



BSc HEALTH AND SOCIAL CARE

MODULE: INTRODUCTION TO PHYSIOLOGY

MODULE CODE: BMHP 5003

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ASSESSMENT 2

GROUP 2

Learner declaration

This assignment is my own original work. No part of this work has been copied from any other source or person except where due acknowledgement is made, and no part of the work has been previously submitted for assessment at this or any other institution. I have read the Student Academic Integrity Policy and understand its implications.

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Date: 07/09/2021

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Introduction

The aims and objectives of a health assessment report is amongst other things, to give an idea as to the physical status of patients, through observation, their vital signs and symptoms reported orally by the patient. Other parameters used in the health assessment report include asking for the age, weight, height, build, posture, gait, and hygiene.

The aim of health assessment is to get basic data about the patient, it also helps in providing detailed information about symptoms, childhood illnesses, other medical experiences and if there is a tendency for a risk for developing certain diseases. A health assessment report also helps in knowing the normal condition of a patient from when it is abnormal. A well taken assessment helps the caregiver the opportunity to communicate with the patient by advising on how to maintain or manage their health (Eastern Illinois University, 2020)

Health assessment could also be explained as an assessment carried out to find out any abnormal health issues that can affect a person's ability to live normally (Workplace Testing, 2018).

A health assessment report gives an insight to understanding a patient's health, it also helps to find out more remote causes of various issues with regards to the patient's health and it can be used to prevent underlying health issues (Flowers J., 2021).

In this report, patient A's health assessment which derived from the questionnaire to investigate the health challenges facing Patient A.

Case Study:

The case study is about patient A who was born 1st January 1976, whose blood pressure was recorded at 140/90. She has a height of 1.70m, weight of 70kg. She smokes 1 to 9 sticks of cigarettes a day, she has high blood pressure, has no history of heart attack or angina. She has also never had stroke,

No relation of patient A has had heart attack below or above the age of sixty. She also has high cholesterol, which could be traced to her eating habits which is mainly made up of fried food and chocolates. She also watches television a lot and only exercises once a month.

Patient A is a woman of 45 years old; her body mass index (BMI) is 20.6Kg/m². She is known hypertensive and there is a history of hyperlipidaemia in her family. She does not engage herself in enough exercise and other physical activities. Her dieting habit was very poor, she ate junk foods made up of more fries, crisps and chocolates and she indulged in smoking huge amounts of cigarettes a day and she also has the habit of drinking a humongous amount of alcohol in a week.

Health Assessment:

Health assessments are used to appraise a patient's medical status. There are many reasons why health assessments are important. The two most important reasons are, they help health leaders to look at specific places with the aim of identifying early signs of disease. Secondly, early identification helps care providers to develop a better and more accurate understanding of a patient's health condition, and helps in identifying likely causes of diseases being faced by Patient T.

From the health assessment done with the vital signs of patient A, it is noted that she is 50 years old. Her blood pressure which is reported to be 140/90 is a sign of hypertension, this is so because the ideal blood pressure is considered from 90/60mmHg and 120/80. High blood Pressure is taken between 140/90mmHg. This points to the fact that patient A is hypertensive. The NHS guide states

that an ideal blood pressure is normally read between 90/60mmHg and 120/80mmhg (NHS, 2019). Her dietary habits are very poor.

Prime among the illnesses Patient A will likely be exposed to are diabetes, lung cancer, cardiovascular diseases.

Diet:

Patient A eats a lot of fried food and chocolates which serves as the bulk of what makes up her diet, these are rich in cholesterol, carbohydrate, and fat. There are good and bad cholesterol, represented by HDL (good) and LDL (bad). The HDL carries cholesterol to the liver which helps in removing it from the bloodstream, therefore it is regarded as being good (CDC, 2020). Patient A's food is rich in bad cholesterol, they form plaques within the vessels of the brain, heart and big vessels of the legs causing serious disease and disability. Already there is a history of high cholesterol (hyperlipidaemia) in their family, this could just be a pointer that she is at further risk as this disorder may be genetic.

