

Module: Introducing to Physiology

Module code: (BMHP5003_LON)

Assessment: 1

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Topic: **CIRRHOSIS**



Introduction

- The Aim of this presentation is my patient (David) to change his lifestyle and live better and safer life. Free from bad and dangerous habits.
- Lifestyle is measured to help the health professionals, help and answered the patient questions.
- Why we measure? Help prevent chronic diseases and long-term illnesses. In this case we will be looking the cirrhosis as disease which can end with dead.



At this presentation today I will introduce you to my patient called David 56 years old.

David is drinking every single day , working at the office 8 hours per day. Dose not have a lot of activities during the days. And when the night comes he is drinking half a bootle of vodka.

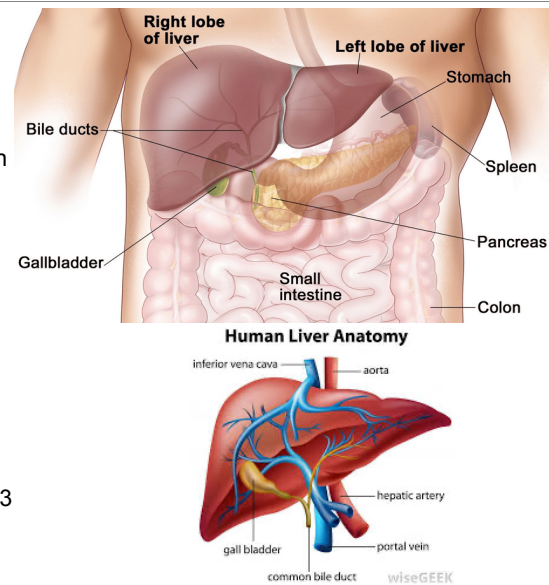
From the answered questions David have very big % to end up having cirrhosis like his father.

He came to me after completed the questions that we asked him. The questionnaire is measuring the lifestyle. Which help to know more about the person life.

At my presentation you see the question (Why we measure?) the answer to this question is simple if we do not measure we as professional in this areas, won't be able to prevent deadly diseases like the one will deal with this patient.

Anatomy

- The liver is position on the right site of the human body.
- The liver is part of the digestive system.
- The location of human liver is portion of the abdominal cavity , beneath the diaphragm, and on top of human stomach, the right kidney, and intestine.t.n.
- The liver have the shape like cone. The colour is a reddish brown organ. The weigh can be about 3 pounds. (Johns Hopkins medicine, 2022)

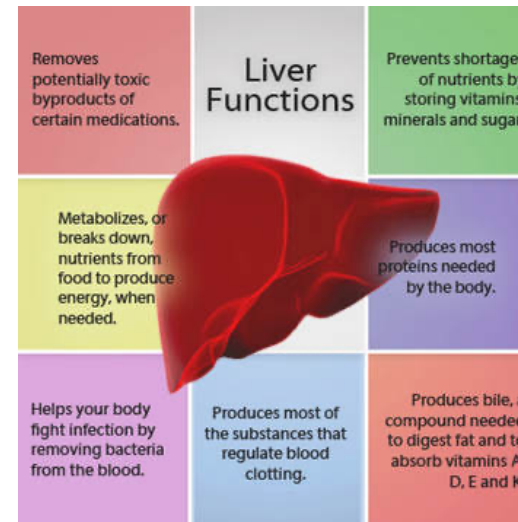


From the first picture you can see where the liver is located in our human body. It is taking its position at the right side of the human body.

The liver is part of the digestive system. The groups of organs at this system are mouth, salivary glands, oesophagus, liver, stomach, gallbladder, pancreas, large intestine, small intestine, appendix, rectum, anus.

Physiology

- The liver is responsible for an array of functions that help support metabolism, immunity, digestion, detoxification, vitamin storage among other functions
- The functional unit of the liver is the lobule. Each lobule is hexagonal and a portal triad (portal vein, hepatic artery, bile duct) sits at each corner of the hexagon (Kalra, Yetiskul Wehrle, Tuma,2021)



The liver is organ that help and support many function that our body need to survive human body.

The liver have many functions the most important are: remove the potential toxic, prevent shortages of nutrients by storing vitamins. Metabolises or break down , produce the most proteins, help you body to fight with illnesses, remove the bacterias, produce most of the substances that regulate blood clotting, produces bite a compound need to digest fat and to absorb vitamins A,D,E, and K.

Questionnaire

The main aspect if this to measure our lifestyle is that to keep keep and control the illnesses that can cost some one life. How much alcohol do you drink per week?

- How much alcohol do you drink per week
- David answer: few bottles
- I spend most of my time at work sitting (such as in an office)
- Do you have a close relative (father, mother, brother, sister) who has had angina or a heart attack before the age of 60?
- David answer: my father had died from cirrhosis.

At this slide you will see questions related to my patient possible ended in situation that non of as wants to be.

When we have questions like this the front of as it is good to answered it correctly.

So the right help can be provided to you.

The main aspect of having all this questions is that to be measured our life and also to be seen our background of possible health diseases. Which can end with very painful dead.

I know at the slide you see only a few questions , but at the official questionnaire form are

Lifestyle health-related information of the patient

David honestly answered to all questions. Questions about his own lifestyle of living.

- My first expression was that he is drinking a lot of alcohol during the week. Also from his family background from father line.
- His activity is at minimum stage. What David would do is that to look to stop drinking and start having some physical activities to prevent having future problems with his liver.

I have left this slide to be the last one. Here I would like to give my own overview about what I learned during my research and reading information about cirrhosis. And how I can lead my patient to the right path.

Health Risks

The regular drinking of alcohol, and if it more that 14 units your heart is at risk of having damage.

Alcohol every day for the next 10 to 20 years can lead to:

- Cancer of the mouth, throat and breast
- Stroke
- Hearth disease
- Liver disease
- Brain damage
- Damage to the nervous system (NHS,2022)

According to NHS, consummating alcohol every single day can lead to serious damage on the you body. Damage which can not behest by any medicines and can lead to the end of the life. Statically if a person drink more than 10 year and the amount is more than 14 units can easy have liver disease, stroke , clothes in the veins.

Recommendations

According to **NICE**, the guideline and support that they are giving for people with cirrhosis are:

- Diagnosing cirrhosis
- Monitoring cirrhosis
- Managing the complications of cirrhosis (NICE, 2022)

According to **britishlivertrust**, this organisation advise to speak with your GP, and ask for dietitian. The recommendations are:

- Eat little and often
- Eat more calories and protein
- Reduce the salt. (British Liver Trust, 2022)

Conclusion

- To conclude all the slides above, and combine everything together. The alcohol is not bad only for the liver the alcohol is bad for all part of the human body.
- This is still strong man why can change his lifestyle and include the support from the organisation that I mention at the recommendation slide. Can reduce the alcohol to amount that is not dangerous for his life.
- After all the explanation and research for this patient I strongly believe that David will change his lifestyle and will be free of chance to have cirrhosis like his father had.

References

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