

УДК:

DOI: [https://doi.org/10.52754/16948831\\_2023\\_1\(1\)\\_2](https://doi.org/10.52754/16948831_2023_1(1)_2)

**STUDY OF SIDE EFFECTS AFTER VACCINATION AGAINST COVID-19 IN THIRD-YEAR STUDENTS OF THE INTERNATIONAL MEDICAL FACULTY OF OSH STATE UNIVERSITY**

ОшМУнун эл аралык медицина факультетинин 3-курсунун студенттеринде covid-19га каршы эмдөөдөн кийинки кыйынчылыктарды аныктоо

Изучение побочных действий вакцинации от covid-19 у студентов 3 курса международного медицинского факультета ОшГУ

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## STUDY OF SIDE EFFECTS AFTER VACCINATION AGAINST COVID-19 IN THIRD-YEAR STUDENTS OF THE INTERNATIONAL MEDICAL FACULTY OF OSH STATE UNIVERSITY

### Abstract

Throughout its existence, humanity has been in eternal confrontation with the world of microorganisms. The COVID-19 epidemic ("coronavirus disease 2019") has already gone down in history as an international emergency. Coronavirus infection (COVID-19) causes severe acute illness. The virus was first identified during an epidemic outbreak in Wuhan city, in the Hubei province of China. WHO announced this on December 31, 2019, and on January 30, 2020 declared the COVID-19 outbreak a global health emergency. On March 11, 2020, WHO declared COVID-19 a global pandemic. The purpose of this scientific work was to investigate third-year students of the Faculty of Medicine for complications after receiving the COVID-19 vaccine. Recommendations for maintaining a healthy lifestyle are presented.

**Keywords:** vaccine, coronavirus infection, pandemic, healthy lifestyle, complications.

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**Изучение побочных действий вакцинации от covid-19 у студентов 3 курса международного медицинского факультета ОшГУ**

### Аннотация

Бүткүл өмүр бою адамзат микроорганизмдер дүйнөсү менен түбөлүк тирешүүдө. COVID-19 эпидемиясы («коронавирус оорусу 2019») буга чейин эл аралык өзгөчө кырдаал катары тарыхка кирген. Коронавирустук инфекция (COVID-19) катуу курч ооруну жаратат. Вирус биринчи жолу Кытайдын Хубэй провинциясындагы Ухань шаарында эпидемия учурунда аныкталган. Бул тууралуу ДСУ 2019-жылдын 31-декабрында жарыялап, 2020-жылдын 30-январында COVID-19 эпидемиясын глобалдык саламаттыкты сактоо өзгөчө кырдаал деп жарыялаган. 2020-жылдын 11-мартында ДСУ COVID-19ну глобалдык пандемия деп жарыялаган. Бул илимий иштин максаты эл аралык медицина факультетинин COVID-19 вакцинасын алгандан кийинки кыйынчылыктарды изилдөө.

### Аннотация

На протяжении всего своего существования человечество находится в вечном противостоянии с миром микроорганизмов. Эпидемия COVID-19 («coronavirus disease 2019») уже вошла в историю как чрезвычайная ситуация международного уровня. Коронавирусная инфекция (COVID-19) вызывает тяжелое острое заболевание. Вирус был впервые выявлен во время эпидемической вспышки в городе Ухань, в провинции Хубэй в Китае. ВОЗ сообщил об этом 31 декабря 2019 году, а 30 января 2020 года объявила вспышку COVID-19 глобальной чрезвычайной ситуацией в области здравоохранения. 11 марта 2020 года ВОЗ объявила COVID-19 глобальной пандемией. Целью данной научной работы явилось исследовать студентов третьего курса международного медицинского факультета на наличие осложнений после получения вакцины от COVID-19. Представлены рекомендации для поддержания здорового образа жизни.

**Ачык сөздөр:** вакцина, коронавирус инфекциясы, пандемия, сергек жашоо образы, татаалдыктар, онлайн тестирлөө.

**Ключевые слова:** вакцина, коронавирусная инфекция, пандемия, здоровый образ жизни, осложнения.

## **Relevance**

Corona virus is known as severe acute respiratory syndrome coronavirus 2 (sars-cov-2). In march 2020, the world health organization (WHO) declared the COVID-19 outbreak a pandemic [1].

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms. Some people may have no symptoms at all, but can still spread it (asymptomatic transmission). Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start [2].

## **Complications of the covid 19**

1. Pneumonia and trouble breathing
2. Organ failure in several organs
3. Heart problems
4. A severe lung condition that causes a low amount of oxygen to go through your bloodstream to your organs (acute respiratory distress syndrome)
5. Blood clots
6. Acute kidney injury
7. Liver injury and diseases
8. Additional viral and bacterial infections

Critical to achieving herd immunity: people in a population are immune to the virus to prevent its spread, is critical in bringing an end to the pandemic.

