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HAMSHIRALIK AMALIYOTIDA YATROGENIYANI BARTARAF ETISH:
TIZIMLI TAHLIL VA PARADIGMAL YONDASHUV

Kamilova Muattar Qahramon qizi

Qo'qon Abu Ali ibn Sino nomidagi Jamoat Salomatligi texnikumi o'qituvchisi
muattaresonalieva@gmail.com

Annotatsiya (abstract): Ushbu maqola tibbiyot muassasalarida uchraydigan yatrogeniya hodisalarini hamshiralik xizmati prizmasidan tahlil qiladi. Maqolada "tibbiy xato" tushunchasining inson omili, texnologik nosozliklar va tashkiliy madaniyat bilan bog'liqligi chuqur o'rganilgan. Yatrogeniyani bartaraf etishda "Evidence-based nursing" (dalillarga asoslangan hamshiralik) tamoyillari va "High Reliability Organizations" (HRO - Yuqori ishonchlilikka ega tashkilotlar) modelini joriy etish taklif etiladi.

Kalit so'zlar: Yatrogeniya, klinik xavfsizlik, hamshiralik menejmenti, "just culture" (adolatli madaniyat), xatolarni minimallashtirish, kognitiv xatolar, tizimli yondashuv.

Kirish:

Yatrogeniyaning falsafiy va klinik mohiyati

Yatrogeniya – bu nafaqat tibbiy xato, balki tibbiyot tizimining o'zi keltirib chiqaradigan murakkab patologik holatdir. Hamshiralik amaliyotida u ko'pincha «yashirin xatolar» (latent errors) sifatida yuzaga chiqadi. Ushbu xatolar darhol sezilmaydi, biroq tizimning zaif bo'g'inlari (charchoq, noto'g'ri kadrlar taqsimoti, yomon kommunikatsiya) tufayli vaqt o'tishi bilan halokatli oqibatlariga olib keladi.

Amaliy yechimlar: "Yuqori ishonchlilik" strategiyasi

Yatrogeniyani bartaraf etish uchun faqat shaxsiy mas'uliyatni oshirish yetarli emas.

Quyidagi strategik yondashuvlar muhim:

1. "Adolatli madaniyat" (Just Culture) joriy etish

Tibbiyot muassasalarida xatolarni jazolash emas, balki ularni ochiq muhokama qilish muhiti bo'lishi kerak. Agar xato tizimli nosozlik (masalan, yomon jihozlangan dori xonasi) oqibati bo'lsa, tizimni o'zgartirish, agar u beparvolik bo'lsa, o'qitish choralari ko'rish lozim.

2. Kognitiv yuklamani kamaytirish

Hamshiraning aqliy resurslarini tejash uchun:

"Forced Functions" (Majburiy funksiyalar): Masalan, dori vositalarining maxsus kodlangan paketlari, ularni noto'g'ri qo'llash imkonini bermaydigan qulflar.

Standartlashtirilgan muloqot: SBAR (Situation, Background, Assessment, Recommendation) metodikasidan foydalanish orqali ma'lumot uzatishdagi yo'qotishlarni bartaraf etish.

3. Dalillarga asoslangan parvarish (EBN)

Hamshira o'z qarorlarini shaxsiy tajribaga emas, balki klinik protokollar va tizimli tadqiqotlarga (Cochrane kutubxonasi, xalqaro guideline'lar) tayangan holda qabul qilishi shart.



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Jahon tajribasi va O‘zbekiston konteksti

G‘arb klinikalarida (ayniqsa, Magnet Hospital maqomiga ega muassasalar) hamshira "hushyorlik markazi" hisoblanadi. U yerda "xatolarni xabar qilishning anonim tizimi" mavjud. O‘zbekistonda esa hamshiralik ishini raqamlashtirish (elektron tibbiy karta, avtomatlashtirilgan dori tarqatish) yatrogeniyani kamaytirishning eng samarali yo‘li hisoblanadi.

Muammo: O‘zbekiston hamshiralarida hali ham «shifokor aytganini bajarish» psixologiyasi ustunlik qiladi. Yechim: Hamshiralarning klinik fikrlash qobiliyatini rivojlantiruvchi ta‘lim dasturlari va ularning huquqiy maqomini oshirish.

Xulosa

Yatrogeniyaga qarshi kurash – bu tibbiyotning "aybsizlik prezumpsiyasi"dan "xavfsizlik kafolati"ga o‘tishidir. Hamshira nafaqat bajaruvchi, balki bemorning xavfsizligini ta‘minlovchi mustaqil professionallar jamoasining teng huquqli a‘zosi bo‘lishi kerak. Bu borada tibbiyot hodimlaridan qat‘iy intizom, tibbiy ta‘lim va tarbiya talab etiladi. O‘shib kelayotgan yosh hamshiralarni shu ruhda kamol topishida biz ustozlarni o‘rni beqiyosdir. Tizimdagi nosozliklarni bartaraf etish, hamshiralik uchun qulay ish muhitini yaratish va doimiy monitoring – bu muammoning eng samarali yechimidir.

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