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Introduction

Diabetes is a medical issue that continues to have a significant impact on both young and old people. People can live a healthy lifestyle by decreasing all the potential causes of diabetes by becoming more knowledgeable about it. I'll evaluate why diabetes is a serious health problem for people and the entire planet in this project. I'll go over the history of diabetes, its definitions, and its various forms. In addition, I'll go through what is required to support diabetes patients' individual and collective health. By the time the assignment is finished, the reader will know more about diabetes because I'll have covered both its causes and possible preventative strategies. In the last stages of the assignment. I'll outline a few attainable health promotion objectives that will aid in the fight against diabetes.

Case study

An individual's specific needs as well as how the health service or a long - term care facilities will address them are described in a health assessment, which is a plan of care. The practice of establishing one's present physical condition through such a medical assessment

and health history is known as health assessment. It is done to find diseases in persons who may think are healthy and feel that way early.

LW is a 42-year-old female at a height of 165cm and a weight of 85kg. This suggests that the patient is out of their height and age range. The patient has provided answers to the questions that were posed using the assessment questionnaire. These were quick inquiries to learn more about the patient's health. There are signs of family history for heart attacks, and she feels a desire to drink a lot of water. When she sleeps, she is still tired even if she has had hours of rest. She only exercises one a month or rarely which may be the cause of her weight this is paired with poor dieting habits as the patient's diet is majority made up of snacks not giving her the right nutrients she needs for a healthy, balanced diet.(see appendix 1).

Endocrine system

Your endocrine system is made up of a collection of glands. These glands, which are distributed throughout your body, create and release hormones. In order to coordinate numerous biological activities, hormones are chemicals that go through your blood and connect with your organs, skin, muscles, and other tissues. These signals give your body instructions on what to do and when. The endocrine system in your body constantly checks the amount of hormones in your blood. Hormones communicate by locking into the target cells in order to reach those cells with their message. The pituitary gland instructs other glands to stop producing and releasing hormones when your hormone levels rise. When hormone levels fall below a certain threshold, the pituitary gland has the power to direct other glands to produce and release more hormone. Homeostasis is a process that works like the thermostat in your house. Almost all biological processes, including metabolism (the process by which food is broken down and nutrients are converted into energy), growth and development, emotions and mood, fertility and sexual function, sleep, and blood pressure, are influenced by hormones (Cleveland Clinic medical professional, 2020).

Glucose Levels

As a result of diabetes, blood sugar levels are more difficult to control. Glucagon's function is to increase blood glucose levels, whilst insulin helps to decrease blood glucose levels. Insulin and glucagon cooperate in adults without diabetes to maintain stable blood glucose levels. In diabetes, there is an imbalance between the actions of glucagon and insulin because either the body doesn't produce enough insulin or it doesn't react to it properly. Because the body can't make enough insulin in type 1 diabetes, blood sugar levels become excessively high and must be treated with insulin injections. Blood glucose levels that are higher than normal can also come from type 2 diabetes, which is characterised by the body's inability to respond to insulin properly. There are drugs for type 2 diabetes that help to improve insulin sensitivity, stimulate the pancreas to produce more insulin, and prevent the release of glucagon (Nguyen, et al.2017).

What is diabetes?

If your blood glucose levels become too high, you could get diabetes. This could happen if your body doesn't produce enough insulin or if the insulin it does produce is ineffective. or if your body is unable of producing any insulin at all (Diabetes UK).

Diabetes causes

The amount of sugar in the blood is controlled by the hormone insulin, which is produced by the pancreas (a gland behind the stomach). When food is digested and makes its way, insulin transfers glucose out of the blood and into cells where it is metabolised to produce energy. However, if you have diabetes, your body cannot use glucose as fuel. This is an outcome of either inadequate insulin synthesis or inadequate insulin action that is produced. (NHS, 2019).

Symptoms of Diabetes

The most typical indications of diabetes are loss of energy and stamina, weight loss, an increase in appetite, and a variety of other symptoms such as exhaustion, irritability, stress, lethargy, frequent urination, and headaches (Centers for Disease Control and Prevention, 2021).

The History of Diabetes

Being told you had diabetes was like to receiving a death sentence during the mediaeval era. Thomas Willis, Sushruta, and Arataeus were the first to treat diabetes (Mandal, 2021). The three were Greek doctors who recommended riding horses for exercise in order to reduce frequent urinating. They also discussed further treatments, such as overeating and drinking wine to prevent hunger and excessive fluid loss (Mandal, 2021). The ancient Indians, on the other hand, used ants to test for diabetes in close proximity to a person's (Mandal, 2021). High blood sugar levels are most commonly caused by the condition diabetes. When a person has diabetes, their bodies either can't produce enough insulin or can't effectively use the insulin that is produced (Watson, 2021). The hormone known as insulin transports glucose after the blood then to the body cells. There are various and many types of Diabetes, including type 1 diabetes and type 2 diabetes these are only a few of the several kinds of diabetes (Watson, 2021). These diverse categories all have distinct consequences on our bodies and hence require various urine. If a person's urine attracted ants, they would be diagnosed with urine incontinence (coping mechanisms).

