

## THE IMPACT OF CLINICAL SIGNS ON SEVERITY OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Po'latova Niginabonu O'tkir qizi

Po'latov O'ktamjon O'tkir o'g'li

Salayeva Muborak Saidobdullayevna

*Tashkent Medical Academy, Uzbekistan*

**Annotation:**Chronic obstructive pulmonary disease(COPD) is the name for a group of lung conditions that cause beathing difficulties.

It includes:

- emphysema – damage to the air sacs in the lungs
- chronic bronchitis – long-term inflammation of the airways

COPD is a common condition that mainly affects middle-aged or older adults who smoke.Many people do not realise they have it. The breathing problems tend to get gradually worse over time and can limit your normal activities, although treatment can help keep the condition under control.COPD happens when the lungs become inflamed,damaged and narrowed.The main cause smoking, although the condition can sometimes affect people who have never smoked.Some cases of COPD are caused by long-term exposure to harmful fumes or dust.Others are the result of a rare genetic problem which means the lungs are more vulnerable to damage.

**Key words:**Chronic obstructive pulmonary disease(COPD),Chronic obstructive pulmonary disease test (CAT), symptoms of COPD.

**Theme actuality:** Chronic obstructive pulmonary disease (COPD) is the third leading cause of death worldwide, causing 3.23 million deaths in 2019. Chronic obstructive pulmonary disease is a global health issue with cigarette smoking being an important risk factor. COPD affects pulmonary blood vessels, right ventricle, as well as left ventricle leading to the development of pulmonary hypertension (PH), cor-pulmonale (COR-P), right and left ventricular dysfunction. Echocardiography provides a rapid, noninvasive, portable, and accurate method to evaluate cardiac functions. Early diagnoses and intervention for cardiac comorbidities would reduce mortalities.

Chronic obstructive pulmonary disease (COPD) is one of the main causes of morbidity and mortality worldwide and is an important social and medical problem. Prevention and treatment of COPD is the main task of health care. 200 million people worldwide suffer from COPD and COPD from

respiratory diseases. more than 100,000 people suffer and it is not only a medical, socio-economic, but also a general humanitarian problem. 2.25 million per year from COPD in the world a person will die (4.2% of all deaths).

### **Purpose of the research:**

-Assessment of cardiorespiratory changes in patients with chronic obstructive pulmonary disease.

-Assessment of COPD patients by Chronic obstructive pulmonary disease test (CAT)

**Materials and methods:**We conducted a survey on 44 patients to assess their symptoms.It is designed to measure the impact of COPD on a person's life and how this changes over time.The CAT is simple to administer and aims to help clinicians with their patients better manage COPD.

**Results:**According to the results of 44 patients, 11patients get 11 to 20 points.20 patients were evaluated from 21 to 30 points.13 patients scored from 31 to 40 points.Namely, 25 percent of 44 patients were in the II moderately severe degree.45,4 percent were found to be severe III degree.29,5 percent of patients were found in IV very severe degree.All patients complained cough,sputum,weakness,fatigue,sweating.According to the result of CAT the clinical signs change as follows: in 11 patients of II degree cough was observed in 8 patients, sputum in 7 patients, shortness of breath in 5 patients, weakness in 7 patients, sweating in 6 patients.In 20 patients of III degree cough was observed in 18 patients, sputum in 14 patients, shortness of breath in 20 patients, weakness in 20 patients, sweating in 20 patients.In 13 patients of IV degree cough was observed in 13 patients, sputum in 13 patients, shortness of breath in 13 patients, weakness in 13 patients, sweating in 13 patients.

**Conclusion:**It can be concluded that the intensity of clinical symptoms increased with the progression of the disease in COPD patients.After conducting the CAT questionnaire, it can be concluded that the severity of the disease increased depending on the clinical symptoms of the patients.

### **REFERENCES:**

1. American lung association. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd>
2. Chronic obstructive pulmonary disease a systemic inflammatory disease Hiroyuki Nakamura, Kazutetsu Aoshiba 2017

3. Maron B. Pulmonary hypertension. In: Libby P, Bonow RO, Mann DL, Tomaselli GF, Braunwald E, eds. Braunwald's Heart Disease: A Textbook of Cardiovascular Medicine. 12th ed. Philadelphia, PA: Elsevier; 2022:chap 88.
4. MeSweeny A.J., Grant I., Heaton R.K., Adams K.M., Timms R.M. Life quality of patients with chronic obstructive pulmonary disease // Arch Intern Med. 1982 Mar; Vol. 142(3). -P. 473-8
5. Chronic obstructive pulmonary disease a systemic inflammatory disease Hiroyuki Nakamura, Kazutetsu Aoshiba 2017