



NURSING CARE IN DISEASES OF THE NOSE AND PARANASAL SINUSES

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Abstract

Diseases of the nose and paranasal sinuses, such as rhinitis, sinusitis, nasal polyps, and allergic conditions, are among the most common disorders encountered in clinical practice. They not only impair patients' quality of life but also, if untreated, may lead to complications such as chronic infections and respiratory dysfunction. Nursing care plays a crucial role in the prevention, treatment, and rehabilitation of these conditions. Nurses are responsible for patient education, medication administration, monitoring of symptoms, and ensuring adherence to prescribed treatment regimens. They also provide supportive care during surgical interventions, such as functional endoscopic sinus surgery (FESS), and in postoperative recovery. Modern nursing approaches emphasize holistic care, which includes physical, psychological, and social support for patients. By integrating evidence-based practices, nurses contribute to faster recovery, reduced recurrence rates, and improved overall patient outcomes.

Keywords: Nursing care, nose diseases, paranasal sinuses, rhinitis, sinusitis, nasal polyps, allergic rhinitis, patient education, postoperative care, evidence-based practice.



Introduction

Diseases of the nose and paranasal sinuses are among the most common health problems affecting people of all ages. Conditions such as acute and chronic rhinitis, sinusitis, nasal polyps, and allergic disorders significantly reduce patients' quality of life by causing nasal obstruction, headache, sleep disturbances, and decreased respiratory function. In some cases, if untreated, these diseases may progress to serious complications, including chronic infections, hearing problems, or the spread of infection to surrounding structures. Nursing care plays a vital role in the management of these conditions. Nurses are directly involved in assessing patients' symptoms, administering prescribed treatments, monitoring disease progression, and educating patients about preventive measures. In addition, during surgical treatments such as functional endoscopic sinus surgery (FESS), nurses assist in both preoperative preparation and postoperative rehabilitation. Modern nursing emphasizes not only medical assistance but also holistic care, which considers the physical, psychological, and social aspects of patients' well-being. Through evidence-based practice, nursing professionals ensure effective symptom control, improved adherence to therapy, and enhanced recovery outcomes. Therefore, the study of nursing care in diseases of the nose and paranasal sinuses is essential for improving patient care quality and reducing complications, making it an important area of medical and nursing research.

Materials and Methods

This article is based on a review of scientific literature, clinical guidelines, and research studies related to nursing care in diseases of the nose and paranasal sinuses. Sources were selected from PubMed, Scopus, Google Scholar, and other medical databases, focusing on publications from 2010 to 2025. Priority was given to studies that addressed nursing interventions, patient care strategies, and postoperative management in conditions such as rhinitis, sinusitis, nasal polyps, and allergic disorders.



The following methods were applied:

1.Literature Review – analysis of recent academic articles, textbooks, and clinical protocols concerning nursing care in otorhinolaryngology.

2.Descriptive Method – classification of common nose and paranasal sinus diseases and the main nursing care approaches for each condition.

3.Comparative Analysis – evaluation of traditional nursing practices versus modern evidence-based approaches, including postoperative care after sinus surgery.

4.Analytical Method – identification of the effectiveness of nursing interventions in reducing symptoms, preventing complications, and improving patients' quality of life.

5.Synthesis – integration of findings to highlight best practices and suggest recommendations for nursing care improvement.

By applying these methods, this study provides a comprehensive understanding of the role of nursing in the management of nose and paranasal sinus diseases, emphasizing both preventive and therapeutic approaches.

Results and Discussion

The review of literature and clinical guidelines shows that nursing care plays an essential role in the management of diseases of the nose and paranasal sinuses. The findings can be summarized into several key areas:

1.Nursing Rolein Conservative Treatment Nurses are responsible for the administration of medications, such as antibiotics, antihistamines, corticosteroids, and saline solutions. Patient education is particularly important, as many sinus and nasal conditions require long-term management and adherence to treatment regimens. Nurses instruct patients on the proper use of nasal sprays, irrigation techniques, and lifestyle modifications that help reduce recurrence of symptoms.



2. **Nursing Care in Acute and Chronic Sinusitis** In cases of acute sinusitis, nurses focus on symptom relief, monitoring body temperature, hydration, and patient comfort. For chronic sinusitis, nursing care includes long-term follow-up, ensuring adherence to medical therapy, and early identification of complications such as orbital cellulitis or intracranial infection.

3. **Postoperative Nursing Care** After functional endoscopic sinus surgery (FESS), nurses play a critical role in postoperative recovery. Their responsibilities include pain management, wound care, bleeding control, monitoring of nasal packing, and prevention of infection. Patient instructions on avoiding strenuous activity, proper nasal hygiene, and follow-up care are crucial for successful recovery.

4. **Holistic and Evidence-Based Care** Modern nursing care emphasizes a holistic approach, addressing not only physical but also psychological and social aspects of patient health. Patients with chronic sinus problems often suffer from anxiety, fatigue, and sleep disorders. Nurses provide psychological support, encourage adherence to therapy, and improve quality of life through patient-centered care. Evidence-based practices, such as structured patient education programs and standardized care protocols, have been shown to reduce hospitalization times and recurrence rates.

5. **Challenges in Nursing Practice** Despite the progress, several challenges remain in nursing care for nose and sinus diseases. These include limited patient awareness about preventive measures, lack of access to advanced medical facilities in some regions, and insufficient training for nurses in specialized otorhinolaryngology care. Continuous professional education and training are therefore necessary to improve the effectiveness of nursing interventions.

Discussion

Overall, the results indicate that nursing care is a cornerstone of the management of nasal and paranasal sinus diseases. By combining pharmacological support, patient education, postoperative care, and psychological assistance, nurses significantly contribute to faster recovery and prevention of complications. Integrating modern evidence-based approaches ensures a higher standard of care and better patient outcomes.



Conclusion

Nursing care in diseases of the nose and paranasal sinuses is a vital component of effective patient management. Conditions such as rhinitis, sinusitis, nasal polyps, and allergic rhinitis require not only medical treatment but also consistent and comprehensive nursing support. Nurses are responsible for guiding patients through both conservative and surgical treatment pathways, ensuring adherence to prescribed therapies, and monitoring for potential complications. One of the most important aspects of nursing in this field is patient education. By teaching patients about proper nasal hygiene, medication use, and lifestyle modifications, nurses contribute significantly to the prevention of disease recurrence and the improvement of long-term health outcomes. In surgical cases, especially after procedures like functional endoscopic sinus surgery (FESS), nurses play a critical role in postoperative recovery. Their work in pain management, infection prevention, bleeding control, and psychological support directly affects the speed and success of patient rehabilitation. Furthermore, modern nursing practice emphasizes holistic care, which addresses not only physical symptoms but also the psychological and social well-being of patients. This approach improves overall quality of life, reduces stress, and enhances treatment adherence. Despite the clear benefits, some challenges remain, such as limited access to advanced medical care in certain regions and the need for continuous training of nurses in specialized otorhinolaryngology care. Addressing these issues requires ongoing education, resource development, and implementation of standardized evidence-based protocols. In conclusion, nursing care is an indispensable element in the management of nasal and paranasal sinus diseases. Through evidence-based practices, patient education, and holistic support, nurses help achieve better treatment outcomes, reduce complications, and improve patients' quality of life. The future of nursing in this field depends on continuous professional development and the integration of modern healthcare innovations.

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