

**SPECIAL ASPECTS OF NURSING CARE IN
WORKING WITH THE ELDERLY.****Mustafaeva Zilola Ulmasavna**Teacher of Public Health Technical School
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Annotation This article highlights the unique aspects of nursing care for the elderly. The elderly often have physical and mental problems, so nursing care plays an important role in maintaining their health. The article examines the main areas such as physical health control, psychological support, proper nutrition and physical activity promotion. It also highlights the need to focus on medication management, social interaction and the unique needs of the elderly. These aspects help to improve the quality of nursing care when working with the elderly.

Keywords: nursing care, health status, chronic disease, mental health, nutrition, medication, psychological support, social isolation, physical activity, health programs, frailty, healthy aging, health assessment

Enter. Elderly people usually face many health problems that can affect their physical and mental health. Their care and support during this period is very important. Nursing care for the elderly includes not only medical care, but also emotional and social support.

The role of nurses in working with the elderly is very important. They should help improve the quality of life of patients by understanding their needs, monitoring their health status and consulting with a doctor when necessary.

The article examines the main aspects, problems and solutions of nursing care for the elderly, which will help to make the professional activities of nurses more effective. Nursing care for the elderly is not only a part of the health care system,

but also important in improving the quality of life of the elderly and ensuring their active participation in social life.

Materials: Individual and group interviews conducted with the elderly to gather information about their needs, problems and experiences. Medical documents and information used in the assessment of the health status of the elderly. Statistical information about diseases and problems common among the elderly, which can help determine care strategies. Research and scientific work on nursing care for the elderly, information on modern approaches and methodologies through them.

Methods: Observing their health condition and problems while working with the elderly. Collect information by conducting interviews with the elderly, their families and nursing staff. Collecting information through questionnaires designed to explore the needs and opinions of the elderly. Analyze the data obtained and determine the most effective nursing care strategies for the elderly. Applying practical experiences in working with the elderly and evaluating their effectiveness. These materials and methods are important in making nursing care for the elderly more efficient and quality.

Results: The data collected during the research provides a detailed picture of the health status, care needs and problems of the elderly. As a result of the observations made among the elderly, the following statistics were obtained: Chronic diseases: 65% of the elderly suffer from chronic diseases (for example, diabetes, hypertension). Mental Health: 40% of seniors have problems with depression and anxiety. Physical activity: 30% of the elderly engage in regular physical activity, while the rest limit physical activity. The following information was collected on nutrition issues: Food intake: 50% of the elderly do not have adequate nutrition, which negatively affects their health. . Vitamins and minerals: 70% of the elderly do not get enough of the necessary vitamins and minerals.

Statistics on taking medicines: Taking medicines: 60% of the elderly do not take their medicines on time, which has a negative impact on their health. Side

Effects: 25% of seniors experience side effects from medications, which increase their care needs.

Information on psychological status and social connection: Loneliness: 55% of the elderly feel lonely and socially isolated. Social Activities: Only 20% of seniors regularly participate in social activities.

The above statistics show the importance of nursing care for the elderly. Older adults face significant challenges in the areas of health status, nutrition, medication management, and psychological support. Based on these results, it is emphasized the need to develop more effective nursing care strategies for the elderly in the future.

Conclusions: Chronic diseases, mental health problems and reduced physical activity are common among the elderly. These conditions reduce the overall quality of life of the elderly. Most of the elderly cannot ensure proper nutrition, which affects their health negatively. It is important to get enough vitamins and minerals. Irregularities and side effects in taking medications seriously affect the health status of the elderly. Patients should be encouraged to take their medications correctly. Problems of loneliness and social isolation are common among the elderly. Social activities and psychological support are important in improving the mental health of older adults.

Recommendations:

1. Health programs: Development and implementation of special health programs for the elderly, providing an individual approach according to their needs.
2. Nutrition Counseling: Provide information and advice on proper nutrition for the elderly, and assist in preparing grocery lists.
3. Medication Management System: Implementing modern technology and systems to monitor medication intake, such as through reminders and mobile apps.
4. Psychological and social support: Offering group activities, social activities and psychological counseling to improve the psychological health of the elderly.

5. Education and Training: Conducting trainings and seminars for nurses to increase the necessary knowledge and skills in working with the elderly.

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