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## EFFECTIVE METHODS OF PREVENTING THE SPREAD OF DISEASE AMONG TROOPS DURING THE COVID-19 PANDEMIC

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### ABSTRACT

This article describes the global pandemic of coronavirus infection (COVID-19), the clinical course of the disease, comparative monitoring of incidence in the Republic of Uzbekistan, preventive measures and measures taken against the spread of coronavirus infection in the army during the pandemic. , development of proposals for further improvement of its effectiveness.

### KEYWORDS

Coronavirus infection, epidemic measures, isolation of patients, vaccination, medical evacuation, combinations.

### INTRODUCTION

According to the analysis of the World Health Organization on February 24, 2022, the number of people infected with the Corona virus or Sars-CoV-2 virus disease since the pandemic was 430,205,987 worldwide, and those who recovered from the disease were 358,808,674. and those who died from the disease made up 5,936,879 people. On February 24,

2022, during the day, 1,077,762 people worldwide were registered as infected, of which 5,853 died from the disease. Current statistics on coronavirus in the Republic of Uzbekistan as of March 30, 2022 Total population 34,312,000 Total infected 237,710 people, this indicator is 0.7% of the total population, death from the disease is 1,637 0.7% of the total number of

patients, recovery from the disease is 99 of the total number of patients 235,559.1%. Currently, there are 514 patients, which is 0.2% of the total number of patients. The number of tests conducted to identify the disease was 1,377,915.

### **THE MAIN RESULTS AND FINDINGS**

T.F.N. on those suffering from coronavirus infection or Sars-CoV-2 virus disease. In an interview with "Ura.ru", immunologist Nikolay Kryuchkov said that the disease is somewhat severe in patients with diabetes and alimentary obesity. On February 23, 2022, 179,147 cases were detected in the Russian Federation. 15,000 of them were hospitalized. Since the beginning of the pandemic, 15,199,720 cases have been registered in the Russian Federation.

The Minister of Health of the Russian Federation, Mikhail Murashko, has a teleconference with the correspondent of the "Russia-24" TV channel, Naila Asker-zoda. Patients suffering from chronic cardiovascular diseases have a 5-7% increase in mortality when infected with the coronavirus or Sars-CoV-2 virus, heart rhythm disturbances, myocarditis and blood clots in 50% of patients who have experienced a coronavirus infection has developed, patients without chronic comorbidities and infected with the coronavirus are immediately taken to the dispensary under control and drugs are used if necessary.

A virus is a protein-encased particle of genetic code so small that it cannot be seen under an ordinary microscope. 100 million copies of the new coronavirus fit easily into a sharp needle, and its very small size makes it difficult to protect against the virus. When an infected patient coughs, billions of viruses fly out with saliva droplets.

On March 27, 2020, according to the BBC's medical and science correspondent James Gallagher, scientists have shared what they know so far about the new virus's attack on humans.

During the latent period of the disease, which takes 5-7 days, the virus settles well in our body, including the coronavirus or Sars-CoV-2 virus. It damages the liver and lungs, where it multiplies and infects other tissues.

During this period, the patient feels healthy and may not feel any symptoms of the disease, the disease is mild in 8 out of 10 people.

The two main symptoms of the disease are fever and cough, sometimes the body (muscles), throat and head ache, but not always, some patients have diarrhea once or twice, sense of smell and complete temporary loss of consciousness for 3-6 days, in some patients there were cases where one of these senses was preserved or the sense of smell was preserved, the cough of the coronavirus is dry at the beginning, in some patients, sputum is produced. This sputum is the lung tissue that the virus has killed. However, in this case, the person does not need to be treated in a hospital, he can stay in bed at home, drink more fluids, take paracetamol and do regular breathing exercises. is recommended.

Factors influencing the severity of the disease include obesity, old age, comorbidities, including diabetes, hypertension, heart disease, chronic lung disease, cerebrovascular disease, chronic kidney disease, immunosuppression and cancer, and particulate tobacco. the disease is very severe in smoking patients. However, our understanding of the new coronavirus is still insufficient. According to recent studies, if the symptoms of the disease increase, then we can conclude that our immune system has shown an excess reaction (hyperreaction) against the virus. Chemical

signals released in this process spread throughout our body and inflammation begins. If it breaks down, excessive inflammation can harm our body. "The virus is throwing off the balance in our immune system's response," said Dr Natalia McDermott from London.

