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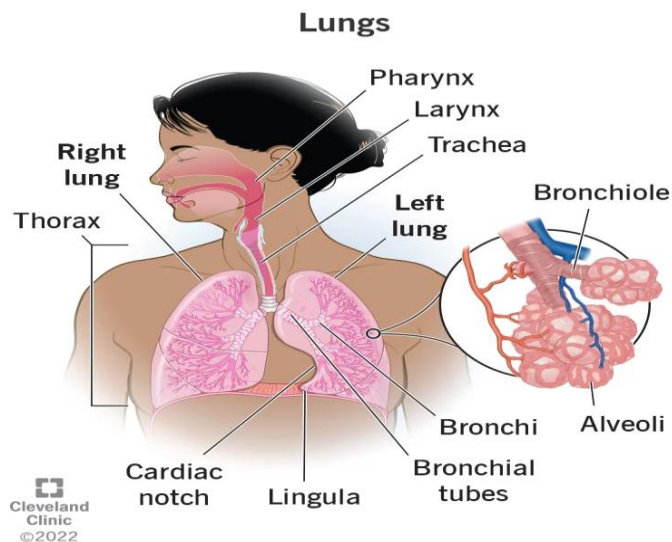
1. Introduction

The topic discussed in this report is asthma, a chronic respiratory disease. Asthma affects the lungs which causes an individual finding it hard to breath. The air carried in and out of the lungs through tubes that are swollen and narrowed. It is noted, 5.4 million people in the UK suffer from asthma. Asthma is not curable and affects all ages. On the other hand, by measuring a healthy lifestyle it can improve an individual's life and well being. (Asthma UK, 2021)

Furthermore, will discuss the anatomy and physiology of the lungs as well as, how asthma has an affect on the lungs and the respiratory system. This report will also discuss lifestyle measures as it is important to follow a healthy lifestyle especially with a health condition, Tabish, (2017) noted lifestyle diseases kills around forty million individuals a year. Lifestyle diseases can result on unhealthy habits and behaviour from the individual. On the other hand, can be a result of other factors such as, genetics (genes) and the environment. However, it can not be communicated from one individual to the other. Furthermore, will discuss health and social care practices and policies with regards to care planning as well as, recommendations to help an individual's health and well-being to better cope with their disease.

2.1 Anatomy

The lungs are a major part of the respiratory system which can be found in the thoracic cavity system. The system is divided in two parts the upper respiratory tract which includes the mouth, nasal cavity, throat, and the voice box. Whereas the lower respiratory tract includes the lungs, trachea (windpipe), bronchi, bronchioles, and the alveoli.



Source 1 (Cleveland Clinic, n.d.)

Furthermore, there are two lungs however, the right lung is sectioned into three lobes and is larger and the left lobe is sectioned into two lobes which is smaller this is to allow room for the heart. Furthermore, lungs are protected by the sternum (chest bone) and the ribcage and are protected with a covering called plural tissue.

The lungs appearance looks like two cones and have a spongy texture and weigh around 2.2 pounds. The lungs colour depends on the age of the individual such as, a child's lung is pink in colour whereas, an adult's lung is brown, grey or, black in colour this is due to the carbons we inhale over time. (Cleveland Clinic, n.d.)

2.2 physiology

A person breathes in air from outside through their mouth and nostrils the air then enters the airways down into the lungs which have over 150 million alveoli's this is where gas exchange happens. The circulatory system supports the respiratory system by bringing blood from the lungs furthermore, it helps deliver nutrients and oxygen through the body, therefore, helps to remove carbon dioxide and waste products. (www.nhlbi.nih.gov,2022)

Asthma has two main parts to the lungs during an asthma attack inflammation and muscle constriction. Asthma affects an individual's airway which are the bronchial tubes that transports air into the lungs. The lining of the airways become swollen and inflamed usually triggered by allergies such as, dust, cold air. The muscles that surround the airways tighten and reduces the amount of air getting into the lungs during an asthma attack. (Anon, 2021)

3. Health and Lifestyle routine measures

Asthma is a common chronic respiratory disease that affect an individual's lungs and their respiratory system which affects the airways in the lungs. Asthma happens when an individuals airways narrow and swell usually, start from a trigger as well as, producing more mucus a sticky substance. This results in, an individuals breathing becoming more difficult and causes a constant cough. Furthermore, wheezing and shortness of breath can also occur as well as, chest tightness when an attack arises. For some people asthma can be minor on the other hand, other individuals especially those with a current health condition such as, obesity, asthma can be a major problem thus, affecting an individual's daily life as well as, be life threatening. (Mayo Clinic. 2020) According to Ampon et al (2005) a study was found asthma is a key factor of impaired quality of life, therefore, impacts an individuals measures of psychological, physical, social life and, their well-being.

Health care is measured to offer services from health care professionals and health organisations to individuals with a chronic health condition that affects their ability in daily life such as, their physical capacity. Therefore, an individual's health is measured to better their quality of life by health care professionals offering advice to individuals as well as, how to manage their chronic health disease. Furthermore to promote health such as healthy eating to better an individual's health, health condition, social, and well-being.
(www.healthknowledge.org.uk.n.d.)

