```
useEffect(() => {
    const timer = setInterval(() => {
        getRecords();
    }, 3000);

getRecords();

return () => {
        clearInterval(timer);
    }

}, []);

const getRecords = async() => {
    let recordsList = await request()
    setRecords(recordsList)
}

const request = async () => {
    const requestOptions = {
        method: 'GET',
        headers: { 'Content-Type': 'application/json' }
    };

const response = await fetch(`${api_host}/showOperations`, requestOptions)
    const json = await response.json()
    return json
}
```