1]. Complications and disability associated with asthma remain high, especially in low- and middle-income countries. The relevance of bronchial asthma is explained not only by its prevalence, but also by the fact that, if uncontrolled, it can lead to life-threatening attacks. Studies show that a significant proportion of asthma patients do not have full control over their disease, which leads to hospitalization, reduced work capacity, and increased healthcare costs [2]. Effective management of bronchial asthma requires a multi-step approach. General practitioners, i.e. primary care providers, are a key link in this process. This is because most patients initially consult a general practitioner, and long-term management of the disease is often carried out at the primary care level [3]. The role of a general practitioner is not limited to diagnosis and prescribing medications. He or she should assess the patient's daily symptoms, teach the correct use of inhaled medications, and provide recommendations for identifying and eliminating triggers. International clinical guidelines, in particular the Global Initiative for Asthma (GINA), emphasize the role of general practitioners in asthma management [1].

RESEARCH METHODOLOGY

This scientific work was conducted based on the method of systematic narrative review. During the research, scientific articles, clinical guidelines and methodological recommendations related to the management of bronchial asthma, primary care and general practitioners were studied. The main sources were GINA strategic reports, scientific articles published in the PubMed database, and medical literature published in Uzbekistan and the CIS countries [1–5]. The following criteria were used in the analysis of the data: the diagnosis of asthma at the

primary stage, methods for assessing the level of control, the effectiveness of treatment strategies and the impact of patient education on clinical outcomes.

MAIN PART

The role of the general practitioner in the management of bronchial asthma is multifaceted, covering all stages from the diagnosis of the disease to the implementation of continuous monitoring and preventive measures. The chronic course of asthma requires the doctor to have long-term and continuous contact with the patient. When diagnosing asthma, the general practitioner must thoroughly analyze the clinical symptoms. Shortness of breath, cough that worsens at night, symptoms after physical exertion and allergen-related conditions are important for the diagnosis. Determining the reversibility of bronchial obstruction using spirometry is the main method for confirming the diagnosis. The availability of this examination at the primary stage increases the possibility of early detection of asthma. An important aspect of asthma control is the regular assessment of symptoms. General practitioners can assess the patient's level of control using the Asthma Control Test (ACT) or similar validated questionnaires. Studies have shown that the use of the ACT test is effective in making clinical decisions. It is important to follow the GINA recommendations when choosing a treatment strategy. According to these recommendations, inhaled corticosteroids are the mainstay of asthma control. The general practitioner will gradually adjust the dose of the drug depending on the patient's symptoms and risk of exacerbations [1]. At the same time, it is recommended to use short-acting bronchodilators only when necessary. Patient education plays a special role in asthma control. Studies have shown that incorrect use of inhaler technique significantly reduces the effectiveness of the drug [2]. The general practitioner should check the inhaler technique at each visit and provide practical instructions to the patient. In addition, informing the patient about the avoidance of triggers, such as allergens, smoking and air pollution, improves asthma control. A comprehensive approach in primary care reduces the number of asthma attacks, reduces hospitalizations, and improves patients' quality of life. Research shows that regular monitoring by general practitioners reduces asthma-related mortality [4].

ANALYSIS AND RESULTS

According to the results of the analysis, when a systematic approach to asthma control is implemented by general practitioners, clinical indicators of the disease improve significantly. The use of monitoring tests and regular review of the treatment regimen reduces the frequency of symptoms in patients. In cases where insufficient attention is paid to patient education, asthma control remains poor [2, 3].

CONCLUSION

In conclusion, the role of the general practitioner is crucial in the control of bronchial asthma. Effective asthma control can be achieved through early diagnosis, treatment based on modern clinical recommendations, and patient education at the primary care level. Regularly updating the knowledge and skills of general practitioners will reduce the burden of asthma on the healthcare system.

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