

Programme:	BSc Health and Social Care		
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Lecturer:	Laila Surani	Topic:	Diabetes type2

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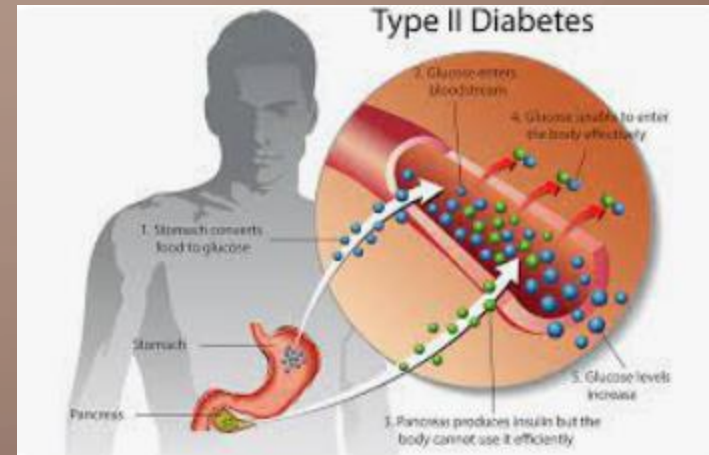
Introduction

The importance of measuring lifestyle issues for health care professionals

- The reality of the days we are living in is the fact that many diseases can be reduced or even disappear when changing our lifestyle habits
- Lifestyle assessments give health care professionals detailed information so they can decide appropriate care for patients.
- Most of the modern illnesses are preventable and they are often caused by negative lifestyle habits.

ANATOMY OF PANCREASES

IN TYPE 2 DIABETES, THE PANCREAS MAKES INSULIN, BUT THE CELLS DON'T RESPOND TO IT AS THEY SHOULD. THIS IS CALLED INSULIN RESISTANCE. WHEN GLUCOSE CAN'T GET INTO CELLS, THE BLOOD SUGAR LEVEL RISES. THEN THE PANCREAS WORKS HARDER TO MAKE EVEN MORE INSULIN.



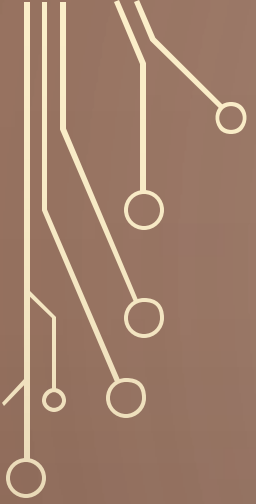
Once the produced insulin can't enter cell, the blood glucose, sugar level rises and consequently the pancreas works harsher and intensely to supply more insulin.

PHYSIOLOGY OF PANCREAS

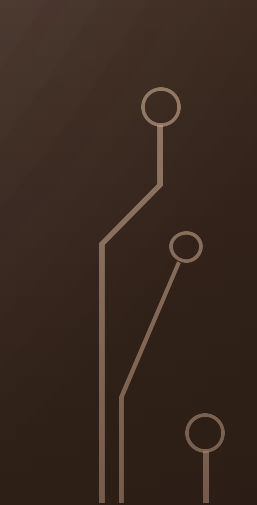
- The pancreas of human is expected to produce hormone, but the cell of the body can consume it effectively that continuously produces insulin. But the body does not need the insulin or can't consume it. Thus, the diabetes starts to develop in human body.
- The pancreas is weak and unable to produce insulin so, the person needs to take insulin regularly to get well.

MAIN ASPECTS INCLUDED IN THE QUESTIONNAIRE

1. What problem the patient is facing regularly
2. Whether the patient takes alcohol, smoking and remain busy all times
3. The lifestyle of the patients meaning how the patient spends whole day
4. Whether the patient do exercise or take meal regularly



LIFESTYLE HEALTH-RELATED INFORMATION OF THE PATIENT

- The patient works a businessman who operate own business.
 - The patients takes irregular breakfast and take irregular lunch too.
 - The patient remain busier with own business
 - The patient can spare time for jogging, walking, running or even taking rest in fresh air.
 - The patient take alcohol sometimes.
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Health risks due to lifestyle or health behaviour choices of the patient (e.g. smoking, alcohol abuse, etc.) and

- The person basically takes smoking regularly and for this reason the person experiences choking, hard-breathing and others.
- Alcohol abuses refers to taking much more Alcohol than average level. And it has been found that Alcohol consumptions can harm the patients with diabetes (Bershteyn, 2012).



Recommendations

NHS website recommendation for patients suffering with type 2 diabetes:

- Keep a healthy diet, avoid sugar and starchy foods
- Manage your blood sugar level
- Control you weight
- Attend regular check-ups and ensure your blood pressure and cholesterol are ok

Recommendations

Diabetes Uk is UK leading charity for people suffering with diabetes

- Organising prevention campaigns
- Support and information for patient and families
- Research for a better future for people with diabetes
- Keep health care professionals updated

Conclusions

Although diabetes is primarily a long-term metabolic condition, it has well-established psychological linkages and effects. An overview of some of the recognized results regarding the psychological effects of diabetes in adults and adolescents is provided in this article. This narrative review discusses the psychological effects of diabetes and how a person's psychological health might affect how their diabetes develops, is managed, and manifests in their body. In addition to raising the risk of suicide, diabetes can cause significant discomfort and common mental health issues like anxiety, sadness, and sleep disturbances. Additionally, it has an impact on several aspects of cognitive performance, including focus, memory, executive function, and the rate at which information is processed and the onerous condition of diabetes drastically lowers quality of life.

Reference list

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