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## NURSING SUPPORT OF MILITARY SERVICE MEMBERS WITH A MILD DEGREE OF INTELLECTUAL DISORDERS WITH GASTROINTESTINAL DISEASES IN THE PROCESS OF MEDICAL REHABILITATION

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### ABSTRACT

**Background.** Throughout the time of martial law in Ukraine, the number of military service members with mild degrees of intellectual impairment has increased, which requires significant attention to nursing support during the period of diagnostic, medical, therapeutic, and rehabilitation medical practice. The importance of nursing support for military personnel with mild intellectual disorders during exacerbation of gastrointestinal diseases in the process of medical rehabilitation should be better investigated, which is due to the increase in the number of military personnel with this nosology and the need to select methodological recommendations for improving nursing support for patients in the process of medical rehabilitation. The relevance of this study will be maintained during warfare and in the first years after the war. It will also help medical professionals better understand the specifics of supporting patients with intellectual and cognitive developmental disorders.

**Aim.** Analysis the degree of quality of nursing support for military personnel with mild intellectual impairment with gastrointestinal diseases during medical rehabilitation.

**Materials & Methods.** Bibliosemantic methods and system analysis were used. PubMed, Google Scholar sources, orders of the Ministry of Health of Ukraine were analyzed. The article is written in the form of a short scientific report.

**Results & Conclusions.** Nursing support for military personnel with intellectual disabilities cannot be implemented qualitatively and effectively without prior training of specialists. Nurses often cannot choose the right approach to these patients due to a lack of relevant experience and understanding of the needs of people with intellectual disorders. Our conclusion proposed possible solutions to this problem through various and specific ways to improve the skills of medical professionals.

**Keywords:** *military medicine, cognitive developmental disorders, warfare regions, advanced training, behavioral disorders.*

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Nursing support reflects a system of comprehensive measures taken by a nurse to provide care and support for a patient during rehabilitation and treatment. Varava O.B., Kit O.M., et al. emphasize that in communication between medical personnel and the patient, a nurse plays an important role, which requires the nurse to master the skills of

nursing specialists in high-quality, accessible, and effective support for this category of patients, by the degree of their intellectual disabilities and psychological state [1; 2].

It should be noted that the social role of the nurse is underestimated, which necessitates a change in the direction of rethinking her professional potential and professional training [1; 3; 4]. As a part of the disclosure of this issue, we analyzed the importance of nursing support for military personnel with mild intellectual disorders and gastrointestinal diseases in medical rehabilitation, the percentage of which has been increasing recently. The result is presented in the form of a short scientific report.

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According to Article 19 of the Military Medical Commission as amended by Order No.262 dated April 27, 2024 [5], a mild degree of intellectual impairment is no longer considered a recognition of military unsuitability, which leads to increasing the number of men and women with this nosology in the ranks of military personnel defending our state. Consequently, medical employees are faced with the problem of an accurate medical and psychological approach to military personnel with intellectual disorders during the treatment of acquired concomitant injuries and diseases that were received at the time of military service.

In the work of departments specializing in the diagnosis and treatment of gastrointestinal diseases, nursing care for patients consists of providing psycho-emotional support to the patient, collecting personal information to fill out relevant documentation, collecting existing complaints, and processing them to make a diagnosis. Kit O.M. et al. [2] state that preparation for most diagnostic operations, such as endoscopic examination, includes a moral component that is part of nursing support. Transduodenal lavage, duodenal sounding, colonoscopy, and biopsy require the nurse to inform the patient of the specifics of the examination and possible side effects and explain the step-by-step process of the upcoming examination. The presence of mild intellectual disabilities in the history of military service members creates special conditions for medical personnel for social interaction with patients, which is complicated by the possible presence of psychogenic disorders in the patient due to combat injuries received through warfare [6–8].

For a practical, understandable, and qualitative explanation of some elements of the examination and provision of moral and psychological support in communication with military personnel with intellectual disabilities, a nursing specialist must understand the specifics of volitional and cognitive processes associated with this nosology, taking into account the possible regression of these areas of development under the influence of traumatic experiences and stressful situations. Nursing support should be integrated through an individual approach aimed at simplifying the explanation of technical words, making them more accessible to people with intellectual disabilities [6; 9]. In addition, when explaining the anatomical features of the body parts and organs being examined, the medical worker should pay attention to the patient's limited level of perception of information

and visual-active thinking, which completely replaces the formative visual-figurative. It should be noted that a specialist can help the patient better understand by using illustrative visual materials when explaining medical words and limiting the use of scientific and technical words [10; 11]. Synev V. M. [12] noted that the lack of motivation and volitional participation leads to the fact that most actions are performed not according to the verbal instructions of doctors and nurses but exclusively by imitating similar actions. A nurse should provide positive support for the actions of military personnel with mild intellectual disabilities in the context of providing emotional support and reducing the impact of stress factors, which may include staying in medical institutions and complaints about illness and well-being [13]. The main difficulty of this approach is the lack of awareness of medical workers about the peculiarities of the psycho-emotional and volitional state of people with intellectual disabilities, which often leads to the wrong approach, negative emotional state of the patient, isolation, and refusal to cooperate with doctors and nurses.

Without establishing high-quality two-way contact with the patient, the nurse will not be able to ensure a safe medical rehabilitation process. All things considered, we reflect on the necessity of paying attention to important aspects of social services for nurses to provide nursing support better, the implementation of which in the future will contribute to increasing the awareness of nurses for interaction with patients:

1. Additional courses should be created to increase cooperation with psychologists for nurses.
2. Special consultation sessions with specialists in the field of defectology and psychiatry can have a positive impact on deepening the knowledge of medical professionals regarding the special needs of people with intellectual disorders.
3. Conducting training by psychologists and psychotherapists to increase awareness of the professional qualities of a nurse for the further provision of high-quality nursing support.

### Conclusions

It can be seen that the analysis of this problem allows us to point out the need for a new approach to improving nursing support. The lack of knowledge among nurses whose work is related to gastrointestinal diseases regarding the care of military patients with mild intellectual disabilities is a primary factor in the emerging difficulties of care in the military.

Effective medical rehabilitation cannot be safely ensured without establishing high-quality two-way communication between the nurse and the patient. Given this, it is essential for nurses to focus on key aspects of social services to enhance their ability to provide proper nursing care. Implementing these measures will improve nurses' awareness and skills in patient interaction. This includes developing additional training courses in collaboration with psychologists, organizing specialized consultations with experts in defectology and psychiatry better to understand the needs of patients with intellectual disabilities, and conducting psychological and psychotherapeutic training sessions to strengthen nurses' professional competencies for delivering high-quality care.

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