

A decorative yellow dashed line consisting of several short, slightly curved segments, arranged in a semi-circular arc on the left side of the white circle.

Module: Introduction to Physiology

Module code: BMHP5003

Lecturer: Dr Lailah Surani

Assessment: Assessment 1

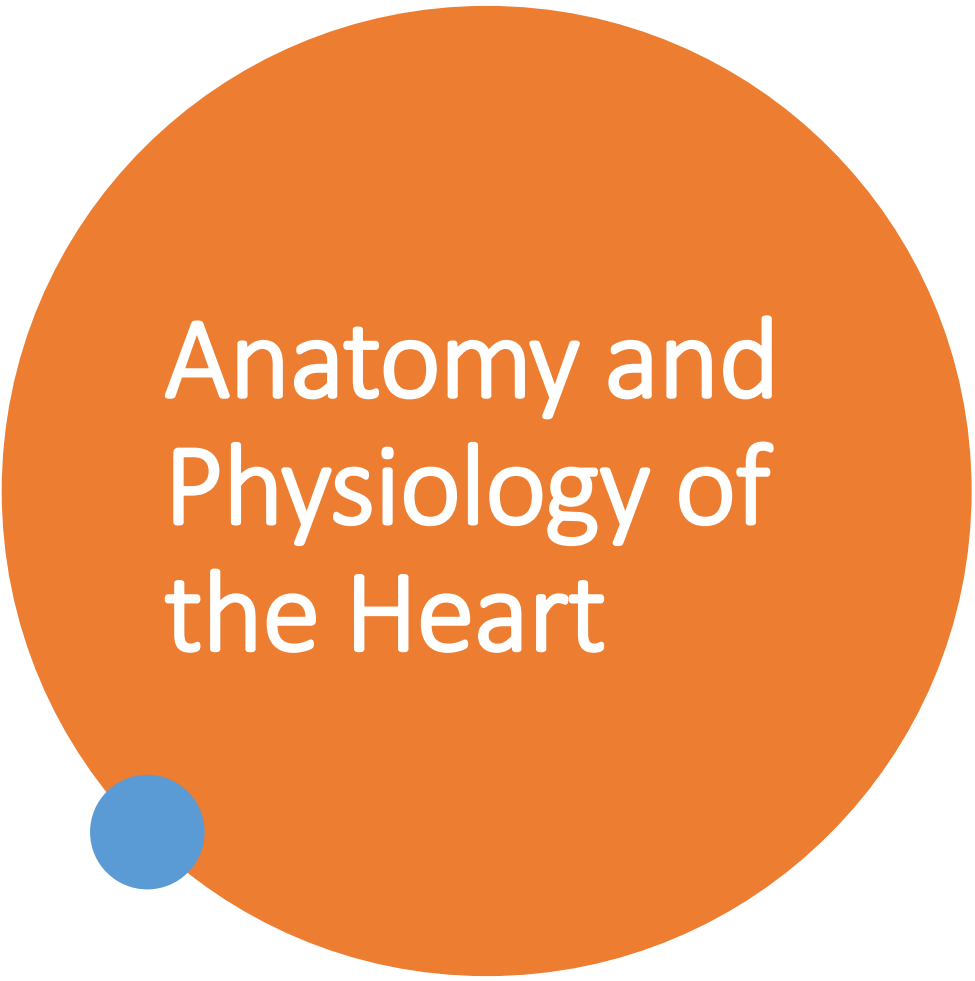
practical test presentation

Topic: High blood Pressure

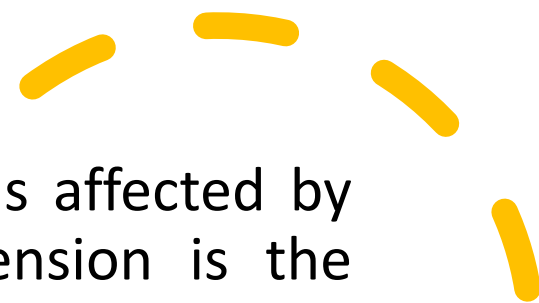
Student Name: Elizabeth Cuffie

Student Number: 1913507

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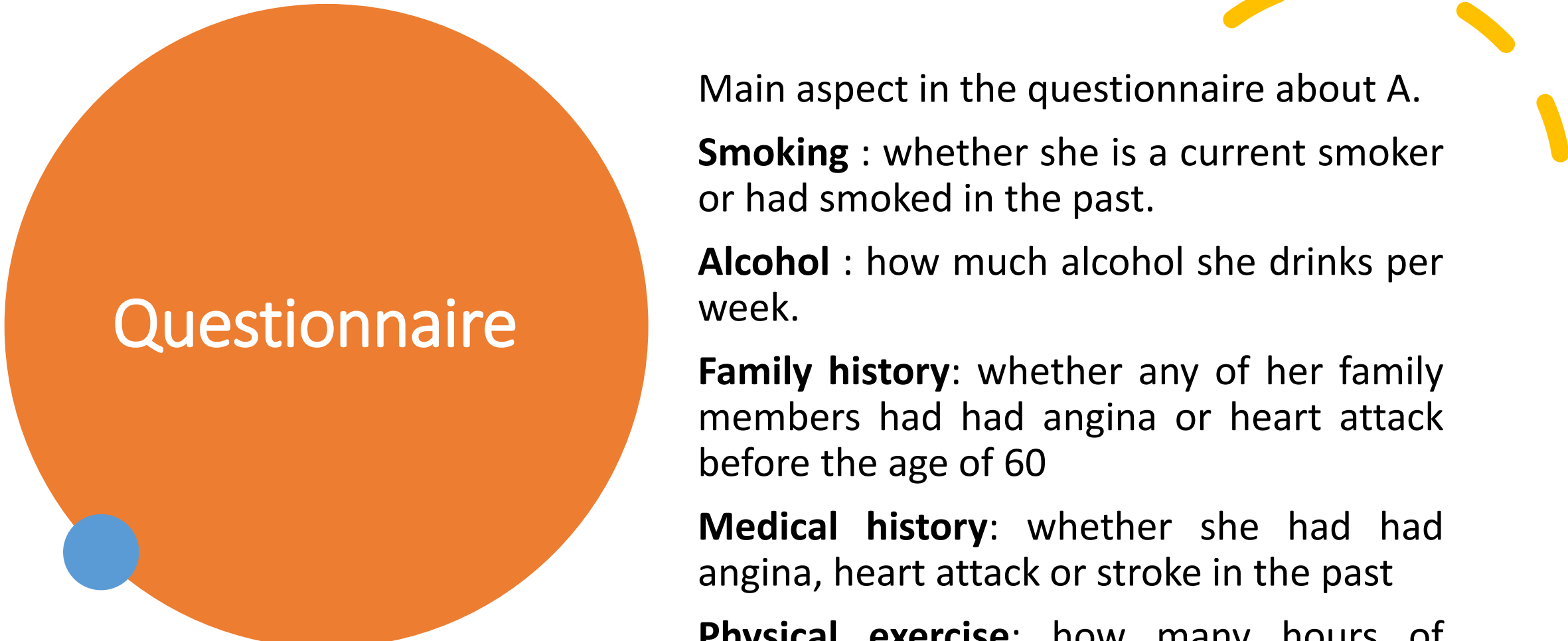


Anatomy and Physiology of the Heart



The organ in the body that is affected by high blood pressure/hypertension is the heart.

The heart is situated in the chest, right above the diaphragm around the thorax called the chest cavity, purposefully in the centre mediastinum. The usual human heart depends on height and weight. The stringy pericardial sac envelops the heart and connect onto the great vessels (Shah et al., 2009)



Questionnaire

Main aspect in the questionnaire about A.

Smoking : whether she is a current smoker or had smoked in the past.

Alcohol : how much alcohol she drinks per week.

Family history: whether any of her family members had had angina or heart attack before the age of 60

Medical history: whether she had had angina, heart attack or stroke in the past

Physical exercise: how many hours of exercise is she doing a day.



Lifestyle health- related information of the patient

- Patient A is a woman who was born on the 25th of May 1962.
- she is sixty (60) years old. She is a black African and a current smoker, she smokes about eight sticks of cigarette a day, she also drinks alcohol and drinks around 18 pints a week.
- No family history of heart attack or angina. She had suffered from partial stroke in the past.
- She is currently unemployed but looks after two of her grand children and does light house work . She walks at a slow pace at around 3mph.



Health Risks

Smoking and drinking can lead to various health conditions like :

- heart disease and diabetes. Ryan Ng, et al. stated that well confirmed evidence proves that cancer, chronic respiratory disease and diabetes ration adjustable risk factors like alcohol consumption, cigarette smoking, damaging diet and lack of exercise can cause two or more of theses illnesses .
- Furthermore, nhs website October 2019 explains high blood pressure or hypertension is hardly detectable but if untreated expands the risk of health ssues like stroke and heart attack.



