

*Privalova N. I.*

## **REHABILITATION OF PATIENTS WITH IRRITABLE BOWEL SYNDROME**

*Tutor: professor Poddubnaya O. A.*

*Department of rehabilitation medicine, physiotherapy and balneology  
Siberian state medical University, Tomsk*

**Relevance.** Currently irritable bowel Syndrome (IBS) occurs in 20-30% of the population and is often used as a reason for consultation with a practitioner. The disease causes great economic damage to society as the performance of direct costs for medical care and treatment, and indirect indicators, including the payment of temporary disability. Rehabilitation treatment of patients with IBS is rarely used, the basic principles of therapy include the designation of drugs, without taking into account their side effects. Considering all the above factors, we came to the conclusion about necessity of development of systems of medical rehabilitation to improve quality of life of the patients.

**Aim:** to develop a set of rehabilitation for patients with irritable bowel syndrome.

**Materials and methods.** Based on the criteria of IBS (a disease duration of more than 3 months, diarrhea at least 3 times a day, constipation at least 3 times a week and the lack of exclusion criteria) the study was included at this point 50 people, the ratio of the floor - 4:1 (women to men). All young people aged 20 to 35 years, the polytechnic university students were divided into 2 groups and received basic therapy, including diet (by Pevsner) number 3 in IBS with constipation, number 4 in IBS with diarrhea, mineral water ("Karachinskaya") 3 times a day before meals, strictly dosed at admission, all patients fulfilled the complexes of morning hygienic gymnastics 3 times a week for 30 minutes, toning technique for constipation, as sedative technique with diarrhea, during the course of treatment were massage cervical area, taken for correction of dysbiotic violations and improve the local immune defence probiotic Acipol within two weeks on 1 tablet in the morning on an empty stomach. Also students in addition to basic treatment received amplipulsetherapy (from the device "Amplipuls-5") in 1 group (25 persons) with constipation treatment was conducted in the morning hours (13) with diarrhoea in the evening (12) and the second group of millimeter therapy (mm) (n = 25), treatment was conducted in the evening hours (from the device "CEM-TECH"). Before and after treatment all patients consulted a psychologist, if necessary, complementing the combination therapy methods autosuggestive relaxation, therapy. The treatment efficiency was evaluated on the basis of the influence of complex therapy on clinical manifestations of IBS (pain, diarrhea, constipation, heartburn, nausea, etc.) and symptoms of asthenia (headache, fatigue, anxiety) using tests or questionnaires.

**Results and its discussion.** On the background of complex non-drug therapy was observed positive dynamics of clinical symptoms. Abdominal pain was relieved in 92% of cases in the first group (amplipulse), and 85% in the second group (mm therapy), violation of the stool with diarrhea in 94% of cases, with constipation in 98% of cases in the first group, and in 82% when diarrhea is 87% for constipation in the second group. Other symptoms of dyspepsia were controlled in 75% of cases, or significantly decreased their intensity of 25% in both groups. The analysis of the dynamics of the test Spielberg Hanina revealed improvement in both groups: in the first group - personal (62.8 to treatment, 55.2 after treatment) and situational anxiety (52 before treatment, the 51 after treatment), second group - personal (56 to treatment, and 48 after treatment), especially significantly decreased situational anxiety (48.1 to treatment, 41.3 after treatment).

**Conclusions.** Thus, complex rehabilitation, has a positive effect on the quality of life of these patients, the effectiveness of the treatment in each group can be estimated at 98%, what most shows the use of millimeter therapy for patients with severe disorders in the psychoemotional sphere, as a pathogenetic method of treatment, and of amplipulsetherapy patients with dyspeptic disorders as symptomatic therapy.