

Date: 25<sup>th</sup> February-2026

OPERATSIYADAN KEYINGI YARA INFEKSIYALARIDA HAMSHIRLIK  
PARVARISHI SAMARADORLIGI.

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**Annotatsiya:** Operatsiyadan keyingi yara infeksiyalari (Surgical Site Infections — SSI) jarrohlik amaliyotlaridan so'ng uchraydigan eng keng tarqalgan asoratlardan biridir. Ular kasalxonada yotish muddatini uzaytiradi, antibiotik sarfini oshiradi va iqtisodiy yukni kuchaytiradi. Ushbu maqolada SSI rivojlanish omillari, mikrobiologik xususiyatlari hamda hamshirlik parvarishining klinik samaradorligi tahlil qilinadi. Dalillarga asoslangan hamshirlik yondashuvlari yara infeksiyasi xavfini sezilarli kamaytirishi ko'rsatib beriladi.

**Kalit so'zlar:** operatsiyadan keyingi infeksiya, jarrohlik yara, hamshirlik parvarishi, aseptika, antiseptika, infeksiya nazorati.

### 1. Kirish

Operatsiyadan keyingi yara infeksiyalari sog'liqni saqlash muassasalarida eng muhim muammolardan biridir. World Health Organization ma'lumotlariga ko'ra, jarrohlik amaliyotlaridan keyin infeksiya rivojlanishi global miqyosda 2–20% hollarda uchraydi.

Centers for Disease Control and Prevention SSI ni quyidagicha tasniflaydi:

- Yuzaki insizion infeksiyasi
- Chuqur insizion infeksiyasi
- Organ yoki bo'shliq infeksiyasi

### 2. Etiologiya va xavf omillari

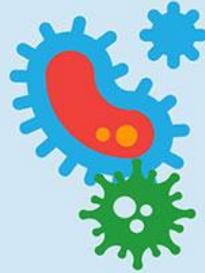


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## Purulent drainage

You might be more likely to get purulent drainage if you:



