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## **TERMINAL CONDITIONS AND STAGES**

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### **Abstract.**

The end of human life is the terminal period. We have prepared this article in order to study the conditions of this period. The article covers the following stages of the terminal state: preagonal state, terminal pause, agony and clinical death. At each stage, functional changes in the body, slowing down biological processes and cessation of vital organs are considered. Also, methods of providing medical care to terminally ill patients, the importance of palliative care and ethical issues are considered.

**Keywords:** terminal period, palliative care, hospice care, holistic approach, rhythmic pressures, external traumatic factors, artificial respiration, bone protrusion, bone fracture, poisoning, fainting.

### **Аннотация.**

Конец жизни человека считается терминальным периодом. Мы подготовили эту статью для изучения условий в этот период. В статье рассматриваются следующие стадии терминального состояния: преагональное состояние, терминальная пауза, агония и клиническая смерть. На каждой стадии рассматриваются функциональные изменения в организме, замедление биологических процессов, прекращение деятельности жизненно важных органов. В нем также обсуждаются методы оказания медицинской помощи неизлечимо больным пациентам, важность паллиативной помощи и этические вопросы.



**Ключевые слова:** терминальный период, паллиативная помощь, хосписная помощь, целостный подход, ритмические нагрузки, внешние травмирующие факторы, искусственное дыхание, костные шпоры, переломы костей, отравление, обмороки.

### **Annotatsiya.**

Inson xayotining yakuni bu terminal davr hisoblanadi. Bu davrdagi holatlarni o'rganish maqsadida ushbu maqolani tayorladik. Maqolada terminal holatning quyidagi bosqichlari yoritiladi: preagonal holat, terminal pauza, agoniya va klinik o'lim. Har bir bosqichda organizmning funksional o'zgarishlari, biologik jarayonlarning sekinlashishi va hayotiy organlarning faoliyatdan to'xtashi ko'rib chiqiladi. Shuningdek, terminal holatdagi bemorlarga tibbiy yordam ko'rsatish usullari, paliativ yordamning ahamiyati va etika masalalari haqida ham fikr yuritiladi.

**Kalit so'zlar:** terminal davr, palliativ parvarish, xospis parvarish, xolistik yondashuv, ritmik bosimlar, tashqi shikastlovchi omillar, sun'iy nafas, suyak chiqishi, suyak sinishi, zaharlanish, hushdan ketish.

### **INTRODUCTION**

Terminal states are a concept in medicine and science that describes the process of the body's vital activity fading away, and are one of the important topics related to resuscitation and intensive care. This article analyzes the stages of terminal states and their medical significance. The terminal period has 2 meanings: the end of human life and the final stage of the disease. Usually, the following definition of the terminal period is used: "A state in which it is impossible to correct the patient even with the help of all types of combined treatment, and, conversely, active treatment is not suitable for this patient." Usually, in such a case, the patient has less than 6 months left to live. The pre-mortem state is a state of waiting for death, which includes the period immediately before death and up to the moment of death. The concept of terminal and palliative care.



Terminal care is provided in such a period when the patient's physiological state deteriorates, irreversible conditions begin and there is a feeling of approaching death. This state means the "end of life". Palliative care is primarily aimed at alleviating symptoms and improving quality of life (QOL) from the patient's perspective, but the tasks vary depending on the situation and the nurse must provide palliative care that is appropriate for the patient.

According to the World Health Organization, palliative care is "an intervention to improve the quality of life of the terminally ill patient and their family members, as well as to prevent, assess and treat pain and other physical, mental, social and spiritual problems."

#### Understanding hospice care

The original meaning of the word "hospice" is "to receive a person with sincerity and hospitality", "to teach to receive warmly". The philosophy and idea of hospice care is to provide physical and psychological support to the terminally ill patient to live out the end of his life, while feeling respected by those around him as a person. In 1967, a hospice named after St. Christopher was opened near London by English physician Cecily Saunders.

## LITERATURE ANALYSIS AND RESEARCH METHODOLOGY

Terminal state (lat. terminalis last, last) — the last stage of life; a state between life and death. In this case, profound changes occur in the functioning of organs and systems important for the survival of the organism, and hypoxia increases. The terminal state includes 3 stages: pre-agony, agony, and clinical death, when respiratory reflexes and cardiac activity are preserved. The duration of the terminal state depends on the severity or mildness of the underlying disease and the measures taken to resuscitate the organism. Many studies have been conducted in the field of medicine on terminal states. For example, the concept of "clinical death" was developed by Safar and Bergner (1961), as well as studies on the processes of cardiovascular and respiratory arrest by Negovsky (1980). In their opinion, identifying and correctly assessing the terminal stages helps to increase the effectiveness of resuscitation measures.



This article analyzes the stages of terminal conditions, studying each of them in terms of their medical and physiological characteristics. The main method used was a medical theoretical analysis and a generalization method based on available scientific sources.[4; 432-b]

## **ANALYSIS AND RESULTS**

Terminal states are divided into the following main stages:

### **Preagonal state**

Main signs: a sharp decrease in blood pressure, slowing of the heart rate, impaired consciousness. Respiratory function is impaired, there is a lack of oxygen in the body.