Knowledge of Diabetes

Unfortunate part with diabetes is that it can be contracted without one's knowledge. When someone discovers they have diabetes, their condition has already gotten worse, and they are severely suffering. One in three persons have prediabetes, which is a disorder with elevated blood sugar levels, according to (Genesis Medical Associates, 2015). If people don't alter their lives, their blood sugar levels rise, which can cause additional forms of diabetes. People will be able to help one another in the battle against diabetes if they have knowledge of the disease (Genesis Medical Associates, 2015). This involves keeping a healthy lifestyle through exercise and eating a balanced diet (Dowshen, 2021). I decided to talk about diabetes because I wanted to learn more about its causes and treatment options. Education is essential because most individuals are unaware of the illness, making it feasible for them to receive treatment as soon as possible if they have any symptoms (Dowshen, 2021). As long as the patient complies with the instructions on healthy living and the symptoms of diabetes are identified early enough, it is simple to manage.

Because it affects so many people worldwide, diabetes is a serious health concern. Anyone can develop diabetes. But certain racial or ethnic groups are more impacted than others. Compared to all other ethnic groups, the American Indian and Alaska Native populations are more impacted by diabetes. People who are older than 65 are more likely to get diabetes than are those who are younger Dr MD (2021) estimates that most individuals older than 65 have diabetes. However, compared to the elder population, the number of young individuals who are impacted is far lower.

The danger elements for Type 1 diabetes are inherited, making parent-child transmission simple. Young children and adolescents are most commonly affected by type 1 diabetes. In addition, white Americans are far more prone than Latino and African Americans to get the condition. Middle-aged and older people are more susceptible to type 2 diabetes. Additionally, having a child who weighs more than 9 lbs. and having a history of gestational pregnancy are risk factors for type 2 diabetes (Dr MD, 2021).

The prevalence of diabetes is higher isolated areas where people lack open entry to healthcare and school, it is vital to remember. Due to a shortage of health facilities and information about how to treat diabetes, 28% of diabetics in the United Kingdom have trouble getting medicine (Holt, R., Whicher, C.A. and O'Neill, S., 2020). Additionally, the majority of rural residents don't undergo yearly health exams, therefore their diseases deteriorate daily.

Recommendation:

The first objective is to lower the high number of diabetes diagnoses. Making sure people are engaging in strenuous activities and exercises is the initial health intervention. One must make sure they have practiced a little before going to bed in order to improve their bodies' metabolic activities (Harvard T.H CHAN, 2021).

Exercise assists one to keep a healthy weight, which will greatly reduce the number of obese and overweight persons. In addition, exercise improves the body's sensitivity to insulin. The sugars in the bloodstream can then be consumed by the bodily cells.

Maintaining a healthy eating pattern is another strategy that will result in fewer people being diagnosed with diabetes. The majority of people, particularly teenagers, consume calorie-dense foods. First, make sure to boost your intake of fibre (ScienceDaily, 2018). Because it slows down the digestion of sugars and carbohydrates, fibre is crucial. Vegetables, whole grains, and legumes are examples of foods that are higher in fibre. One has an extremely high risk of developing diabetes if they consume too many carbohydrates. Drinking a good amount of water to keep hydrated all the time is another good dietary practise (JOHN MUIR HEALTH, 2021). Additionally, drinking a lot of water helps the kidneys pass excess glucose through the urine. (ScienceDaily, 2018). Someone who drinks plenty of water has a reduced risk of developing diabetes. However, since they increase blood glucose levels, sugar-sweetened beverages should be eschewed.

Making sure to eat healthy is the second action one may take to combat diabetes. A medical team should assist the sick individual in developing a meal plan after the patient has been evaluated by the doctor (DiabetesUK, 2021). Less salt, sugar, and calories should be included in the meal plan, along with more saturated fats.

A diabetic individual should make sure they are not worried out as their initial action. Sugar levels are raised by stress, which causes a spike. One can take a walk, breathe in and out, listen to their favourite music, or engage in their favourite activities to lessen stress triggers (DiabetesUK, 2021). A person should also have a support network to which they can turn in case of stress.

