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PRINCIPLES OF PSYCHONEUROLOGICAL DISORDERS TREATMENT IN CHERNOBYL NPP DISASTER SURVIVORS

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The psychoneurological disorders correction medicamental and non-medicamental principles were elaborated on the basis of various treatment protocols investigation in patients with psychoneurological disorders suffered as a result of the Chernobyl disaster. The complex of rehabilitation and treatment measures included desintoxication treatment for the diminishment of ionizing irradiation and toxic compounds harmful effects in nervous system (Hemodesis, Rheopolyglucin, Rheomacrodex); membrane defending therapy (Essentiale, Lipostabil); tissue metabolism enhancing medicine (Splenin, Actovegin, Solcoceril etc.). Brain metabolism enhancing and hypoxia preventing medications (nootropic drugs) showed their effectiveness in the complex with those improving brain and peripheral blood circulation. In the cases of vegetative dysfunction treatment was added for limbic-reticular structures oppression. In borderline psychoneurological disorders the tranquilizing and antidepressant treatment was included. Psychosuggestion, phytotherapy, acupuncture were the main non-medicamental measures. Due to the stability of neurological and psychiatric disorders a four-stage follow-up and rehabilitation system is recommended which included unidirectional treatment in the hospital departments, out-patient, ambulatory out-patient clinics and sanatorium resorts.