

**THE ROLE OF THE NURSE IN CARDIOVASCULAR
DISEASE PREVENTION****Nuritdinova Parvina Sharofitdinovna**Assistant of the Department of Public Health and Healthcare
Management of the Samarkand State Medical University**Xamrayeva Shahnoza G'ayrat qizi,****Eshpulatova Dildora Shuxrat qizi**College of Public Health named after Abu Ali ibn Sina in
Kattakurgan

Abstract. *This article examines the role of the nurse in the prevention of cardiovascular disease (CVD), which remains one of the leading causes of mortality and morbidity worldwide. Key aspects of primary, secondary and tertiary prevention in which nurses play an important role are discussed. The focus is on educational activities, patient health monitoring, chronic disease management and psychosocial support. The need for nurses' professional development and active participation in prevention programs to improve population health and quality of life of patients is emphasized.*

Key words: *Cardiovascular disease, prevention, nurse practitioner, education, health monitoring, chronic disease, psychosocial support, rehabilitation.*

Cardiovascular diseases (CVDs) are the leading cause of death worldwide, accounting for more than 32% of all deaths, according to the World Health Organization (WHO). In 2021, about 17.9 million deaths related to CVDs were recorded, emphasizing the need for effective prevention measures.

Prevention of CVDs includes a range of interventions aimed at reducing risk factors such as hypertension, hypercholesterolemia, sedentary lifestyle and poor diet. According to a study conducted in 2020, about 80% of early deaths from CVDs can be prevented through lifestyle changes and timely medical care.

Nurses play a key role in CVD prevention through education programs, screening and monitoring patients' health status. Studies show that nurses' participation in CVD prevention programs contributes to a 25% reduction in

morbidity. Their work includes not only physical care, but also psychological support, which is also important for successful disease prevention and treatment.

Thus, the role of the nurse in cardiovascular disease prevention is critical to improving population health and reducing the burden of CVDs on the health care system.

Primary prevention aims to prevent the occurrence of CVDs and includes:
Lifestyle changes: Studies show that quitting smoking can reduce the risk of developing coronary heart disease by 50%. In 2020, 14% of adults in the U.S. were reported to be smokers, highlighting the need for smoking cessation programs.

Proper nutrition: According to a 2019 study, following a diet rich in fruits and vegetables can reduce the risk of stroke by 25%. Countries with high consumption of fruits and vegetables have 20% fewer cases of CVD compared to regions with lower levels.

Physical activity: Regular physical activity can reduce the risk of developing CVDs by 30-40%. In 2022, it was found that only 23% of adults worldwide achieve the recommended 150 minutes of moderate physical activity per week.

Secondary prevention focuses on early detection and treatment of disease:

Regular health check-ups: According to a 2021 study, regular check-ups can lead to a 20% reduction in CVD mortality. For example, detecting arterial hypertension early can reduce the risk of cardiovascular complications.

Screening for risk factors: In 2020, a study showed that using the Framingham Risk Assessment Scale was 30% more effective in identifying patients at high risk of CVD.

Tertiary prevention aims to manage pre-existing diseases:

Comprehensive treatment: According to 2022 data, heart failure patients who receive comprehensive treatment are 25% less likely to be hospitalized compared to those who do not receive proper treatment.

Health Monitoring: Studies show that regular health monitoring can reduce the risk of developing complications by 15%. For example, patients with diabetes and cardiovascular disease who are monitored regularly have a significantly lower risk of stroke.

Nurses play a key role in educational activities. They give talks to patients about the importance of a healthy lifestyle. Nurses can develop individualized diet plans that take into account the patient's needs and risk factors. They may organize group exercise classes and educate patients about the importance of regular physical activity.

Nurses assess patients' risk factors, which includes measuring blood pressure and cholesterol levels, as well as identifying hereditary predispositions and lifestyles that contribute to the development of CVDs.

Nurses regularly monitor the condition of patients at high risk of CVDs. They help patients follow doctor's orders and monitor medications. They can also organize and conduct screening activities aimed at early detection of diseases.

Psychological support plays an important role in the management of patients, nurses can provide conversations to reduce stress and anxiety levels, which helps to improve overall health.

Nurses are involved in the management of patients with pre-existing cardiovascular disease. They work as a team with physicians to create individualized treatment and rehabilitation plans. Nurses teach patients self-monitoring techniques, including measuring blood pressure and blood sugar levels.

Conclusion: Prevention of cardiovascular diseases (CVDs) represents the most important aspect of modern public health aimed at reducing morbidity and mortality from these diseases. Effective prevention strategies, including primary, secondary and tertiary prevention, play a key role in improving population health.

Primary prevention, based on lifestyle changes such as smoking cessation, proper diet and physical activity, has proven to be effective in reducing the risk of

CVDs. Secondary prevention, which includes regular medical examinations and screening, can detect diseases at early stages and prevent their progression. Tertiary prevention ensures management of existing diseases and minimization of their complications, which also significantly affects the quality of life of patients. Taking into account statistical data confirming high morbidity and mortality rates from CVDs, it is necessary to further develop and implement prevention programs aimed at education and awareness of the population. Effective cooperation between health care providers, including nurses, and the community is the key to the successful implementation of preventive measures. Thus, an integrated approach to the prevention of cardiovascular diseases not only contributes to the improvement of public health, but also reduces the economic burden on the health care system, which makes this topic relevant and important for further research and implementation in practice.

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