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PREDICTIVE IMPORTANCE OF LABORATORY FINDINGS IN MODERN CLINICAL PRACTICE

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Abstract. In modern clinical practice, laboratory parameters play a key role in assessing a patient's condition, predicting the course of disease, and selecting optimal treatment strategies. The dynamics of laboratory markers make it possible not only to detect pathological changes at early stages but also to objectively evaluate the effectiveness of ongoing therapy and the risk of developing complications. Of particular prognostic significance are indicators of inflammation, hemostasis, metabolic status, liver and kidney function, as well as immunological and biochemical markers. Comprehensive analysis of laboratory data in combination with clinical and instrumental examination methods contributes to improved prognostic accuracy, personalization of treatment, and better disease outcomes. The use of advanced laboratory technologies expands the possibilities for early diagnosis and monitoring of pathological processes, making laboratory parameters an essential tool of evidence-based medicine.

Keywords: laboratory parameters, prognostic value, clinical practice, disease prognosis, inflammatory markers, biochemical markers, immunological markers, hemostasis, metabolic status, liver function, kidney function, treatment monitoring, evidence-based medicine.

Relevance. In modern medicine, the role of laboratory diagnostics as an integral part of the clinical process is steadily increasing, as it provides an objective assessment of a patient's condition and enables prediction of disease progression. The growing prevalence of chronic and comorbid conditions, the increasing number of patients at high risk of complications, and the need for early identification of unfavorable outcomes have generated heightened interest in studying the prognostic value of laboratory parameters. Laboratory markers make it possible to detect latent pathological changes at preclinical stages, assess disease severity, and evaluate individual characteristics of its course. [3,8,11,19].

Laboratory parameters are of particular importance in monitoring treatment effectiveness and ensuring timely adjustment of therapeutic strategies. Dynamic follow-up of changes in biochemical, hematological, immunological, and coagulation parameters helps reduce diagnostic errors and improve the accuracy of clinical prognosis. The introduction of highly sensitive and specific laboratory methods based on the principles of evidence-based and personalized medicine expands the possibilities for predicting disease outcomes and improving the quality of medical care. Therefore, the study and practical application of the prognostic potential of laboratory parameters represent a relevant and socially significant task in contemporary clinical medicine. [2,9,13].

Changes in laboratory parameters with prognostic significance in clinical practice are formed under the influence of a multifactorial complex of etiological causes reflecting the pathogenetic mechanisms of various diseases. A leading role among these factors is played by inflammatory processes of infectious and non-infectious origin. Bacterial, viral, and fungal infections are accompanied by activation

of innate and adaptive immune responses, resulting in changes in leukocyte counts, the neutrophil-to-lymphocyte ratio, C-reactive protein, procalcitonin, and other inflammatory markers that have high prognostic value in assessing disease severity and the risk of adverse outcomes. [4,7,10,20].

Disorders of the hemostatic system are also of substantial importance and may be caused by both congenital and acquired factors. Genetically determined thrombophilias, antiphospholipid syndrome, malignant neoplasms, surgical interventions, and prolonged immobilization contribute to activation of the coagulation cascade and suppression of fibrinolysis. These processes are reflected in changes in coagulation parameters (D-dimer, fibrinogen, prothrombin time, activated partial thromboplastin time), which are widely used to predict thrombotic complications and assess mortality risk. [1,8,15,18].

Metabolic disorders such as diabetes mellitus, obesity, and metabolic syndrome play a significant role in the formation of an unfavorable prognosis due to chronic low-grade inflammation, insulin resistance, and endothelial dysfunction. These conditions are accompanied by changes in carbohydrate and lipid metabolism parameters, oxidative stress markers, and microalbuminuria, which correlate with the risk of cardiovascular and renal complications. [11,19].

Damage to vital organs, particularly the liver and kidneys, is also an important etiological factor underlying prognostically significant laboratory changes. Impaired liver function leads to alterations in synthetic activity indicators (albumin, coagulation factors), bilirubin metabolism, and enzyme levels, reflecting disease severity and the risk of liver failure. Renal dysfunction is associated with elevated creatinine and urea levels, decreased glomerular filtration rate, and electrolyte imbalances, which are crucial for outcome prediction and therapeutic decision-making.