Support public health efforts: by getting vaccinated against COVID-19, individuals can help to support broader public health efforts to control the pandemic and protect vulnerable populations. This includes healthcare workers, first responders, and others who may be at higher risk of exposure to the virus [3].

## **Side effects from vaccine**

COVID-19 vaccines can cause mild side effects after the first or second dose, including: Pain, redness or swelling where the shot was given fever, fatigue, headache, muscle pain, chills, joint, pain nausea and vomiting, swollen lymph nodes.

Changes revealed in hepatobiliary system:

1. Vaccine induced thrombotic thrombocytopenia
2. Hepatomegaly.
3. Hepatotoxicity.
4. Cholelithiasis
5. Drug induced liver injury [3,4].

## **Target**

Study of side effects after vaccination against covid-19 in third-year students of the medical faculty of Osh State University.

### Tasks

1. Investigate side effects from covid-19 vaccination based on survey conducted on 3<sup>rd</sup> year students of IMF.

2. The relevance of our work was the study of side effects from vaccination with Covid 19.

### Materials and research methods

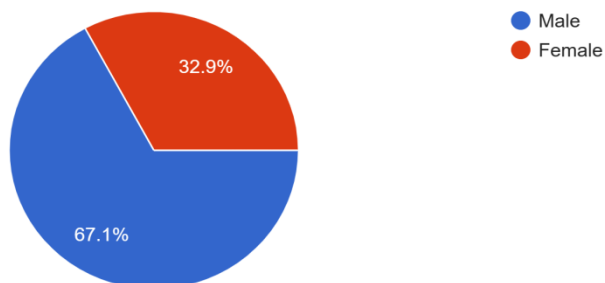
The survey included 152 students of the IMF, that included 32.9% girls and 67.1% males mostly in the age group of 20-22.

1. Investigate side effects from covid-19 vaccination based on survey conducted on 3<sup>rd</sup> year students of IMF.

2. The relevance of our work was the study of side effects from vaccination with Covid 19.

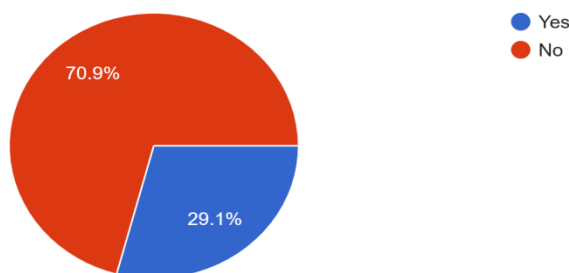
### Result of survey

Gender?  
152 responses



The chart shows that in the number of females studied, 67 percent of the men accounted for 33 percent.

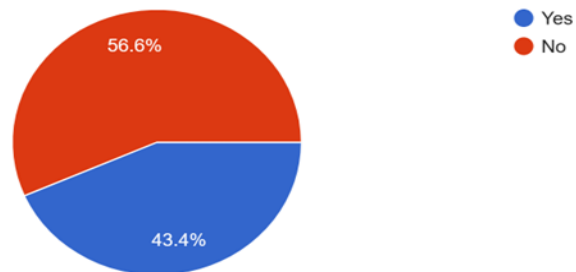
Did you get chills?  
151 responses



When asked if patients had chills, 71% answered yes, 29% answered negatively.

Did you get fever?

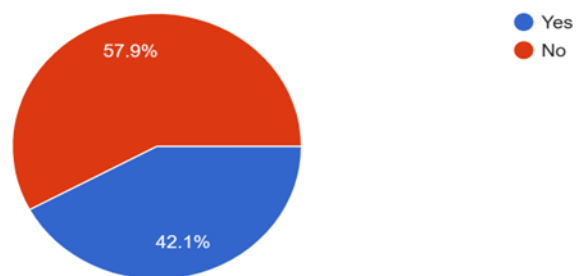
152 responses



57% had an increase in temperature; 43% had no temperature.

Did you have muscle pain?

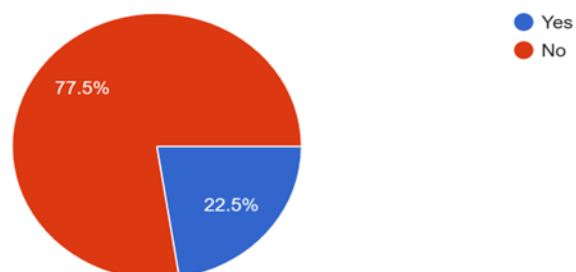
152 responses



Thus, in a study of muscle pain in third-year students of the Faculty of Medicine, about 58% noted that there was no pain, 42 percent had muscle pain.

Did you suffer from headache?

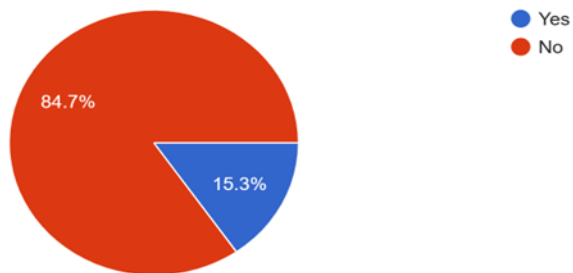
151 responses



When asked if you had a headache, 77% answered negatively, only 22% had a headache.