Studies show that the main pathological changes are manifested in the lungs, that is, pulmonary thrombovasculitis in the form of diffuse specific alveolar damage, microangiopathy, and alveolar-hemorrhagic syndrome.

In Mur, the size and weight of the lungs increased, the back-basal parts of the lungs are often damaged, and the front parts are airy, light purple in color, and

crackling when cut. The macroscopic appearance of the lungs gives the characteristic of "Shock lungs" (Fig. 1), that is, the lungs are diffusely dense, airless, and the surface and cross-section are dark-cherry or red-brown. colored, numerous atelectasis (diselectasis), profuse bleeding, and foci of various sizes of hemorrhagic infarction are determined. Obturating thrombosis of the pulmonary artery and vein networks (Fig. 2) is another characteristic sign, often the thrombus penetrates into the right ventricle and chambers of the heart. The presence of fibrin coatings in the pleura is a characteristic sign if bacterial superinfection is accompanied by fibrinous-purulent pleurisy.

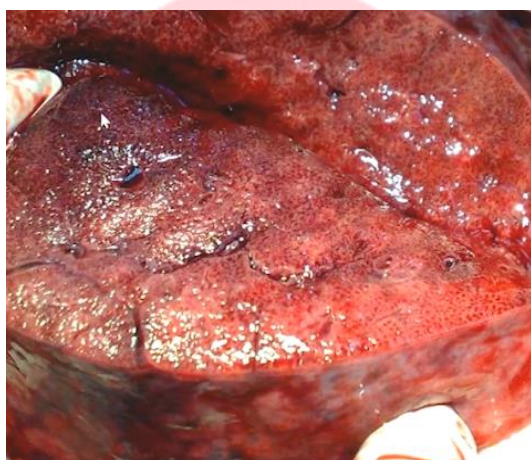


Figure 1

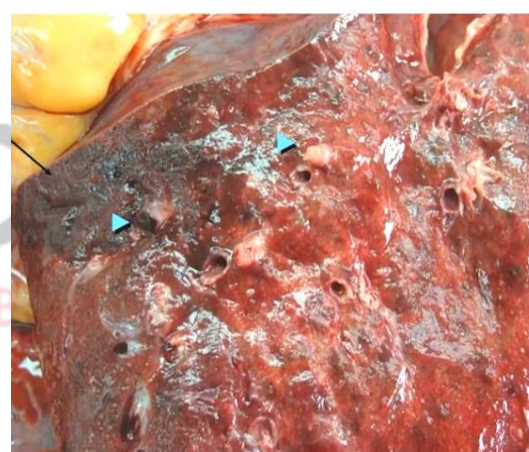


Figure 2

Histological examination of the lungs reveals two different phase changes close to each other.

Phase 1 is exudative, that is, it develops on the 7th day of illness.

Phase 2 - anti-inflammatory, starts on the 7th day of illness.

Summary:

- 1) S-protein of SARS-CoV-2 has a cytopathic, destructive and coagulopathic effect on almost all organs through polytropism with angiotensin-2-forming enzyme (APF<sub>2</sub>).
- 2) The main pathological changes in the lungs, i.e. viral-toxic damage of diffuse alveoli, thrombovasculitis of blood vessels, microangiopathy and alveolar-hemorrhagic



syndrome, proliferative bronchiolitis, provoke vasculitis.

- 3) Almost all structural units of the lungs are damaged: the alveolar epithelium is dystrophied, necrotic, and shed. The wall of blood vessels undergoes fibrinoid thickening, its permeability increases, plasma and blood are poured into the tissue of the alveolar cell space. Vascular endothelium is damaged, coagulopathy and thrombosis develop. In response to these, the connective tissue cells in and around the walls of the bronchi and vessels grow and become proliferative inflammation.
- 4) Necrobiotic changes of the parenchyma develop as a result of vascular endothelium damage, vasculitis, thrombovasculitis in internal organs.

