

UWTSD

BSc Health and Social Care Level 5

MODULE BMHP5003 - Introduction to Physiology
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Case Study Presentation

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Case Study about Patient A

Outcomes of data collected using the lifestyle questionnaire (www.nhs.uk, 2016)

Age: 59 years

Sex: Male

Ethnicity: White

Occupation: Call centre operator

Medical history: Patient A has a liver disease condition – liver cirrhosis.

Family medical history: Nobody from his immediate family ((father, mother, siblings, and grandparents) had or suffered from any of the following: stroke, heart attack, cancer, diabetes, high blood pressure

Case Study about Patient A

Outcomes of data collected using the lifestyle questionnaire about lifestyle:

- **Smoking status** – current smoker, with an average of 5 cigarettes per day
- **Regular exercises taken** – walking to the office daily, aprox. half mile
- **The alcohol screening:**
 - drinking alcohol more than 4 times per week
 - around 6-7 alcoholic drinks in a typical day
 - Not able to stop drinking once he started-weekly
 - he failed to do what was normally expected of him because of his drinking - monthly in the last year
 - The relatives and doctors been concerned about his drinking and suggested him cut down during the last year

Patient A main health condition

As we can see from the alcoholic screening, the AUDIT-C SCORE for Patient A is above 7, which according to assets.publishing.service.gov.uk, 2011 indicate an increasing risk.

His lifestyle leaded to a serious health condition, alcohol related liver disease (ARLD).

Patient A health condition is severe deteriorated and the Patient feels weakness, fatigue, confusion, nausea, weight loss, vomiting, jaundice (yellowing of the eyes and skin)

Anatomy and physiology- related to the digestive system and liver

- Part of digestive system
- liver is the largest gland of the body,
- situated in the upper part of the abdominal cavity
- Its upper and anterior surfaces are smooth and curved to fit the under surface of the diaphragm
- Its posterior surfaces is irregular in outline
- Liver has 4 lobes, made up by tiny functional units called lobules, formed by cuboidal cells –hepatocytes (Ross&Wilson, 2014)

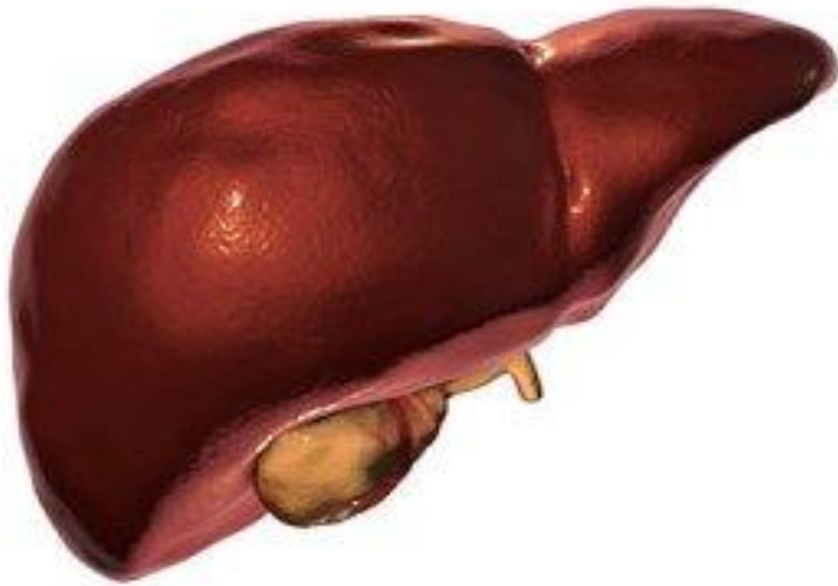
Anatomy and physiology- related to the digestive system and liver