### **Agony**

The period of the cessation of vital processes. Decreased heart activity and weakening of the functions of the central nervous system. Reflexes may be preserved for a short time.

### **Clinical death**

Stoppage of the heartbeat and cessation of breathing. Brain activity has not completely stopped, therefore, if urgent resuscitation measures are taken, life can be saved.

### **Biological death**

Irreversible death of brain cells occurs. The vital processes of the organism completely stop. The idea of hospice. Hospice does not mean a building or institution.

Hospice is a generalized concept based on a philosophical idea aimed at providing comprehensive care to a dying patient so that he can live the rest of his life.

### **Care of patients in the terminal period**

The goal of nursing care in the terminal period is to provide qualified assistance to a patient (terminal patient) who is in the final stage of life, in order to support the patient's normal daily life, which allows him to live the last moments of his life, and to eliminate general suffering. At the same time, it is necessary to provide necessary assistance to the patient's family members.



The nurse providing terminal care to the patient and his family members must always be with the patient, participate as their advocate, and form a team in cooperation with other specialists to help the patient live a normal life and use his opportunities to achieve life goals.

The role of the nurse in the terminal period: It is necessary to understand that the patient is terminally ill and is at the final stage of the life process, and to respect his lifestyle. It is necessary to examine the general suffering, which represents the complex interrelation of the physical, mental, social and spiritual suffering of the terminally ill patient, and try to eliminate or alleviate it.

Provide qualified assistance to improve the patient's quality of life based on a holistic approach. Respect the patient's wishes by providing assistance from a caring perspective. Understand the suffering of the family members of the terminally ill patient and provide assistance. Perform their duties as a specialist in nursing care in the method of ordered treatment. The meaning and essence of death.

Death for a person. The attitude towards death differs depending on which aspect of human life we pay attention to. Usually, death is destined for any living being. Death does not mean the end of life as a biological organism, it has a much deeper meaning, expressing the end of a person's life and the drawing of conclusions. The death of a human being as an individual is a necessary and inevitable event; the individual may disappear, but his or her genes will be passed on to future generations.

The essence of death

1. The inevitable cessation of blood circulation. Blood pumped from the heart circulates throughout the body through the blood vessels, supplying organs and tissues with nutrients in the form of oxygen and glucose. When blood circulation stops, there is an immediate lack of oxygen, which leads to the cessation of the functioning of tissue cells. If this situation persists beyond a certain time, the restoration of cell function becomes irreversible and leads to death.
2. The departure of the soul from the body. In ancient times, people believed that with the arrival of death, the soul leaves the body for life. The soul was seen as a psychological and emotional function (the soul was considered the main factor in a person's thoughts and actions). In the case of a patient, the soul leaves the body with the cessation of blood circulation.



3. The irreversible loss of the organism's ability to be unique. For the human body to function, the central nervous system must control the movement of each part of the body and the body must move in harmony with each other. Advances in medical technology have made it possible to replace the human heart, kidneys, and other vital organs with artificial ones, which has helped to predict human life even in the absence of organs. However, there is something similar to a human organ that cannot be replaced and is important for human life. This is the unique ability to control the function of organs. This unique ability is controlled by the central nervous system, specifically the nervous system of the brain, so the unique ability of brain functions is the most important for humans.

4. Irreversible loss of the ability to socialize. The difference between humans and other creatures is that humans have consciousness and lead a social life. If a person loses consciousness and, along with it, the skills of social interaction, from the point of view of the individual, this situation is seen as death.

The concept of brain death is based on the following principles:

1. Brain death is defined as the death of the entire brain.
  2. When brain death occurs, the heart still stops, and an irreversible condition occurs, despite all necessary measures to protect other organs. Recently, against the background of interest in brain death, transplantology has developed significantly.
- Criteria for recording brain death: Criteria for recording brain death: Inspection group of the Ministry of Social Security. Deep coma, lack of independent breathing, pupils, lack of brainstem reaction, flat waves - it is necessary to monitor the absence of changes in the last 6 hours if all the above conditions are met.

Cardiac death (3 signs of death)

When registering a death, 3 signs of death are used: respiratory arrest, cardiac arrest, pupil dilation, and lack of reaction to light. The registration of death is carried out by a doctor according to the 3 signs listed above, then a death certificate is filled out, after which the death of a person is partially recorded.[5; 48-b]

## CONCLUSION

A thorough study of terminal conditions and the correct identification of their stages are important for the effective organization of resuscitation processes. Doctors need



to identify these stages and take prompt measures to save the patient's life. As medical professionals, we may not be able to completely prevent resuscitation and terminal conditions. But we try to save the lives of people suffering from such conditions using all our abilities. I think the first step to this is to resolve the situation in the best way for the patient, starting from a simple conversation about iatrogenics, even in the most difficult processes. The AVS program (resuscitation alphabet) currently accepted worldwide is a set of scientifically based treatment procedures in a strict sequence.

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