She is also likely to develop diabetes with the high quantity of sugary things she eats and her habit of living a sedentary lifestyle watching television. Diabetes causes the blood sugar level in a person to become very high and this condition is a lifelong one (NHS, 2019) There are two main types of diabetes and other less known ones. Type 1 diabetes; This type is a situation where the pancreas is attacked and the cells that produce insulin are destroyed. Type 1 diabetes occurs in both children and adults and in this case the person needs insulin to survive because the pancreas is attacked by the body and destroys insulin produced by it. Type 2: In this instance the body just does not make enough insulin. This is the type most common in the UK. 95% Of people suffering from diabetes suffer type 2 diabetes. This type afflicts mainly people in their middle age or older. Diabetes if diagnosed early helps in the treatment and subsequent control for the person to live a healthy and longer life (Cleveland Clinic, 2021).

Physical Activity (Exercises):

Patient A is only able to exercise once a month, this is highly inadequate. Physical activity is highly recommended by the NHS, that is the reason it has Gym-free exercises to help people keep fit and healthy. The benefit of exercising regularly is widely accepted, it yields a lot of benefits for our health, including the promotion of health and lifespan (Vina, J. et al, 2012)

Alcohol Consumption:

Patient A drinks 3 - 6 units of alcohol a day, this sums up to 21 - 42 units/week. Alcohol increases the risk of developing liver disease, heart disease and diabetes. Taking alcohol over a long time affects the organs of the body, these include the brain and nervous system, liver and pancreas and the heart.

Drinking excessively also heightens the blood pressure and cholesterol levels which can lead to stroke. It also compromises the person's immune system which makes the person exposed to infections. It also weakens bones with the attendant risk of fractures or even breaking them.

Long-term effects of alcohol include, High blood pressure, stroke, pancreas disease, liver disease, cancer, depression, dementia, loss of libido, brain damage and infertility (Royal College of Nursing, n.d.)

Smoking:

Patient A, smokes 1-9 cigarettes a day, which is very much on the high side. Smoking causes a lot of diseases in the human body; it narrows the vessels which supply blood and oxygen to the heart and brain and other vital organs. The illnesses it can cause include, cancer, heart disease, stroke, diabetes, lung diseases, and chronic obstructive pulmonary disease (COPD). Almost every organ of the body is endangered by smoking, and it impedes the health of smokers generally. It is estimated that nearly 78,000 people die each year in the UK from smoking (Bupa UK, 2021).

Recommendations:

Patient A would be recommended some changes to her lifestyle, to avoid the risk of developing diabetes and other cardiovascular diseases, such as stroke, heart attack and even obesity. From the vital signs received from patient A, these recommendations are also to ensure good control of her existing disease of hypertension and prevent possible development of diabetes.

Diet:

I recommend Patient A decrease her intake of fat, especially saturated fat as contained in chips, crisps, pastries, biscuits, and samosas, and increase her consumption of healthy meals which are rich in fibre, fruits, and vegetables. The NHS recommends “5 a day” i.e., 5 separate servings of fruits, vegetables, beans, and lentils in her meals. Patient A is advised to choose more lean meats, like skinless chicken and turkey, which will help in reducing the amount of saturated fat. Grilled and steamed food will also be of great help (Diabetes UK, 2019)

A dietitian's review and advice will be of immense benefit to patient A. A meal plan will be created that will suit his cultural, professional, personal, or religious standards.

Physical activity:

Patient A had a poor exercise routine. Regular exercise decreases the risk of developing diabetes, and other diseases. Physical activity could be improved by undertaking moderate tasks such as walking to a nearby grocery store instead of driving. Taking the stairs instead of lifts or escalators. Finding other people to exercise with can also encourage her to spend more time working out.

