

**FUNCTIONAL FEATURES OF THE RESPIRATORY SYSTEM OF STUDENTS UNDER THE INFLUENCE OF TOBACCO SMOKING**

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**Annotation:** *In general, the negative impact of smoking on health is undeniable, however, there is no information about the prevalence of smoking among people involved in physical education and sports, in particular, students of universities of physical education. The study of this problem will make it possible to determine the prevalence of one of the negative health factors among students involved in sports, and the impact of this prevalence not only on health, but also on the athletic performance of the surveyed individuals. The purpose of this study was to study the prevalence of tobacco smoking, including secondhand smoke, among university students of physical education and its impact on respiratory morbidity.*

**Keywords:** *healthy lifestyle, smoking children, general population*

The results of the study indicate that girls are either more susceptible to respiratory diseases or more likely to seek medical help. It is known that smoking can contribute to a more severe course of the disease and a faster "chronization" of the process. Therefore, when selecting preventive measures, it is planned to take into account the specific problems caused by smoking among female students.

Medical professionals are specialists who should direct their knowledge and experience to prolong human life, preserve human health, and prevent and treat human diseases. The formation and strengthening of motivation to quit smoking and the selection of adequate therapy for tobacco dependence depend on them. In this regard, it is very important to assess the situation related to tobacco smoking among medical professionals, since they should be a model group for the rest of the population regarding a healthy lifestyle. A smoking doctor or nurse cannot be convincing and authoritative for their patients in this matter. There is a pattern that a few years after the decrease in the prevalence of smoking among health workers, this also occurs in the general population.

Tobacco smoking and its accompanying chronic tobacco intoxication are the cause of many serious cardiovascular, bronchopulmonary diseases, diseases of the digestive and reproductive systems, as well as malignant tumors and many other diseases leading to premature disability and mortality of patients.

Research objectives:

1. To study the prevalence of tobacco smoking among medical workers of medical institutions in the Irkutsk region and students of Irkutsk State Medical University.
2. Identify risk factors for tobacco smoking among medical professionals.

3. To analyze the clinical and functional parameters of the cardiovascular and respiratory systems in smokers and non-smokers of medical workers.

4. To evaluate the dose-dependent effects of tobacco smoking on the functional parameters of the cardiovascular and respiratory systems.

For the first time, a comprehensive assessment of the dose-dependent effect of tobacco smoking on the parameters of the cardiorespiratory system was carried out and it was found that tobacco smoking has a dose-dependent effect on blood oxygen saturation, heart rate, and blood pressure. Practical significance The data obtained as a result of the study on the prevalence of tobacco smoking among medical professionals, medical university students, and the results on risk factors for smoking will justify the need to introduce anti-smoking propaganda programs and comprehensive treatment of tobacco dependence to prevent the occurrence of nicotine-induced diseases.; to optimize the work on smoking prevention, primarily among students of medical universities, doctors and nursing staff, as well as to argue for the need to strengthen work programs among schoolchildren in order to reduce tobacco consumption in the future.

The results of the work carried out show the need for active identification of smoking schoolchildren, determination of their smoking status, as well as the validity of further examination of smoking adolescents, including those who had no complaints from the respiratory system. The data obtained deepen the understanding of preclinical manifestations of respiratory disorders in smokers. Based on the data obtained, an algorithm is proposed for the timely detection, further examination and management of smoking children.

The author has prepared a computer database for schoolchildren aged 13-17. Analytical, statistical analysis and processing of the data obtained were carried out, scientific substantiation and generalization of the results were carried out, conclusions were determined, an algorithm was developed and proposed for timely identification, further examination and management of smoking children, practical recommendations were given.

The methodological basis of the dissertation work is planned according to the set goals and objectives of the research and includes the consistent application of methods of scientific knowledge in order to solve the tasks set. The study design is an open prospective, non-randomized clinical trial. Clinical, laboratory-instrumental, analytical and statistical research methods were used in the work.

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