Was there pain, redness or swelling where you got the shot?

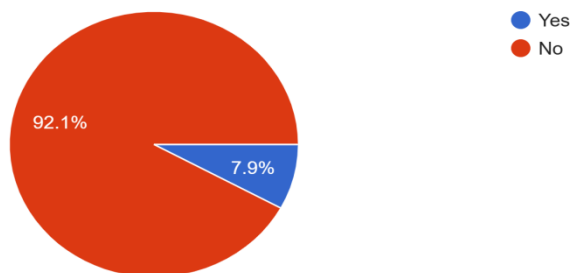
150 responses



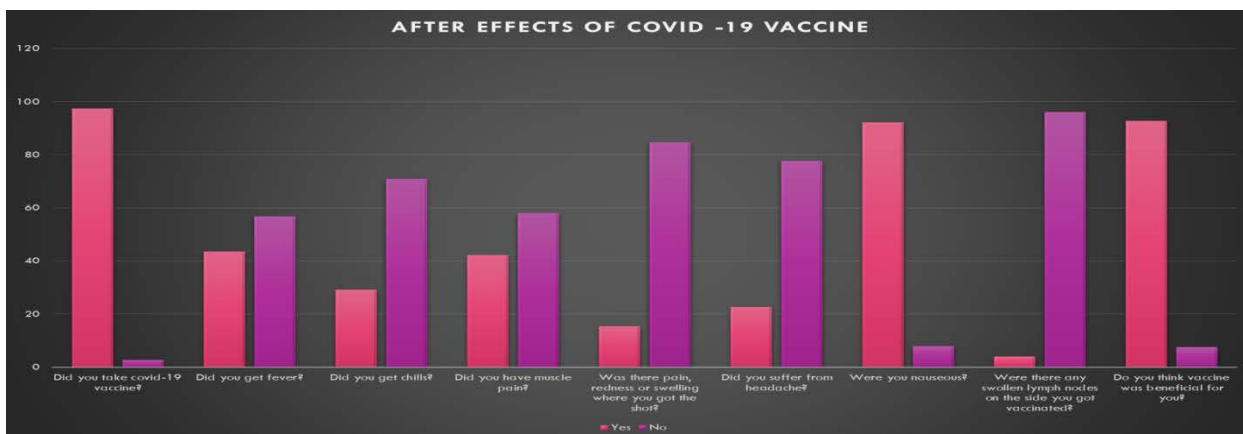
You study students for a local reaction to the introduction of the vaccine, 85 percent answered that there was no reaction, only 15% had soreness, redness at the injection site.

Were you nauseous?

151 responses



Only eight percent of the students had nausea after the injection, while 92 percent had no nausea.



Response	Did you take covid-19 vaccine?	Did you get fever?	Did you get chills?	Did you have muscle pain?	Was there pain, redness or swelling where you got the shot?	Did you suffer from headache?	Were you nauseous?	Were there any swollen lymph nodes on the side you got vaccinated?	Do you think vaccine was beneficial for you?
Yes	97.4%	43.4%	29.1%	42.1%	15.3%	22.5%	92.1%	3.9%	92.6%
No	2.6%	56.6%	70.9%	57.9%	84.7%	77.5%	7.9%	96.1%	7.4%

## Conclusion of Survey

### First Side Effects

Like any vaccine, COVID-19 vaccines can cause side effects, most of which are mild or moderate and go away within a few days on their own. Typical side effects include pain at the injection site, fever, fatigue, headache, muscle pain, chills, and swelling of lymph nodes. These symptoms were seen after a few hours or days without complications.

### Get started

Rational nutrition is the basic principle of rational nutrition - moderation and diversity, because the body must receive all the necessary nutrients and trace elements. Healthy and balanced nutrition is the basis for the prevention of rectal cancer, constipation, hemorrhoids, gastritis, atherosclerosis, hypertension, osteoporosis and many other diseases.

### Recommendations

for preventing infections:

A healthy lifestyle begins with a person's awareness of the fact that he lives wrong. And everyone does it differently: someone notices too much a figure on the scales, someone feels dissatisfied, broken, tired, someone is constantly sick. Healthy lifestyle is a set of measures for self-improvement, you should start small and strive for more.

### Anti-epidemic measures:

- Wear a mask (respirator);
- Carry antiseptics with you;
- Avoid infection by avoiding sick citizens by 1.5-2 meters;
- Dress according to the season;
- Watch your personal hygiene.

### References

1. <https://www.MayoClinic.Org/coronavirus-covid-19/vaccine-side-effects>

2. <https://www.Mayoclinic.Org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>
3. <https://www.ncbi.nlm.nih.gov/books/NBK570468/>
4. <https://www.who.int/news-room/feature-stories/detail/side-effects-of-covid-19-vaccines>