. LW suffers from high blood pressure {last reading was 150/100 mmhg.} In addition to healthy diet and exercise we need to monitor her blood pressure to make sure it is controlled. She has family history of high Cholesterol level and heart attack yearly monitoring of her lipid profile and ECG should be part of her care plan as well.

For our patient LW, we will introduce the above management plan and monitor her blood sugar. Sometimes changing diet and exercise is enough to control and normalised once blood sugar however if these measurements failed then we need to think about prescribing hypoglycaemic medications under close observation and monitoring.

Conclusion

One of the world's most serious diseases is diabetes, in fact. People of all ages, young and old, can develop diabetes. Although those over the age of 65 are more likely to have diabetes diagnosed, other factors may affect a person's likelihood of developing diabetes (Watson, 2021). For instance, a child may inherit diabetes from one or both of their parents. The chance of developing gestational diabetes again is extremely high for women who have already had it (Dr MD, 2021). Diabetes is also more likely to affect those who are not physically fit. This makes it clear that even while certain people are predisposed to developing diabetes, several other factors are crucial.

Diabetes may be managed, and the high rates can be decreased even though it is a serious ailment worldwide. Exercise and eating healthy meals are two ways to maintain it, which can help you reach your goal.

Political and other non-political organisations can offer food to the public because some individuals cannot afford the nutritious diet that is advised for diabetics (Holt, Whicher and O'Neill, 2020). Since there are so many things that might assist burn calories, exercising is simple (Dr MD, 2021). Allowing the individual to focus on the activities they excel at is crucial for this reason. In general, diabetes is a serious ailment, but if all necessary resources are made available, it is simple to prevent and control.

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Appendices:

Appendix 1

LIFESTYLE QUESTIONNAIRE

Introduction:

In order to help us focus our Health Promotion activities in the practice, we would be grateful if you could fill in this short questionnaire. If you have already completed one on a previous visit, please return this questionnaire to the receptionist.

Name L W Date of Birth
.....
.....

01/02/1980

Do you smoke? Yes [] No [/]

If Yes, do you –

smoke less than 1	cigarette/day	[]
1 – 9	cigarettes/day	[]
10-19	cigarettes/day	[]
20-39	cigarettes/day	[]
	more than 40 cigarettes/day	[]
	smoke a pipe	[]
	smoke cigars	[]

If No, have you –

never ever smoked	[/]
given up smoking in the last year not	[]
smoked for more than 1 year	[]

Do you have high blood pressure? Yes [/] No []

ou ever had a heart attack or
suffered from angina? Yes [] No [/]

Have you ever had a stroke, “shock”
or any weakness down one side? Yes [] No [/] Have any

of the following – mother, father,
brothers or sisters had –

a heart attack below the age of 60	Yes []	No [/]
a heart attack above the age of 60	Yes [/]	No []
a stroke	Yes []	No [/]
trouble with very high cholesterol	Yes [/]	No []

(hyperlipidaemia)

.....

Practice Use Only

Health Education Smoking No.....

BP 15 / 10.....

Height ...165.....

Weight ...85 kg

.....

EXERCISE

Healthy exercise usually involves activity that lasts for at least 20 minutes, raises your pulse and produces hard breathing. In younger people this might be running, cycling or sport, or brisk walking for older people.

Do you take this type of exercise –

- | | |
|--|--------------------------|
| daily | ☐ |
| 3 times weekly | ☐ |
| once weekly | ☐ |
| once monthly | ☐ |
| seldom | ☐ |
| I cannot take exercise because of disability | ☐ |

DIET

Please tick the one category which is closest to your usual eating pattern.

- | | |
|--|--------------------------|
| I eat no meat, fish, or dairy produce | ☐ |
| I eat no meat | ☐ |
| I eat a mixture including daily fruit and vegetables | ☐ |
| I eat a mixture including regular chips and fries | ☐ |
| I eat frozen meals (e.g. TV dinners) 3 or 4 times/week | ☐ |
| I eat mainly snacks | ☐ |
| I eat a special medical diet | ☐ |

Please specify: My diet is mainly made up of snacks.

ALCOHOL

Please tick the statement which most closely describes your usual average alcohol intake. (1 unit is 1 glass wine, ½ pint beer or a single measure of spirit.)

- | | |
|--|--------------------------|
| I never drink alcohol | ☐ |
| I drink less than 1 unit per day | ☐ |
| I drink between 1 and 2 units a day | ☐ |
| I drink between 3 and 6 units a day | ☐ |
| I drink between 7 and 9 units a day | ☐ |
| I drink more than 9 units a day on average | ☐ |

.....

Practice Use Only

Health Education Alcohol
Alcohol Brief Intervention

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