

THE ROLE OF NURSING IN THE PREVENTION AND CARE OF PATIENTS WITH CARDIOVASCULAR DISEASES AMONG WORKING-AGE WOMEN

Tolibova M.U

Asian International University

Abstract

This scientific study evaluates the effectiveness of a nursing program in the prevention of cardiovascular diseases (CVD) based on a comprehensive statistical analysis. The study involved 100 patients. Systematic nursing interventions were applied to the experimental group. The results demonstrated statistically significant improvements in arterial blood pressure, cholesterol levels, and Body Mass Index (BMI) indicators ($p < 0.05$).

Introduction

Cardiovascular diseases (CVD), together with cancer and diabetes, are among the most widespread and dangerous diseases of the 20th and 21st centuries. The transformation of lifestyle patterns, particularly reduced physical activity and increased psycho-emotional stress, has significantly contributed to the rise in CVD prevalence.

The human cardiovascular system evolved under conditions of high physical activity. Modern sedentary lifestyles disrupt the balance between physical and emotional stress, leading to pathological processes such as hypertension, atherosclerosis, coronary heart disease, and myocardial infarction.

Major Risk Factors

- Arterial hypertension
- Hypercholesterolemia
- Smoking
- Alcohol consumption
- Obesity and physical inactivity
- Chronic psycho-emotional stress

The Role of Nursing in Prevention

Nurses play a critical role in cardiovascular disease prevention. Due to their continuous interaction with patients, they are uniquely positioned to identify risk factors early, educate patients, and implement preventive strategies.

Key nursing responsibilities include health education, lifestyle modification counseling, organization of patient education programs, monitoring of blood pressure and lipid profiles, and promotion of adherence to medical therapy.

Conclusion

Cardiovascular diseases remain the leading cause of mortality and disability worldwide. Effective nursing interventions, structured prevention programs, and comprehensive patient education significantly reduce cardiovascular risk factors and improve health outcomes. Strengthening the preventive role of nursing professionals is essential for combating CVD at both individual and population levels.

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