6% of those infected with the virus are in a critical condition, German scientists say that patients who died from the disease observed blood clots (thrombosis) when their bodies were dissected, septic shock occurred, blood pressure dropped to a dangerous level, the body a lungs may not work as described in the brochure or may fail completely, acute respiratory distress syndrome occurs due to excessive inflammation of the lungs, as a result of which our body cannot get enough oxygen to live.

The kidneys stop purifying the blood and the inner walls of the intestines are damaged.

Military servicemen suffering from coronavirus infection or Sars-CoV-2 virus disease are temporarily unfit to serve in military service or combat units due to health complications due to complications (inflammation of the heart, circulatory system, urinary organs, etc.) it was found that sometimes deaths occurred. For this reason, for the purpose of early detection of this disease among military personnel, during the examination of the polymer chain risk (later

known as PCR), when military personnel are sick during vacation, during the tour of duty, work was organized in cooperation with local medical institutions.

In particular, when military servicemen, cadets and servicemen of the Armed Forces are on vacation, when symptoms of illness are observed, for PCR analysis and specialist doctor's advice, laboratories established in local hospitals in their permanent residences and treatment courses approved by the decision of the special commission of the Republic under the supervision of qualified specialist doctors. they got

For the prevention of coronavirus infection or Sars-CoV-2 virus disease, it is advisable to carry out the following actions.

Everyone should strictly follow the epidemiological measures established by the Republican Special Commission on the preparation of the program of measures to prevent the introduction and spread of the coronavirus infection in the Republic of Uzbekistan for the prevention of coronavirus infection.

Preventive and anti-epidemic measures from an epidemiological point of view are divided into 3 parts.

1. Preventive measures against the source of the disease:

Isolation of the patient in a special hospital for coronavirus infection or in a special ward (box) of the department of infectious diseases;

To organize the treatment of those suffering from a mild form of the disease at home in a prescribed manner at the prescribed times and to prohibit communication with other persons;

The patient wears a medical mask and changes the mask every three hours;

Transferring the patient to the department of infectious diseases in a special vehicle (medical aid);

That the patient follows the rules of respiratory hygiene;

Use of disposable medical equipment.

2. Preventive measures against the ways of transmission of the causative agent:

Observing hand hygiene (washing hands with soap or using antiseptics, not touching the mucous membranes of the face, nose and mouth with unwashed hands, etc.);

Using a medical respirator or mask;

Use of personal protective equipment for medical and other service personnel working with patients, suspects, and contacts of COVID-19.

Carrying out preventive and preventive disinfection measures;

Ensuring room air disinfection;

Follow social distancing rules;

Not to go to places where people gather a lot (market, stadium, public events, etc.);

Disinfection and disposal of group V medical waste in the prescribed manner.

3. Preventive measures against groups prone to infection:

Containment and observation measures;

To carry out permanent promotion work among the personnel;

Vaccination with a vaccine against the infection of COVID-19.

Getting a vaccine against a disease means reliable protection against this disease. Vaccination is organized in order to prevent the spread of the disease in the future, to reduce complications and deaths.

Today, there are several vaccines against the infection of COVID-19. Vaccines registered and approved for use in the Republic of Uzbekistan are used for vaccination.

Vaccination against coronavirus infection is organized on the basis of the decisions of the Special Republican Commission and the relevant orders of the Minister of Defense.

## **CONCLUSION**

1. In my opinion, calling people not to be afraid of extremely dangerous infectious diseases, including the Corona Virus (COVID-19) disease, the depressed mood can lead to a decrease in the human immune system, but not to be indifferent to the disease, to constantly follow the rules of personal and general hygiene. If they feel the symptoms of the disease (headache, diarrhea, muscle aches, body temperature increase, dry mouth, itchy nose and hakoza, etc.) Instilling in their minds that they should submit the analysis, when the analysis results are positive, they should take the analysis result with them and refer to the doctor again for infectious diseases. Those who are indifferent to the disease may have complications from the disease, including coxoarthrosis, thrombosis, and other diseases that remain as complications. In newspapers and magazines and on the Internet It is necessary to carry out extensive publicity activities on the basis of photo and video materials of people suffering from complications of the disease.

When cases of disease are observed among the local population, people should spend their observation time in the open air, their diet should be changed from liquid food to boiled and digestible food rich in vitamins. and in case of illness, it causes the disease to pass easily.

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