She could involve herself in more vigorous activities, such as, jogging, swimming lengths, cycling either rapidly or steep terrain, football, gymnastics or skipping (Diabetes UK, 2019).

Physical exercise helps in weight control, brings down the blood pressure, checks the risk of diabetes and helps us build energy. Exercise helps in reducing depression and anxiety, it sharpens a person's memory and enhances self esteem and self confidence. Indeed, there is a strong connection between good physical well being and mental health (Walden University, 2021)

Smoking cessation:

Even in the absence of non modifiable risk factors, cigarette smoking alone increases the risk of developing type 2 diabetes disease. Cigarette smoking also causes the narrowing of the vessels which supply blood and oxygen to the heart and brain and other vital organs of the body. If Patient A is prepared to cut down or quit smoking, nicotine patches or gums can be helpful with dealing with withdrawal symptoms. Patient A can also be assigned to support groups to provide help on his journey as it can be a difficult process. All the above mentioned can be assessed from the smoking cessation clinic (NHS, 2018)

Smoking can cause multiple diseases such as cancer, chronic obstructive lung disease (COPD), heart disease, stroke, asthma, diabetes, blindness and in women it has a reproductive effect, premature and low-birthweight babies, and various types of cancers (American Lung Association, 2021)

Stress management:

Stress, if not managed well, can be a risk factor for type 2 diabetes. Stress management techniques are simple and non harmful ways to check sugar level changes related to stress.

The reduction of stress levels, helps in reducing the chances of developing diabetes related complications such as heart disease, stroke, hypertension, and mental health conditions such as depression and anxiety (Diabetes UK, 2019). Living with a high degree of stress tends to jeopardise a person's well being and physical health. If a person can extricate themselves from stress, they tend to live happier, healthier life and become more productive. It is advisable for people to aim at having a balanced life, by creating time for work, relationships, recreation, and fun (Robinson, 2020)

Alcohol Consumption:

It is appropriate to recommend Patient A cuts down on her alcohol consumption. This may sound quite difficult and understandably so. Alcohol is a strong substance that could have so much negative impact on all parts of the human body like the brain, bones, liver, kidney, and heart. The risks linked with alcohol are both short-term and long-term. The short-term effects include dehydration, headache, nausea, vomiting, diarrhoea, and indigestion. It can also include accidents, violence and antisocial behaviour, unsafe sex, loss of personal belongings etc. The long-term health issues associated with alcohol abuse include stroke, high blood pressure, liver disease, pancreatitis, mouth cancer, depression, impotence, infertility etc (NHS, 2018)

There are various support groups such as Alcohol Anonymous (AA) and they are available to help people struggling with addiction with cutting down. They provide support, advice, and conviviality to those battling with alcoholism and alcohol abuse (Alcohol Anonymous, n.d.)

The NHS also organises counselling sessions known as brief intervention. It is very brief and lasts about five to ten minutes. It explains the risks that goes with a patient's pattern of drinking, and proffers advice on how to reduce alcohol intake (NHS, 2018) Patient a could keep a "drinking diary" where she can keep records of how many units of alcohol she drinks a week. She could also try out the tips on social drinking, this is the trick of alternating soft drinks with alcoholic drinks when she's out with her friends.

Conclusion:

Patient A has had a chequered lifestyle over time ranging from alcohol misuse, excessive smoking, and poor dietary habits. All these are known to have very harmful effect on the human body. Living a healthy and active life by eating decently, avoiding other excessive bad habits and being active goes a long way in giving one a long life.

Health assessment is quite important when managing any ill-health, it helps the health authorities in pin-pointing conditions in the community that are prevalent and of high risk, it also facilitates the identification of the onset of diseases immediately, though the patient might look healthy. It also helps the care provider to fashion out more precise understanding of the community they operate in as well as finding out potential causes an ailment afflicting many people in the community (Norwich University online, 2017)

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