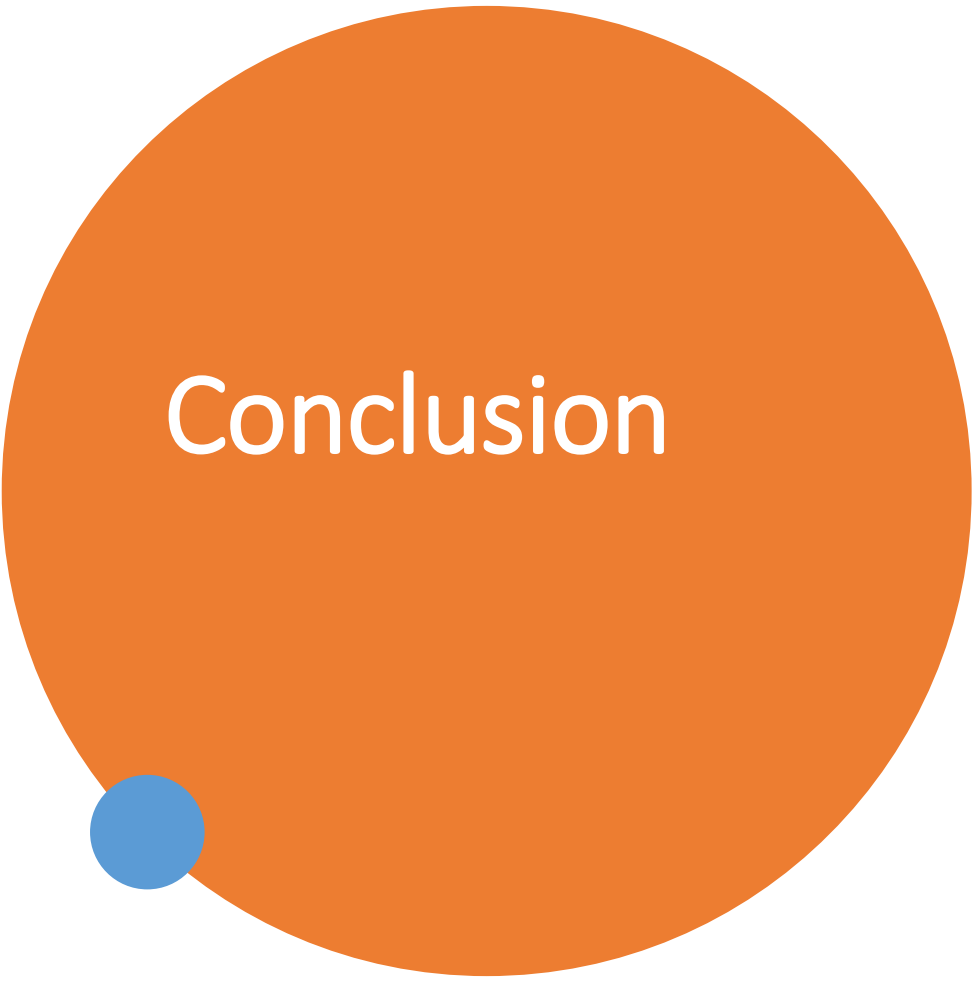
Recommendations

Based on my research on high blood pressure or hypertension, is mainly caused by excessive drinking, smoking, unhealthy eating and lack of exercise. I will recommend healthy eating and physical activities.

- British heart foundation (nd) talks about healthy eating and physical activities reduce the risk of developing heart disease and that we should eat more fruit and vegetable.

Choose foods that are lower in fat and eat less salt, choose whole grain varieties were possible and reduce the level of alcohol intake.

