

BSc Health and Social Care
Introduction to Physiology BMHP 5003
Assessment 1- Presentation

Laila Surani

Aniko Balogh
2018980

Objectives

Stroke

Lifestyle Related
measures

Why is it important to
keep healthy lifestyle.

Introduction

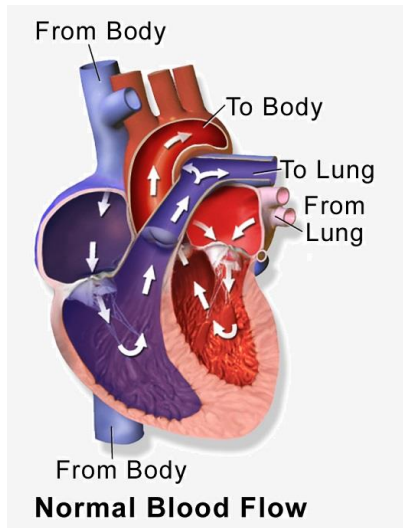
Why is it important to measure lifestyle-related health information in health and social care

- It can spot early signs of diseases
- can help with possible prevention
- Saves money for NHS
- Can save money for UK
- Reduce pressure on NHS

(Department of Health, 2010, p5)

The aim of this presentation is to identify the lifestyle-related behaviours which can lead to Stroke.

Cardiovascular disease which includes heart attack and stroke kill 17.7 million people over the world every year. Cancer kills 8.8 million people every year.



(biologydictionary, 2019)

About our cardiac system

- Blood – oxygen, nutrients, hormones, heat, antibodies, and cells of the immune system, clotting factors, and waste.
- Heart- With every heartbeat, the heart pumps out our blood to our body carrying oxygen to every cell.

After delivering the oxygen the blood returns to the heart and from there it is sent to the lung to pick up more oxygen

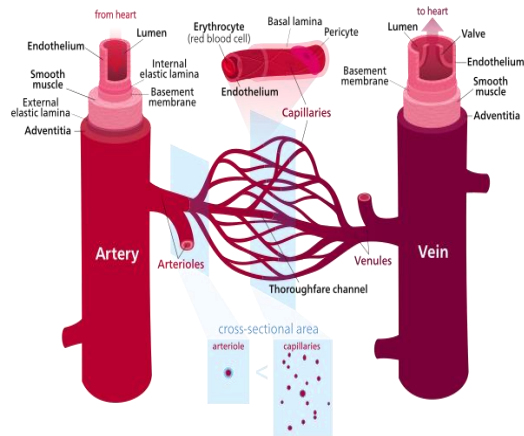
Blood makes up about 7% of our body weight. (around 5.6L in a 70kg man)

Blood Vessel

- There are three types of blood vessel's

- Artery's
- Veins
- Capillaries

- (Waugh & Grant, 2018, p26)



(Wikipedia, 2022)

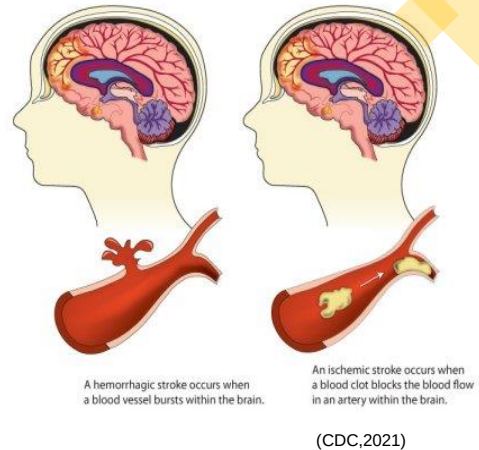
Stroke

- There are two main causes of stroke:
- a blocked artery (ischemic stroke)
- a leaking or bursting blood vessel (hemorrhagic stroke)

There are three more types of stroke:

- Transient Ischemic attack
- Brain Stem stroke
- Cryptogenic stroke

(American Heart Association, 2022)



Transient Ischemic attack, (mini stroke)- TIA it is a temporary blockage to the brain. The risk of this stroke can increase with age and if the person had stroke before can be a warning before another stroke. Brain Stem stroke- this stroke can have a complex symptoms and difficult to diagnoses. The main risk factors are smoking, high blood pressure, diabetes and heart disease.

Cryptogenic stroke- in this type of stroke the reason is unknown. Because 1 in 4 stroke survivors will have another stroke event it is important to know what was the reason of stroke so they will be able to try and prevent it.

(American Heart Association, 2022)

Questionnaire

- The aim of the questioners:

- it can help to identify any health risk
- can help to reduce the risk of lifestyle-related illnesses
- Improving health

- Type of questionnaire:

- There are many types
- We used the NHS “Welcome to your free NHS Health Check”

Lifestyle health-related information of the patient A

- Patient A
- Smokes (15 cigarette's/day)- smoking can raise the chances for blood clots. Also can damage the lining of the blood vessels.
- Little or no exercise- Study shows that exercise can help to dissolve the blood clot.
- Patient A has a family history with Stroke- Stroke is a complex disease that can run in families, a person is three times more likely to suffer from stroke if a parent or sibling had it before.

Recommendation for patient A

- Stroke association UK- They can help to understand better and help prevent stroke.
- Free NHS quit smoke support- They can support the patient to stop smoking
- Age.UK- they can help to keeping active for elderly.



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