

BMHP5003

Introduction to Physiology

Assessment 1 Female Patient that suffer from lung cancer



Student name: Catiana Braganca

Student number:1922202

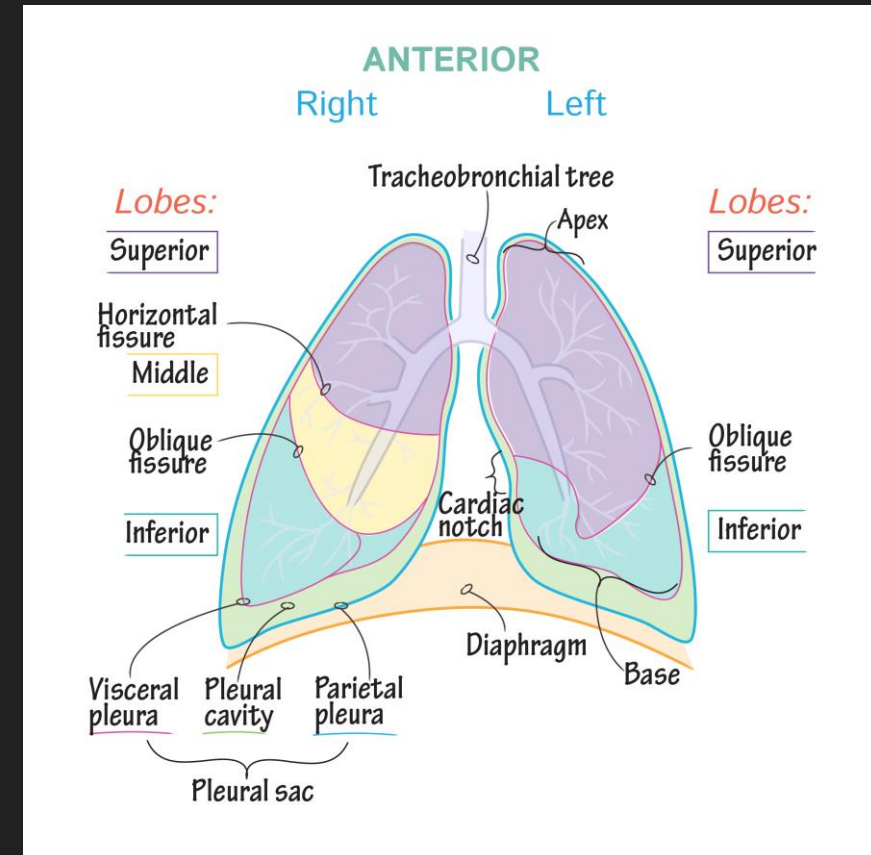
Introduction:

- In this assignment I will discuss about a case of a female patient that suffers from lung cancer.
- In the development of the assignment I will describe anatomy and physiology of lung also the risk factors that may cause to the patient
- To conclude I will provide recommendations to improve the patient care.
- Lung cancer is a lifestyle disease it appears when cells in the body start to grow out of control.