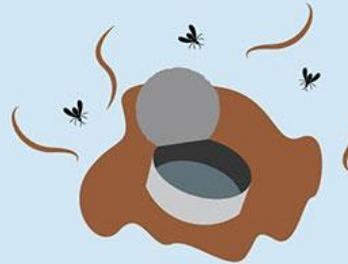
**Are immunocompromised.**



**Smoke.**



**Have a deep, large or jagged wound.**



**Got a wound from a dirty object.**

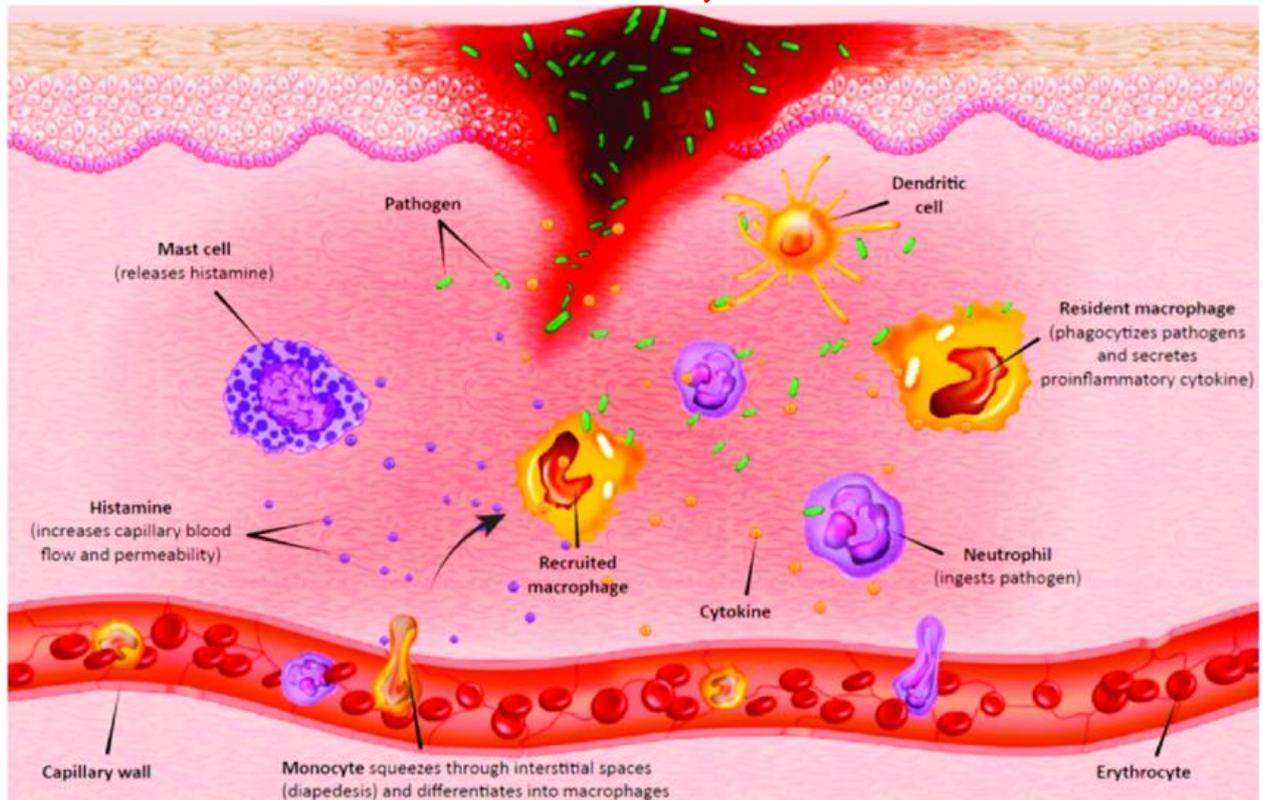


**Have a bite from an animal or human.**



**Have obesity.**

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Eng ko'p uchraydigan qo'zg'atuvchilar:

- Staphylococcus aureus
- Escherichia coli
- Klebsiella pneumoniae

**Xavf omillari:**

- Qandli diabet
- Semizlik
- Immunitet pasayishi
- Operatsiya davomiyligi >2 soat
- Aseptika qoidalariga rioya qilmaslik

### 3. Hamshirlik parvarishining asosiy yo'nalishlari

#### 3.1 Aseptika va antiseptika





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- Qo'l gigiyenasiga qat'iy rioya qilish
- Steril bog'lov materiallaridan foydalanish
- Antiseptik eritmalar bilan ishlov berish

Dalillar shuni ko'rsatadiki, to'g'ri aseptik texnika infeksiya xavfini 30–50% gacha kamaytiradi.

### **3.2 Yarani monitoring qilish**

Hamshira quyidagilarni muntazam baholaydi:

- Qizarish
- Shish
- Og'riq
- Yiringli ajralma
- Tana harorati

Erta aniqlash asoratlarning oldini oladi.

### **3.3 Antibiotik terapiyani nazorat qilish**

- Belgilangan vaqt va dozaga rioya qilish
- Nojo'ya ta'sirlarni kuzatish
- Antibiotik rezistentligi xavfini kamaytirish

### **3.4 Bemorni o'qitish**





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- Uy sharoitida yara parvarishi
- Bog‘lamni almashtirish qoidalari
- Qachon shifokorga murojaat qilish kerakligi

#### 4. Hamshirlik parvarishining samaradorligi

Tadqiqotlar shuni ko‘rsatadiki:

- Standartlashtirilgan hamshirlik protokollari SSI ko‘rsatkichini kamaytiradi
- Infeksiya nazorati bo‘yicha treninglar samaradorlikni oshiradi
- Yara audit tizimi natijalarni yaxshilaydi

Infeksiya nazorat dasturlarini joriy etgan muassasalarda SSI darajasi 40% gacha kamaygani qayd etilgan.

#### 5. Muhokama

Operatsiyadan keyingi infeksiyalar ko‘p hollarda oldini olish mumkin bo‘lgan asoratdir. Hamshirlik parvarishi jarrohlikdan keyingi davrda markaziy o‘rin tutadi. Multidisciplinar yondashuv va qat‘iy protokol nazorati samaradorlikni oshiradi.

#### 6. Xulosa

Operatsiyadan keyingi yara infeksiyalarini kamaytirishda hamshirlik parvarishi hal qiluvchi ahamiyatga ega. Aseptika, muntazam monitoring va bemorni o‘qitish asosiy samarali choralar hisoblanadi. Dalillarga asoslangan hamshirlik amaliyoti klinik natijalarni sezilarli yaxshilaydi.

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