

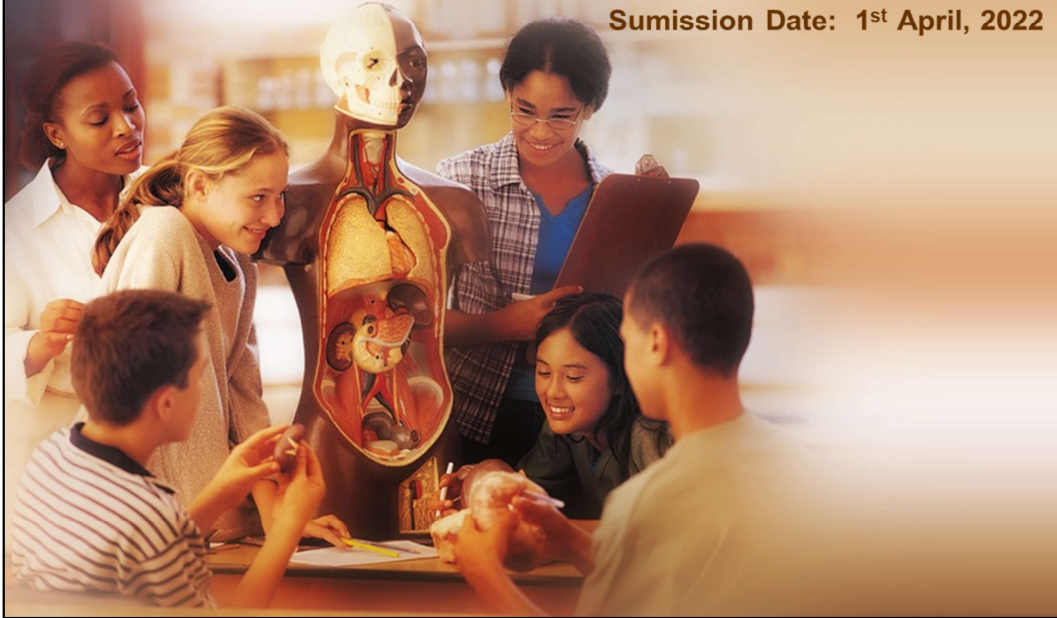
Lifestyle questionnaire relating to Liver Cirrhosis

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Patient's Questionnaire

Name: X Y Sex: Male Date of Birth: 30.07.1987 (Age:34)

Smoking: No Alcohol: around 40 grams daily (*How much alcohol causes cirrhosis, 2017*)

Family History: No relevant information

Medical History: No strokes / angina / heart attack

Ethnicity: White British

Physical activity: working in a office; 9-5

Physical exercises: playing football with friends 1-2 a month. Not very active

Additional information:

How often do you have EIGHT or more drinks on one occasion?**Weekly/Monthly**

How often during the last year have you been unable to remember what happened the night before because you had been drinking? **Less than monthly**

How often during the last year have you failed to do what was normally expected of you because of your drinking? **Never**

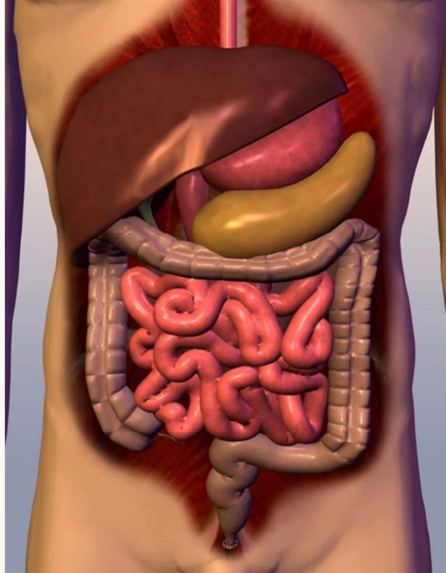
In the last year has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down? **Yes, some friends.**

This is the questionnaire that shows the situation of our patient. He is 34 years old and a male. He is not a smoker but he is drinking, a lot more than what he should be. He is working in an office environment and due to stress he started drinking few years ago. Through the filled form the GP suspects Liver Cirrhosis.

Digestive System

- Made up of the gastrointestinal tract
- Parts of the digestive system:
- Turns the food into the nutrients needed and transport stool and solid waste

(Digestive System)



The digestive system is where the liver is. It is made up of the gastrointestinal tract. On the picture, there are some of the parts of the digestive system which are: stomach, liver, rectum, anus, appendix, gallbladder, large and small intestine, the pancreas behind the stomach and the esophagus going up to the salivary glands and the mouth. In the GI tract the food is being consumed and processed.



Liver Cirrhosis

- Healthy tissue is replaced by a scar tissue (due to abnormal drinking habits)
- Body is not able to filter toxins and produce proteins out of the blood
- Advanced form of liver disease
- Eventual progression of the disease:
Fatty liver – Alcoholic Hepatitis – Liver cirrhosis
- Mostly seen in people between Age 30 and 40
- Women can easily be diagnosed with it than men
(Nall, MSN and CRNA, 2012)

This disease changes the tissue of the liver. It does not fulfil its actual purpose due to the unhealthy habits. Liver cirrhosis is an advanced form of liver disease. One of the progression pathways could be firstly being diagnosed with fatty liver, after that alcoholic hepatitis and then liver cirrhosis, but this is not always the case. Most commonly people between their thirties and forties are being diagnosed with it. Also women who are drinking in unhealthy amounts are easier exposed to that due to the lower levels of water in the body and the fact that they are smaller in stature.



Anatomy and Physiology

- Normal weight of the liver is 1,5kg , BUT can increase up to 10kg due to that condition
- The liver detoxes; stores vitamins; produces bile; converses waste *products* (*Anatomy and physiology of gastrointestinal system tutorial, no date*)
- The liver has two lobes: left and right
- Left lobe works with the blood coming the head of the pancreas, pylorus and antrum of the stomach and midgut
- Right lobe works with the blood from the whole GI tract (*Lorenzo Crumbie MBBS, 2020*)
- *Releases food's nutrients and the ones that the body needs are being absorbed*
- *Very important since our body needs nutrients to work properly.*
- *The liver produces the bile which helps digesting some of the nutrients* (*Your Digestive System & How it Works, 2021*)

On this slide there are the functions of liver explained. It is also shown what liver cirrhosis can cause to the organ regarding its weight.



Alcoholism

- Drinking regularly in a harmful way
- >14 units a week
- Changes in behavior; social problems
- Long term diseases such as : Heart & Liver disease; cancer; stroke
- Physical symptoms: sweating; depression; insomnia; anxiety and hallucinations

(Alcohol misuse)

Alcoholism is being described as harmful drinking, which start for the point we start drinking way too much that we should. We can consider alcoholism when consuming regularly more than 14 units a week. People dealing with that changes their behaviour. It might affect they mental health as well and cause depression and anxiety. It can cause serious diseases as well. We can recognize it at some point through its symptoms.



Recommendations for improvement

- Diet to improve the scar tissue and help the liver to work better

(Liver disease and diet)

- Counselling through the NHS to treat alcoholism

(Counselling)



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