

## FEATURES OF HEMOGRAM INDICATORS IN ELDERLY PATIENTS WITH HYPERTENSION DISEASE

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**Abstract:** The essence of this scientific article is that it provides detailed information about the general concepts of arterial hypertension, the types of clinical course of hypertension, the correct diagnosis of hypertension, drug treatment and many other information.

**Key words:** Hypertension, emotional, cardiovascular and renal systems, femoral arteries, aorta, ilium, angina pectoris, myocardial infarction, psychotherapy, hyperbaric oxygen therapy, electrosleep, acupuncture.

### INTRODUCTION

As the number of older adults in a community increases, so does the number of people in long-term care and the opportunities to interact with older adults. Many people forget to communicate with older people. As a result, older people will also suffer. There are certain features of speech style that allow you to have a gentle conversation with older people.

As you age, it becomes more difficult to hear high-frequency sounds and the sounds of fast speech. Therefore, you need to speak to them in a slow and clear voice, not in a rough and rude voice. Speaking loudly is suddenly considered disrespectful to older people.

Every speech we give must be thought out and considered. In the process of communicating with older people, it is necessary not to add words until they finish what was said, shake your head in agreement and convince them of the correctness of your opinion. It is important to show that you are interested in older patients by listening to them until their story is complete. Then when you're done talking, not bad signs of damage, does not last long, and after the patient gets rid of suffering, after taking antihypertensive and sedative drugs and giving the body a certain period of rest, expand the conversation by asking questions.

Also, if you are in a rural area, you may be familiar with using a mixture of some dialects instead of the standard language. Beyond conversation, if you pay attention to your facial expressions and how you interact with them, your communication will become much smoother. To enjoy conversations with each other, it is important to approach them with a bright smile rather than with a stern expression that makes the other person feel tense.

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Also, to make it easier for you to hear what you are saying, it is better to speak from the side or front rather than from behind. Additionally, it is important to use nonverbal communication such as back patting, patting, or holding hands when an older patient is depressed or upset. Communicating using gestures often changes how older people react during conversations. You don't have to prepare new topics and stories every time you talk to older people. In fact, many people who frequently talk to older people experience this, but older people often tell the truth from their life experiences as examples and advice.

Every word they say is worth gold. They have no choice but to listen carefully, so instead of pretending that they have said the same thing before, you need to pretend that you are listening and hearing it for the first time. To avoid getting tired of listening to this, it is better to ask a different question than the previous one.

Hypertension, primary (essential) arterial hypertension, idiopathic arterial hypertension is a frequent (up to 75%) increase in blood pressure in humans. Causes: various acute or chronic mental (emotional) disorders, hereditary or occupational factors, non-compliance with diet, etc.

Depending on the clinical course, arterial hypertension is of two types:

- 1) quiet, long lasting and long lasting
- 2) a severe, rapidly developing form, causing brain and kidney failure and visual impairment in a short period of time.

The classification of blood pressure, adopted by the World Health Organization in 1978, consists of the following stages: Stage I, an increase in blood pressure above 140/90 mm Hg. Art. (for example, 150-180/90-105); Central nervous system, cardiovascular and renal systems without его состояние улучшится. улучшится и показатели артериального давления вскоре станут умеренными.

In stage II, the systolic blood pressure can be 160-179 mmHg. Art., and the diastolic value is 100-109 mm Hg. Art. and even higher. At this stage, pathological changes are determined primarily by hypertrophy of the left ventricle of the heart, as well as diffuse or focal narrowing of retinal vessels, microalbuminuria, i.e., a partial increase in the concentration of protein in the urine and keratin in the urine. blood plasma (1.2-2.0 mg/dl). Atherosclerotic changes (platelets) can be detected by ultrasound or angiography (performed on the femoral arteries, aorta, iliac and femoral arteries). Clinical complaints most often consist of headaches, dizziness (hypertensive crises), pain in the heart, and discomfort.

### MAIN PART

In stage III, blood pressure levels in patients are elevated (systolic - 180-209 mm, diastolic equal to or higher than 110-119 mm Hg) and constant. The clinical picture of this stage is varied, pathological changes are observed not only in the cardiovascular system (angina pectoris, myocardial infarction), but also in the blood vessels of the brain (hemorrhagic stroke, encephalopathy), renal failure (nephroangiosclerosis), and the retina. hemorrhage. If such severe complications occur, blood pressure may decrease or even normalize.

The correct diagnosis of arterial hypertension depends on eliminating the causes of secondary arterial hypertension in the patient. Treatment of hypertension is a complex and lengthy process that requires the patient to strictly follow the doctor's instructions.



First of all, the patient should change his life activity, diet, work and rest, for example, stop drinking alcohol and smoking, eat less salty and fatty foods, avoid obesity, drink less fluid, engage in light exercise: walk a little. , he should run slowly (pulse is measured), ski, use an exercise bike, spend weekends productively (go out of town, breathe fresh air, sleep well), engage in self-training, try to stay away from various nervous and mental emotions. Psychotherapy, hyperbaric oxygen therapy, electrosleep, acupuncture and massage techniques should also be used.

Treatment with drugs is carried out as prescribed by a family doctor or cardiologist. Now. There are many types and amounts of blood pressure-lowering medications.

Taking into account the stage of hypertension, the attending physician recommends one or more antihypertensive drugs for a certain period of time, taking into account the patient's condition and regularly monitors the results of treatment.

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