Immunological disorders, including autoimmune diseases and immunodeficiency states, result in changes in autoantibody levels, immunoglobulins, and cytokines, determining disease activity and the likelihood of relapse. Additional influences include medications, toxic exposures, oncological processes, age-related changes, and

individual genetic characteristics of the patient. Thus, the diversity of etiological factors leads to complex alterations in laboratory parameters, the use of which allows for more accurate prediction of disease course, assessment of complication risks, and optimization of clinical management. [4,9,12,20].

The clinical manifestations of conditions in which laboratory parameters have prognostic value are characterized by pronounced polymorphism and depend on the nature of the underlying disease, the stage of the pathological process, and individual patient characteristics. In many cases, the initial stages of disease may present with minimal or nonspecific symptoms, highlighting the special role of laboratory markers in the early identification of an unfavorable prognosis. [3,8,11].

In inflammatory and infectious processes, the clinical picture is characterized by general symptoms of intoxication, such as fever, general weakness, fatigue, decreased appetite, tachycardia, and sweating. The severity of clinical manifestations often correlates with the levels of laboratory inflammatory markers, making it possible to use them to assess disease activity and the likelihood of complications, including septic conditions and multiple organ failure. [19].

Disorders of the hemostatic system may clinically manifest as either thrombotic or hemorrhagic syndromes. Thromboses of various localizations are accompanied by pain, edema, and impaired function of the affected organ, whereas coagulopathies are associated with bleeding, petechial rashes, and a tendency to hemorrhage. In such cases, laboratory parameters serve as an objective reflection of clinical severity and are used to predict outcomes and guide treatment strategies. In metabolic disorders, the clinical picture often develops gradually and includes symptoms of hyperglycemia, arterial hypertension, obesity, and atherosclerotic vascular damage. Laboratory indicators of metabolic processes make it possible to assess the degree of risk for cardiovascular complications and the progression of chronic diseases. Liver and kidney damage manifests as hepatic and renal failure syndromes, accompanied by edema, changes in skin color, dyspeptic disorders, impaired diuresis, and electrolyte imbalance. Thus, the clinical presentation combined with laboratory data forms a

comprehensive view of disease severity and prognosis, which is crucial for timely diagnosis and effective treatment. [6,10].

Laboratory diagnostics occupies a central place in clinical practice, providing an objective assessment of the functional status of organs and systems and enabling prediction of the course and outcomes of diseases. A comprehensive set of laboratory tests is selected based on the clinical presentation, suspected etiology, and severity of the pathological process. General clinical blood tests play a key role and include determination of hemoglobin levels, erythrocytes, leukocytes, platelets, and the leukocyte differential. Changes in these parameters reflect the presence of inflammation, anemic conditions, immune disorders, and the risk of thrombotic or hemorrhagic complications. Biochemical blood tests allow assessment of metabolic status and the function of vital organs. Measurement of glucose levels, lipid profile, creatinine, urea, bilirubin, liver enzymes, and electrolytes has high prognostic significance in both chronic and acute diseases. [3,15].

Markers of inflammation and immune response—such as C-reactive protein, procalcitonin, interleukins, and immunoglobulins—occupy a special place in laboratory diagnostics and are used to assess disease activity and the risk of complications. Evaluation of the hemostatic system includes determination of prothrombin time, international normalized ratio (INR), activated partial thromboplastin time, fibrinogen levels, and D-dimer, which allows prediction of thrombotic events and monitoring of anticoagulant therapy effectiveness. [6,11].

Modern laboratory methods, including enzyme-linked immunosorbent assays, chemiluminescent techniques, molecular genetic methods, and highly sensitive automated technologies, significantly expand diagnostic and prognostic capabilities. Dynamic comprehensive analysis of laboratory parameters and their interpretation in conjunction with clinical data contribute to early identification of an unfavorable prognosis, personalization of treatment, and improvement in the quality of medical care. [7,15].

Conclusion. Laboratory parameters play an important role in predicting the course and outcomes of diseases in clinical practice. Their comprehensive and dynamic analysis enables timely detection of pathological changes, assessment of complication risks, and optimization of therapeutic strategies. The use of modern laboratory diagnostic methods contributes to improving the quality and effectiveness of medical care.

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