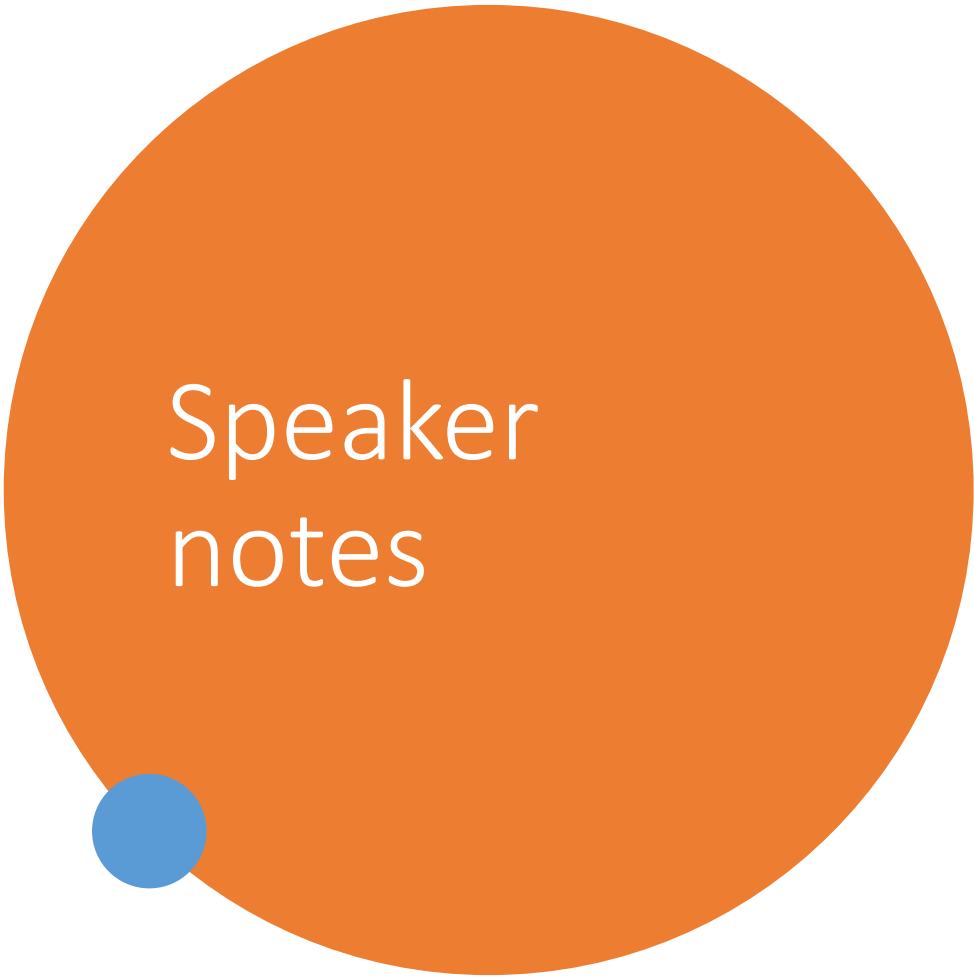
Mayo clinic October 2020 talks about treatment that your GP can prescribe medication based on you blood pressure measurement and your health condition



Conclusion

the main aspect of this assignment is about the health condition high blood pressure or hypertension. The Anatomy and physiology of high

blood pressure. The medical history of patient A and her health related life style. The health risk that is associated to the life style and the recommendations or the life style changes she has to make relating to the health condition



Speaker notes

- In this presentation I will be looking at patient's A's life style information and the risks involve.
- The patient's life style questionnaire; A drinker and smoker no family history of heart attack before age sixty(60)
- Patient A is a woman age sixty, black African, smokes about eight sticks of cigarette a day and drinks around eighteen pints of alcohol a week and she's unemployed.
- The risk factors of her current lifestyle could led to various health conditions: one could be heart attack.
- I will recommend for her to stop drinking and smoking entirely or reduce her intake of cigarette and alcohol and for to be engaged in physically activities.
- The purpose of this task was to focus on patent's A's health related lifestyle and the health condition high blood pressure/ hypertension.

References

- Currie, C. (2016) Measures of health status, quality of life and health care, available at: <https://www.healthknowledge.org.uk//public-health-textbook/research-methods/1c-health-care-evaluation-health-care-assessment/measures-health-status>. Accessed on 31/03/2022

Rastegar, S., GholamHosseini, H. & Lowe, A. Non-invasive continuous blood pressure monitoring systems: current and proposed technology issues and challenges. *Phys Eng Sci Med* **43**, 11–28 (2020).
<https://doi.org/10.1007/s13246-019-00813-x>

Shah, S., Gnanasegaran, G., Sundberg-Cohon, J., Buscombe, J. (2009). The Heart: Anatomy, Physiology and Exercise Physiology. In: Movahed, A., Gnanasegaran, G., Buscombe, J., Hall, M. (eds) Integrating Cardiology for Nuclear Medicine Physicians. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-540-78674-0_1

<https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/diagnosis-treatment/drc-20373417>

<https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>