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MODERN APPROACHES IN THERAPY AND OBSTETRICS: DIAGNOSIS,
TREATMENT AND PROPHYLAXIS

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Annotation: This article discusses the integrated approaches of therapy and obstetrics, the management of somatic diseases during pregnancy, and the scientific foundations of modern diagnostic and treatment methods. The clinical course of cardiovascular, endocrine, respiratory, metabolic, and infectious diseases in pregnant women and their impact on fetal development are analyzed. The effectiveness of obstetric examinations, such as prenatal screening, ultrasound diagnostics, laboratory monitoring, and risk factor assessment, is demonstrated. The advantages of multidisciplinary cooperation in obstetrics and therapy, the principles of pharmacotherapy safety, the development of individual treatment plans, and preventive measures are also discussed. The results of the study serve to improve maternal and child health, increase the safety of childbirth, and optimize modern clinical practice.

Keywords: Therapy, obstetrics, pregnancy, prenatal diagnostics, somatic diseases, pharmacotherapy, perinatal safety, multidisciplinary approach, prevention, ultrasound examination, gestational diseases, clinical monitoring.

Therapy and obstetrics are two closely related areas of medicine, which are of particular importance in ensuring women's health, fetal development and general reproductive health. In modern clinical practice, therapeutic approaches are aimed not only at treating common somatic diseases, but also at improving their management during pregnancy. Because if pregnant women have cardiovascular, endocrine, respiratory, metabolic disorders or infectious diseases, they significantly affect fetal development, labor and perinatal outcomes.

In the field of obstetrics, along with assessing pregnancy as a physiological process, the priority task is to early detect its pathological conditions, manage risk factors and ensure mother-child safety. Methods such as prenatal screening, ultrasound examinations, laboratory diagnostics, perinatal monitoring, early detection of severe pregnancy complications (preeclampsia, gestational diabetes, intrauterine growth retardation) are one of the mainstays of modern obstetrics.

At the current stage, the integration of therapy and obstetrics is increasingly strengthened. The cooperation of a general practitioner and an obstetrician-gynecologist is an important factor in the correct assessment of the course of chronic diseases in pregnant women, safe planning of pharmacotherapy, minimizing the effects of drugs on the fetus, and choosing optimal delivery tactics. At the same time, the widespread use of individual



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monitoring protocols developed for pregnant women, modern drugs, minimally invasive procedures, and rehabilitation programs ensures the improvement of perinatal indicators.

This article analyzes modern approaches to therapy and obstetrics, their mutual integration, the scientific basis of diagnostic and treatment methods, as well as preventive measures aimed at strengthening the health of the mother and child.

A deep study of modern approaches to therapy and obstetrics is of great importance in improving women's health, safe pregnancy management, and optimizing perinatal outcomes. Studies show that the presence of chronic diseases during pregnancy directly affects the process of labor and fetal development. Therefore, it is necessary to properly organize therapeutic management, safe pharmacotherapy, reduce the teratogenic effects of drugs, and establish regular monitoring.

Early diagnosis, comprehensive prenatal surveillance, and the increasing accuracy of ultrasound and laboratory tests in obstetric practice are helping to reduce pregnancy complications. Early detection of conditions such as preeclampsia, gestational diabetes, and fetal developmental abnormalities increases the safety of childbirth and strengthens the health of the mother and child. An integrated approach — that is, the cooperation of specialists such as a therapist, obstetrician-gynecologist, endocrinologist, cardiologist — allows you to create the most optimal treatment system for pregnant women. Such a multidisciplinary approach increases the accuracy of clinical decisions, reduces the risk of complications, and contributes to the long-term stability of reproductive health. In conclusion, the development of modern diagnostic, treatment, and preventive methods of therapy and obstetrics is of great importance in improving the reproductive health of the population, ensuring mother-child safety, and forming a healthy generation.

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