Functions of the liver

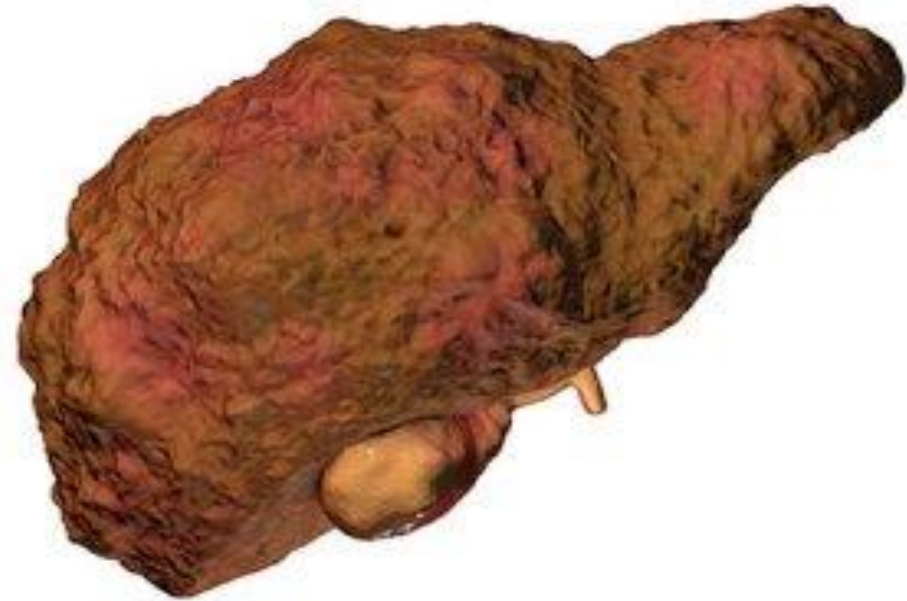
- Carbohydrate metabolism
- Fat metabolism
- Protein metabolism
- Detoxification of drugs and toxic substances
- Inactivation of hormones (insulin, glucagon, cortisol, sex hormones)
- Production of heat
- Secretion of bile (bile salts, bile pigments, cholesterol)
- Storage (glycogen, fat-soluble vitamins-A,D,E,K-, iron, copper, some water-soluble vitamins-B12)

Anatomy and physiology- related to the digestive system and liver

Liver Cirrhosis Quiz Questions And Answers - ProProfs Quiz



Healthy liver



Cirrhotic liver

Health risks due to the Patient A's lifestyle and his health behavioural choices

According to NHS, there are 3 main stages of ARLD

- Alcoholic fatty liver disease- rarely causes symptoms, reversible, but in important warning sign.
- Alcoholic hepatitis – a serious and life- threatening condition that can be caused by alcohol misuse over longer period, especially when a large quantity is taken in na short period of time (binge drinking).
- Cirrhosis –when the liver has become significantly scarred. Generally irreversible. A person who has alcohol related cirrhosis and does not stop drinking, has a life expectancy less then 50% for at least 5 more years.

Health risks due to the Patient A's lifestyle and his health behavioural choices

- Cirrhosis is a serious condition where normal liver tissue is replaced by scar tissue (fibrosis). It tends to progress slowly and often does not cause symptoms in its early stages. However, as the function of the liver gradually becomes worse, serious problems can develop (Tidy, 2018)
- Two common causes of cirrhosis in the UK are heavy alcohol drinking and hepatitis C infection.
- Death is the main health risk for Patient A.

Recommendation for Patient A

- Patient A should ask help to Community health professionals and providers of specialist services. They are able to help by screening for risk factors for his liver disease, advising about his behavioural lifestyle for stopping drinking and looking for medical treatment.

Recommendation for Patient A

1. British Liver Trust –the largest UK charity for adults
 - provides information and support to patients promoting the prevention and early diagnosis of liver disease
 - 2 NHS Live Well contain information and applications to support healthy lifestyle choices on diet, exercise and alcohol consumption

References

- <https://www.nhs.uk/Services/UserControls/UploadHandlers/MediaServerHandler.ashx?id=22924>
- Ross&Wilson, 2014, Anatomy and Physiology, available online at: [Copy of Ross & Wilson Anatomy and Physiology in Health and Illness 12th Ed.pdf - Google Drive](#), accessed on 01/04/2022.
- assets.publishing.service.gov.uk, 2011, available online at [Alcohol use disorders identification test for consumption AUDIT C .pdf](#) (publishing.service.gov.uk), accessed on 01/04/2022
- Tidy, C., 2018, Patient-Info, Cirrhosis, available online at [Cirrhosis of the Liver | Symptoms, Treatment and Prognosis | Patient](#), accessed online on 01/04/2022