



## TREATMENT OF INTRACRANIAL PRESSURE IN CHILDREN

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**Abstract:** It is true that you often hear such sayings, "He changed the day and night, and everything will fall into place after chilla". But this is a wrong idea! A healthy child never has a whim and sleep is not disturbed. However, if such situations are observed frequently, know that there is a change in your baby's health. There can be many reasons for this. Especially when the internal pressure of the brain increases, the child feels sick. If the child is not provided with timely medical help, he can torment everyone with his severe behavior later, even in the kindergarten-school period. To prevent this from happening, it is necessary to take proper care of the sick child.

**Key words:** intracranial pressure in children, sick child, diagnosis.

#### WHY DOES THIS HAPPEN?

The brain is the central part of the nervous system. It is washed with a special liquid - liquor. This process continues endlessly. But sometimes this liquid accumulates in the ventricles of the brain or between the brain and the skull, putting pressure on the vessels and tissue of the brain. This situation affects the general condition of the child. The child is very nervous, cries, sleep is disturbed, wakes up quickly, vomits a lot, pulls his head back sharply, the head is always moving. Experts associate the reason for this with how pregnancy and childbirth went. Remember: you may have caught a cold during pregnancy or have some disease. Transfer of the placenta or late toxemia also affects the birth of the child with an increase in intracranial pressure. Prolonged delivery, the child is born with hypoxia (lack of oxygen) or with the navel wrapped around the navel are also causes of this condition.

#### IS THE DIAGNOSIS CORRECT?

As soon as you notice any change in your child's condition, go to the doctor-pediatrician. If during the examination it is determined that the child's symptoms are really related to the nervous system, the treating doctor will send you to a neuropathologist. There, in addition to the medical examination, additional methods of examination - examination of the fundus of the eye and UTT of the brain (neurosonography) will be carried out. If the diagnosis is confirmed, the necessary treatment measures should be applied.

#### DOES IT AFFECT MENTAL DEVELOPMENT?

Absolutely. On the contrary, practice shows that such children are talented, have a strong memory, comprehensively developed, deep thinking, musical and artistic thinking. Parents are required to give medicines on time and let the child rest more.

#### HOW DO WE CARE?

1. GET A MEDICAL EXAMINATION ON TIME. Children diagnosed with increased intracranial pressure must undergo a medical examination in certain periods. The earlier the first consultation with a specialist is started, the more effective the treatment is at night. Before the child reaches the age, the problem will be solved, the changes in his condition will not bother him anymore. Also, do not forget to take the medicine prescribed by the doctor hour by hour (on time). Otherwise, this process will drag on for a long time, and later it will affect your child's character: he will grow up to be belligerent and aggressive, capricious, difficult to communicate.

Do you know:



Usually, the aggravation of this disease corresponds to the spring-autumn season. During this period, it is necessary to consult with a neuropathologist, try to reduce the educational load, take drugs that improve blood circulation in the brain and relax.

2. **LET THE LOVE BE MORE.** Even weather disturbances affect the condition of children with increased intracranial pressure. At such a time, their head hurts a lot, they become restless and capricious, they don't talk. What is required from the mother is to show more affection to the child, no matter what age he is. If you have a baby, whether you have time or not, try to carry and hug him more often. When it is in your hands, the calmness in you will gradually pass to him, and it will be easy for him to calm down. Smile to him more, laugh together, explain your every move and talk to him in a quiet voice, so that the child feels safe and comfortable and is distracted from the pain in his head. Take special interest in how the day of the kindergarten-school age child goes, do not hide from you what is bothering him, let him tell you honestly. Children with high intracranial pressure sometimes have difficulty communicating and may have conflicts with their peers. At such a time, it is important to solve the issue fairly, to explain to the child in which case it is unfair. Otherwise, he will grow up to be selfish, taking care of his health.

3. **BREASTFEEDING BENEFITS.** Mother's milk is capable of miracles! As soon as the child wants to suck, feed him, put him to bed with you. Then you will notice that the pain in the child's head is much reduced.

4. **MAKE TIME FOR A WALK.** Fresh air accelerates blood circulation in the brain. Therefore, he must walk in the open air twice a day, in the morning and half an hour before sunset. It is better to choose places with juniper groves or trees for a walk. It helps the child to adapt to the external environment faster, prevents laxity. If possible, try to rest in the mountainous region in the spring-summer season.

5. **LET IT REST.** Children with increased intracranial pressure get tired faster than other peers. Special attention should be paid to this when planning the agenda. Even after your child grows up, make sure that he rests (sleeps) for an hour after coming home from school. It is also important that he does not watch TV for more than 2 hours a day. Computer games should not be played more than half an hour a day.

6. **A LOT OF MOVEMENT IS GOOD.** It is necessary to do gymnastic exercises with the child for 1 hour every day. You can place the child in a special gymnastics club. Don't skip your morning workouts either. Otherwise, the child will feel lethargic and restless during the day. Even better is to let the child swim three times a week. But do not forget that sports such as boxing, wrestling, basketball, volleyball, football, running are strictly prohibited.

7. **GET A SLEEPING TREATMENT.** A qualified masseur straightens the tense muscles of the child and eliminates the symptoms of hypertonus in 5-6 treatments, as a result, the blood circulation in the head improves. You will see that the child's crying will disappear, his sleep will improve. But for this, it is necessary to receive therapeutic massage treatment at least 3-4 times a year.

8. **PAY ATTENTION TO THE ORDER OF FOOD.** The diet should be rich in protein, vitamins and minerals. The child should eat more meat products, especially fish, quail eggs, liver, and cranberries. It is also useful to mix carrot, beetroot, spinach and parsley juice with dinner.

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