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INTRODUCTION OF PULMOREHABILITATION IN THE PROGRAM "ENHANCED RECOVERY AFTER SURGERY" IN PATIENTS WHO RECEIVED GUNSHOT WOUNDS TO THE CHEST

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Relevance. The next step of the Enhanced Recovery After Surgery (ERAS) strategy is postoperative pulmonary rehabilitation. Early muscle mobilization and training can improve respiratory function and tissue oxygenation, reduce muscle weakness, and reduce the risk of deep vein thrombosis and pulmonary embolism. In patients who have undergone surgical interventions for chest injuries, the architectonics of the chest is disturbed, which, in combination with a cut of the muscles, leads to a disorder of the biomechanics of breathing. The violations can be adjusted using various methods of pulmonorehabilitation.

Aim. To study the effectiveness of the use of the ERAS program using pulmonorehabilitation in the treatment with gunshot wounds to the chest.

Methods-Results. The purpose of pulmonorehabilitation 43 patients out of 113 (38,1%) with gunshot wounds of the chest passed the two-week treatment in sanatoriums.

The objectives of pulmonorehabilitation in these patients are: pain relief, prevention of pleural adhesions, improved evacuation function of the lung, increased airway and improving the functional status of the respiratory muscles, as well as the biomechanics of breathing.

The study of the function of external respiration after pulmorehabilitation measures in the conditions of sanatorium treatment showed improvements in all 43 victims with gunshot wounds to the chest. Changes in all indicators of external respiratory function were statistically significant. So, dynamics of vital capacity of the lungs after discharge from the hospital was 72.7%, and after sanatorium treatment -97.3% (vital capacity of the lungs increased from 3.9 l to 4.65 l); Tiffno index – 79.2% to 85.9% ($p < 0.05$).

Conclusions. The implementation of pulmorehabilitation measures in victims with gunshot wounds of the chest in the conditions of sanatorium treatment improves the function of external respiration, increases physical performance and normalizes the psychoemotional state of patients, which generally improves their quality of life.