Moreover, an individual's behaviours and unhealthy habits such as, smoking, alcohol consumption, diet and lack of physical activities can contribute to an individual's health worsening. Other factors include unhealthy environments, economic and social life. (Fortier

et al, 2015) Pietinalho et al, (2009) stated tobacco smoke is harmful for everyone however, tobacco smoke is much worse to an individual with an asthma disease. Tobacco smoke contains over four thousand chemical substances which is very harmful to one's health furthermore, smoking increase more hospitalizations in individuals with a chronic disease.

An asthma attack could also be triggered from foods an individual consumes which the individual may be allergic to. Johnston et al (2007) states foods such as, egg, peanuts and, preservatives such as, food colouring also, can be found in alcoholic drinks such as, wine.

Reflux and heartburn caused by stomach acids and food stuck in the windpipe is a common trigger as well as, stress such as, chronic stress and even crying can also be a trigger to set an asthma attack (Asthma, 2018)

4. Health and Social Care practice

Asthma affects more than three hundred million individuals according to Kankaanranta et al, (2016) study showed asthma is not a single disease it is however, a heterogeneous syndrome with phenotypes. Moreover, asthma is most common in children however studies show chronic asthma can also affect onset adults furthermore most common in women aged over 40 years old. Some factors have been associated these include obesity, respiratory infections such as, COPD. Smoking, lung functions low, and occupational work. Furthermore, type 2 diabetes, cardiovascular, and psychiatric diseases are also factors linked to asthma. (Kankaanranta et al, 2016)

Asthma is a long-term disease; therefore, it is important to have the right information and management in place to help the individuals. Without an individual seeking or getting the correct support to manage their health condition it has been noted that many individuals in the UK seek help in accident and emergency units however, most of these individuals was not needing the urgent care or treatment therefore, causing health services to be under more pressure because the individual was not given the correct management or information to manage asthma at home. (British Lung Foundation, 2013)

Therefore, health professionals should provide an individual with a chronic respiratory disease such as, asthma an action plan written by a UK health professional and those dealing with the patients care which should include information that details an individuals triggers to an asthma attack as well as, any current treatments and information to prevent a relapse. Furthermore, advice to the individual when to get medical help in the emergency departments. (RCP London, 2015) According to Alli (2019) during an asthma attack an individuals airways become narrow. However a peak flow meter can detect before the problem arise before an attack.

Asthma and Lung UK is an organisation who offers care and support for individuals living with a chronic lung condition such as, asthma. As well as, to change the way lung health is perceived. Asthma and Lung UK services offer a help line to individuals to manage an individual's condition as well as, other services such as, how to deal with asthma when traveling and at work. Harris et al (2018) noted 20-50% of workers are asthmatics in the workplace from exposures of dust, cleaning products, fumes and, mould therefore, many workers have become unemployed because of the situation.

Furthermore, Asthma and Lung UK offer free downloadable action plan to be completed by the individual and their health care worker (Asthma UK, 2018)

5. Recommendations

Asthma and Lung UK offers guidance and advice and support to a healthy well-being by suggesting diets and foods to avoid that can trigger an asthma attack.

It is recommended to quit smoking or to stay away from second hand smoke if an individual has asthma as smoke can lead to more frequent asthma attacks. Smoke can also restrict an individual's quality of life and reduce their daily activities. Moreover, smoking also damages the airways leading to loss of lung function. Advice to stop smoking is to make home and the environment the individual lives in a smoke free environment as well as, to avoid smoking places such as, pubs and cafes. (Vic.gov.au, 2012)

Individuals may be put of any exercise as this can be a trigger to an asthma attack however, regular exercise such as yoga and gentle warm up exercises can actually reduce asthma symptoms and triggers. On that note eating a healthy diet which includes fruits, vegetables, and foods high in fibre are key to control asthma triggers. (Verywell health, n.d.)

Furthermore, McDermott (2018) noted, a study found vitamin A contains high sources of vitamins A, therefore, can improve lung function in individuals with asthma.

It is also suggested the individual to have an action plan to be shared with other health professionals that show their triggers and current treatments. As well as, giving information to the individual when to get help in an emergency.

6. Conclusion

In conclusion this report has shown my understanding on the anatomy and physiology of the lungs and how asthma can affect an individual's lungs. Furthermore, shown the importance of having the right care from health care services to guide an individual with a chronic respiratory disease like asthma to lead a normal healthy life by learning to manage their condition. Furthermore, learning what triggers an asthma attack by avoiding certain foods, smoke. On the other hand, it is still important to exercise and manage weight to stop obesity which can cause triggers to an asthmatic individual. Therefore, health and lifestyle are important to be measured to improve the individual's quality of life and social well-being. Keeping an action plan as suggested by Asthma and Lung UK will help the individual and health care professionals in the care of the individual manage a better life.

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