

Features of Rehabilitation in Pediatric Tuberculosis Sanatorium in the North

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The article is devoted to rehabilitation features in the children's sanatorium in the Far North conditions.

Since the opening of the national children's sanatorium great importance was attached to physical methods of treatment that enhances the immune status of the child's body: physiotherapy, physical exercises therapy, massage, herbal medicine and clinical nutrition management.

Years of experience of sanatorium functioning in various regions of Russia has shown that with proper organization treatment of tuberculosis patients in local health centers is effective in all climate zones. Tuberculosis is one of those diseases for which the course is associated with meteorological conditions. Natural conditions, especially the weather, influence through the nervous system reactivity and compensatory adaptability of the patient.

Treatment measures in the Far North are complicated by local sharply continental climate, prolonged for five or six months in the winter with very low temperatures.

The main directions of our sanatorium rehabilitation work are rational clinical nutrition, physical therapy, physiotherapy, massage, herbal medicine. Chemotherapy is the antibacterial treatment aimed at reducing the virulence of microorganisms and at the same time reducing the body's defenses. Rational clinical nutrition takes into account changes in metabolism, coming under the influence of the pathological process and under the influence of drugs. The success of treatment depends on the properly selected set of non-drug chemotherapy and means to enhance the body's resistance.

CONCLUSIONS:

1. Complex use of physical therapy, exercise therapy, massage, and herbal medicine is an important part of the restoration of the physical, mental, immune status of children, along with a specific treatment.
2. In the rehabilitation of children in tuberculosis sanatorium in the Far North is necessary to create the optimal motor mode, taking into account the duration of induced physical inactivity in the winter, with better food.
3. Summer time should be used as efficiently as possible; planning practically on days summer healthcare company.



4. Methods of Nordic walking has been successfully tested in many countries, can be used in children's sanatorium, because it is simple and effective means for the recovery of the respiratory, musculoskeletal and cardiovascular systems.

5. Taking into account local climatic conditions it is necessary to develop specific standards of rehabilitation of children in tuberculosis sanatoriums in the Far North.

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