Anatomy of lung

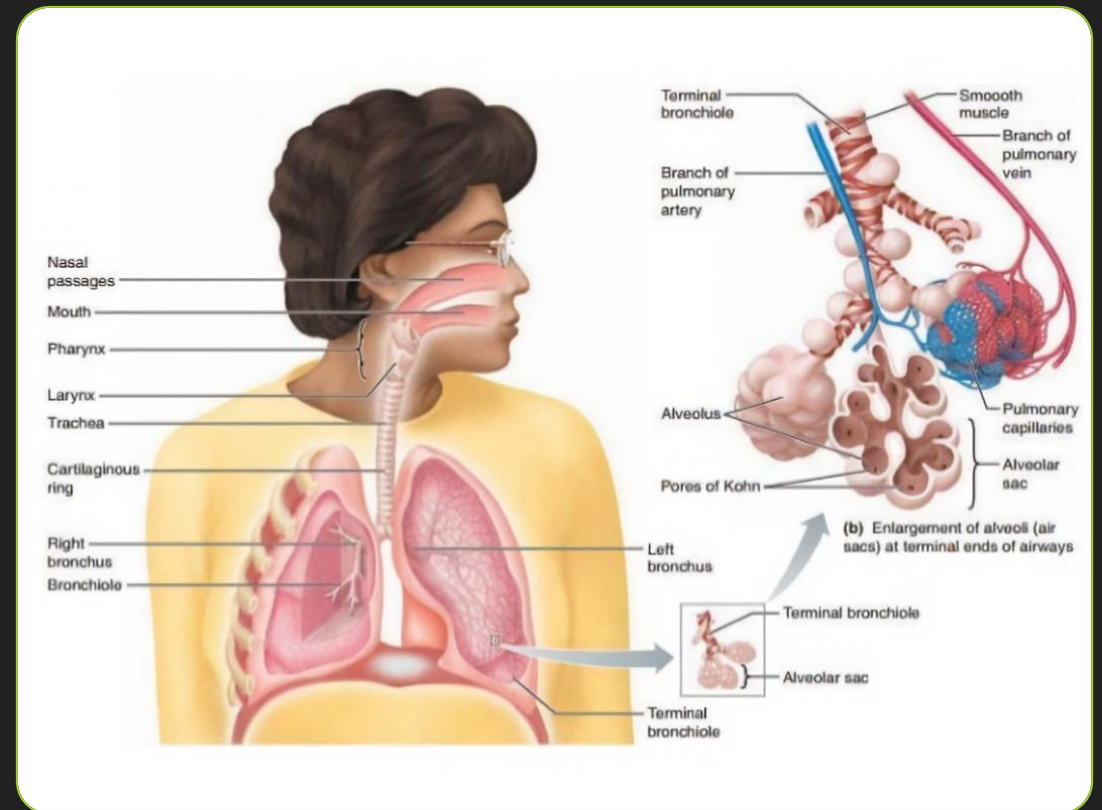
Anatomy

- Lungs are divided into two right and left lungs but from different sizes, the right lung is bigger because is divided in three lobes and the left lung is smaller and divided in 2 lobes because it has to make space for the heart.
- The right and left lung are connected by the lung root and separated by a mediastinum.
- At the bottom of the both lungs are located in the torax three covered parts that are mediastinal surface, diaphragmatic surface and costal surface



Physiology of lung

- Lungs are part of respiratory system
- Inside the lung are bronchi which are tubes that pass to the trachea into each lung.
- -Bronchi is divided into small tubes called bronchioles has the function to help air come to alveoli.
- -Alveoli are mini air sacs in each lung.
- -Lungs are formed of pulmonary arteries, pulmonary veins, bronchial arteries and lymph nodes.



Slideshare,2016

Verywellhealth,2022

Questionnaire

The main aspects used in the questionnaire to measure lifestyle-related information are:

- Alcohol
- Smoking
- medical history
- Physical activity
- patient job area

This aspects affect on the health of patient especially when the patient already has an lifestyle disease could result in future health risks or others diseases.

Lifestyle health-related information of the patient

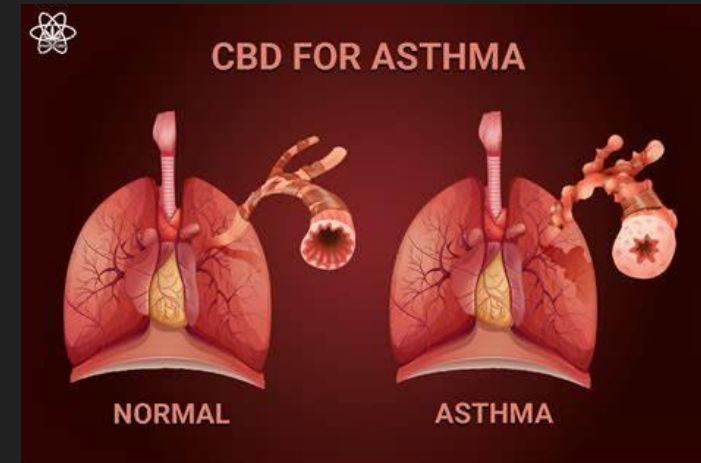
- Based on the lifestyle questionnaire my female patient has 40 years is a current smoker and smokes 25 cigarettes per day, per week she drinks 2 glasses of wine, she had a sister that suffered lung cancer in the past but she didn't have angina/ or stroke before , in relation to ethnicity she is white Irish and works as a shop assistant.
- My patient doesn't do any exercise just walk to the work less than 1 hour. I describe her walking pace as slow pace.

Health Risks

According to the NHS, 2021 smoking causes more than 50 serious health conditions, lung cancer is one of the common illnesses that can lead to death and cause cancer in the mouth, throat, larynx, liver, kidney.

In relation to the answers of my patient's lifestyle, the health risks that can affect her since she already has lung cancer, smokes 25 cigarettes per day and doesn't do any exercise, it may lead to other conditions including:

- chronic obstructive pulmonary disease,
- pneumonia
- common cold
- Asthma



Recommendations

- According to NICE,2019 (National Institute for Health and care Excellence) it was recommended support people to quit smoking by helping them with advices and treatment they provide also reduction of air pollution.
- Consult a specialist and also make the public more aware of the signs and symptoms of lung cancer
- The organisation Cancer Research Uk provide as a recommendation community support and GP at home
- Social workers can help to support with shopping or giving assistance at home care for washing and dressing.

Conclusion

- To conclude smoking can lead to death and can bring many health risks.
- It is important to seek a specialist for early treatment when is discover the condition
- Practice exercise is part of healthy lifestyle and can help to prevent illness.

References

- NHS,(2018) “What are the Health Risks of Smoking”(online) Available at: <https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks-of-smoking/> (Assessed date: 22/03/2022)
- Slideshare(2022)”Phisiology of the respiratory system” (online) Available at: <https://www.slideshare.net/ravengj/physiology-of-the-respiratory-system> (Assessed Date:22/03/2022)
- Verywellhealth, (2022) ”Anatomy of the lungs” Available at: <https://www.verywellhealth.com/lung-anatomy-4843718#:~:text=%20Anatomy%20of%20the%20Lungs%20%201%20Anatomy,after%20age%2035%20it%20naturally%20%28and...%20More%20> (Assessed Date: 25/03/2022)
- NICE,2019 “NICE impact lung cancer” Available at: [NICE impact lung cancer](#) (Assessed Date:28/03/2022)