

Scientific Justification of Organizational Forms of Activity of Nurses of the Rehabilitation Department

Kodirov Jobir Hayitqulovich¹, Rizaev Jasur Alimdjanovich², Tukhtarov Bakhrom Enazarovich²

¹Independent Researcher, Samarkand State Medical University, Samarkand, Uzbekistan

²Doctor of Medical Sciences, Professor, Samarkand State Medical University, Samarkand, Uzbekistan

Abstract This article is aimed at studying the scientific foundations of the organization of the activities of Nurses of the Rehabilitation Department. The study was carried out by monitoring the daily activities of the nurses of the rehabilitation department, conducting surveys and analyzing the literature. The results show that nurses' workload, stressful situations, and lack of professional development opportunities have a negative impact on their performance. The article provides recommendations aimed at optimizing the activities of Nurses of the Rehabilitation Department.

Keywords Rehabilitation, Nurses, Organizational form, Scientific justification, Effectiveness of activities

1. Introduction

Rehabilitation is one of the important areas of Medicine and includes a set of measures aimed at restoring patients physically, mentally and socially [1]. Nurses play an important role in the rehabilitation process because they have direct contact with patients and are responsible for meeting their needs [2]. At the same time, there are a number of problems in organizing and optimizing the activities of Nurses of the rehabilitation department [3]. The purpose of this article is to develop recommendations aimed at studying and improving the scientific foundations of the organization of the activities of Nurses of the Rehabilitation Department.

2. Methods and Literature Analysis

In the course of the study, the daily activities of Nurses of the rehabilitation department were observed, surveys were carried out and literature on the topic was analyzed. During the observations, the workload of nurses, stressful situations and opportunities for professional development were evaluated. The surveys examined nurses' views on working conditions, labor productivity, and satisfaction levels. Through literature analysis, international experience and advanced approaches to organizing the activities of Nurses of the rehabilitation department were studied [4,5,6].

3. Results

Observations have shown that rehabilitation unit nurses

work an average of 8-12 hours a day, and their workload is very high. According to the survey, 65% of nurses experience high-stress situations and 45% claim a lack of professional development opportunities. Literature analysis shows that improving nurses' working conditions, managing stress, and expanding professional development opportunities can help increase the effectiveness of their activities [7,8].

4. Analysis and Discussion

The results obtained show that there are a number of problems in organizing the activities of Nurses of the Rehabilitation Department. High workload and stressful situations negatively affect the physical and mental health of nurses and reduce their labor productivity [9]. The lack of professional development opportunities, on the other hand, undermines the motivation of nurses and makes the process of their professional development difficult [10]. To solve these problems, it is recommended to carry out the following measures:

- * Optimize the workload of nurses and increase their number.
- * Conduct training in stress management and Prevention.
- * Expanding professional development opportunities for nurses (training courses, seminars, conferences).
- Improve the working conditions of nurses and facilitate working conditions.
- Formation of positive relationships in the team and promotion of cooperation.

It is important to study the international experience in improving the organization of the activities of Nurses of the Rehabilitation Department. In developed countries, including the United States, Canada, and European countries, there is a strong emphasis on improving nurse working conditions, stress management, and expanding professional

development opportunities. Based on the experience of these countries, the following additional recommendations can be made:

Development and implementation of psychological support programs for nurses. Within the framework of these programs, trainings can be carried out to combat stress, develop emotional intelligence and improve professional communication skills.

Optimizing the time of work and rest of nurses. Approaches can be used in this, such as optimizing work graphs, organizing leisure and rehabilitation activities during extracurricular activities.

Establishing mentoring programs for the professional development of nurses. Experienced nurses can guide their young colleagues and promote their professional growth.

Automation and relaxation of the workflow of nurses through the use of modern technologies. For example, it is possible to increase the work efficiency of nurses by implementing an electronic medical record system, using mobile applications and expanding the possibilities of remote monitoring.

Strengthening cooperation between nurses, doctors, rehabilitologists and other medical personnel on the basis of a multidisciplinary approach. It serves to optimize the rehabilitation process of patients and improve the quality of medical care.

The implementation of these recommendations will help to more effectively organize the activities of Nurses of the rehabilitation department and improve their working conditions. At the same time, it is also important to develop and introduce individualized approaches, taking into account the peculiarities of each rehabilitation institution.

5. Conclusions

The scientific basis for the organization of the activities of Nurses of the Rehabilitation Department shows that improving the working conditions of nurses, stress management and expanding the possibilities of professional development are important for improving the effectiveness of their activities. The implementation of measures in this direction will serve not only the interests of nurses, but also to improve the quality of the rehabilitation process. In the future, it will be important to conduct additional research in this area and

develop new approaches taking into account the needs of nurses.

REFERENCES

- [1] Rehabilitation Nursing: Scope and Standards of Practice. (2021). 8th ed. Association of Rehabilitation Nurses.
- [2] Vega-Stromberg, T., & Ling, F. W. (2021). The Role of Nurses in Rehabilitation. *Physical Medicine and Rehabilitation Clinics of North America*, 32(2), 241-247. [DOI: 10.1016 / j.pmr.2020.12.002]
- [3] Malik, S., & Farooqi, Y. N. (2021). Challenges Faced by Rehabilitation Nurses in Healthcare Settings: a Systematic Review. *Journal of Nursing Management*, 29(6), 1281-1290. [DOI: 10.1111 / jonm.13292]
- [4] Pryor, J., & Buzio, A. (2010). Enhancement Inpatient Rehabilitation Through the Engagement of Patients and Nurses. *Journal of Advanced Nursing*, 66(5), 978-987. [DOI: 10.1111 / j.1365-2648.2009.05237.x].
- [5] Clarke, D. J. (2013). Nursing Practice in Stroke Rehabilitation: Systematic Review and Meta-Ethnography. *Journal of Clinical Nursing*, 23(9-10), 1201-1226. [DOI: 10.1111 / jocn.12334]
- [6] Luker, J., et al. (2015). Implementing a Complex Rehabilitation Intervention in a Stroke Trial: a Qualitative Process Evaluation of AVERT. *BMC Medical Research Methodology*, 16 (1), 1-11. [DOI: 10.1186/s12874-016-0156-9].
- [7] Herzberg, F. (1966). *Work and the Nature of Man*. Cleveland: World Publishing Company.
- [8] McVicar, A. (2003). Workplace Stress in Nursing: a Literature Review. *Journal of Advanced Nursing*, 44(6), 633-642. [DOI: 10.1046 / j.0309-2402.2003.02853.x].
- [9] Khamisa, N., et al. (2013). Burnout in Relation to Specific Contributing Factors and Health Outcomes Among Nurses: a Systematic Review. *International Journal of Environmental Research and Public Health*, 10(6), 2214-2240. [DOI: 10.3390 / ijerph10062214].
- [10] Price, S., & Reichert, C. (2017). The Importance of Continuing Professional Development to Career Satisfaction and Patient Care: Meeting the Needs of Novice to Mid - to Late-Career Nurses through Their Career Span. *Administrative Sciences*, 7(2), 17. [DOI: 10.3390/admsci7020017].