

HEALTH ASSESSMENT REPORT

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BSC Health and care

Introduction to physiology

BMHP5003 BIRM

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Introduction

During this medical evaluation investigation, we will look at the health and lifestyle of Mrs. Sarah Thompson, a 42-year-old primary school teaching assistant with a past of cigarette abuse on occasion and a history of heavy drinking that often spends most nights in the local pub. In order to gain insight into Sarah's present medical state, uncover possible hazards, and create a tailored strategy to improve her general quality of life, the goal of this case study is to conduct an in-depth medical evaluation.

The main goal of this instance is to undertake an in-depth evaluation of Mrs. Thompson's present situation of physical, mental, and emotional health. To create a starting point for her overall wellness involves compiling pertinent medical information, and behavioural data, including any current medical problems. Nathan, P.E. (2009).

Finding potential risk factors that might be harming Mrs. Thompson's fitness is one of the primary objectives of this medical evaluation. She may have an unhealthy diet, a history of smoking, and a past of alcohol abuse as warning signs. By comprehending these risk variables, we may create focused strategies to reduce prospective health problems. Rosenheck, R. (2002).

The major objective of this particular instance is to conduct a thorough assessment of Mrs. Thompson's current level of physical, mental, and emotional health. Gathering essential health information, lifestyle figures, and details on any existing health problems is necessary to provide a starting point for her overall wellbeing. McCrady, (2020).

One of the main goals of this medical examination is to identify any potential risk factors that might be impairing Mrs. Thompson's fitness. She could be at risk due to alert signs such as an unhealthy diet, a history of smoking, and alcohol misuse. Understanding these hazards can help us develop targeted solutions to lessen potential health issues.

Eventually, the major objective of this health assessment case study is to improve Mrs. Thompson's general state and standard of living. We want to assist her in achieving greater physical health, mental clarity, and emotional balance by tackling possible illnesses and supporting healthy lifestyle choices. Rosenheck, R. (2002).

Sarah needs to have her sent to a qualified chemical dependency counsellor that can explain to her about the harm that drinking both alcohol and cigarettes can do to her physical and mental well-being. Additionally, counselling assists in tackling any fundamental psychological problems that might be causing her behaviours that are addictive. Ludmila N., (2018).

Urge Sarah to participate in support groups for those battling alcohol and tobacco addiction. She may find it simpler to stop using and keep quitting if she takes part in these groups since they can offer her peer support, empathy, and similar experiences.

It's critical to track her blood pressure, respiratory health, and general well-being with routine medical examinations. Her development will be monitored in order to spot any prospective health gains brought on by lifestyle modifications. Rosenheck, R. (2002).

To assist her conquer her dependency on drugs and enhance her overall wellness, an intensive therapy programme comprising behavioural treatments, support groups, medical monitoring, illicit drug counselling, and changes in behaviour is advised. Sarah may take back control of her life and strive for an improved future with the right encouragement and commitment. Bakhireva, (2018).

Sarah Thompson Lifestyle Questionnaire

In order to help us focus our Health Promotion activities in the practice, we would be grateful if you could fill in this short questionnaire. If you have already completed one on a previous visit, please return this questionnaire to the receptionist.

Name	Sarah Thompson		Date of Birth	1981
Do you smoke?	Yes ☒ [Y]		No ☐ []	
If Yes, do you –				
smoke less than 1	cigarette/day	☐ []		
1 – 9	cigarettes/day	☒ [8]		
10-19	cigarettes/day	☐ []		
20-39	cigarettes/day	☐ []		
more than 40	cigarettes/day	☐ []		
smoke a pipe		☐ []		
smoke cigars		☐ []		
If No, have you –				
never ever smoked		☐ []		
given up smoking in the last year		☐ []		
not smoked for more than 1 year		☐ []		
Do you have high blood pressure?	Yes ☐ []		No ☒ [N]	
Have you ever had a heart attack or suffered from angina?	Yes ☐ []		No ☐ []	
Have you ever had a stroke, “stroke” or any weakness down one side?	Yes ☐ []		No ☒ [N]	
Have any of the following – mother, father, brothers or sisters had –				
a heart attack below the age of 60	Yes ☒ [✓]		No ☐ []	
a heart attack above the age of 60	Yes ☒ [✓]		No ☐ []	
a stroke	Yes ☐ []		No ☒ [N]	
trouble with very high cholesterol (hyperlipidaemia)	Yes ☒ [✓]		No ☐ []	

Practice Use Only

Health Education Smoking	
BP	..137/ 83..
Height	..5,3.....
Weight	...92kg...

EXERCISE

Healthy exercise usually involves activity that lasts for at least 20 minutes, raises your pulse and produces hard breathing. In younger people this might be running, cycling or sport, or brisk walking for older people.

Do you take this type of exercise –

- | | |
|----------------|-------------------------------------|
| daily | ☐ |
| 3 times weekly | ☐ |
| once weekly | ☐ |
| once monthly | ☐ |
| seldom | ☒ |

I cannot take exercise because of disability ☐

DIET

Please tick the one category which is closest to your usual eating pattern.

- | | |
|--|-------------------------------------|
| I eat no meat, fish or dairy produce | ☐ |
| I eat no meat | ☐ |
| I eat a mixture including daily fruit and vegetables | ☐ |
| I eat a mixture including regular chips and fries | ☐ |
| I eat frozen meals (eg TV dinners) 3 or 4 times/week | ☒ |
| I eat mainly snacks | ☐ |
| I eat a special medical diet | ☐ |

Please specify

ALCOHOL

Please tick the statement which most closely describes your usual average alcohol intake. (1 unit is 1 glass wine, ½ pint beer or a single measure of spirit.)

- | | |
|--|-------------------------------------|
| I never drink alcohol | ☐ |
| I drink less than 1 unit per day | ☐ |
| I drink between 1 and 2 units a day | ☐ |
| I drink between 3 and 6 units a day | ☒ |
| I drink between 7 and 9 units a day | ☐ |
| I drink more than 9 units a day on average | ☐ |

Practice Use Only

- | | |
|----------------------------|--------------------------|
| Health Education Alcohol | ☐ |
| Alcohol Brief Intervention | ☐ |

Case study

Sarah has a history of excessive drinking, which involves ingesting a lot of alcohol quickly. During the last two decades, she has smoked nicotine on a daily basis. Although no serious illnesses or chronic diseases have yet been identified, drinking and smoking may raise the possibility of wellness concerns.

She was drinking heavily and regularly, which caused her judgement and choices to be clouded. The trend of overindulgence has led to incidents of forgetfulness and unconsciousness. She frequently has nausea, migraines, and exhaustion from drunkenness. Guinle, (2020).

Despite an average nicotine intake of roughly a pack, Sarah smokes a great deal. A lack of breath and an ongoing cough are side effects of tobacco use, particularly after engaging in vigorous activity. She has tried to stop nicotine in earlier years, although always has failed.

Sarah might resort to drink and cigarettes as ways to cope as a result of her hard teaching profession and other stresses in her life.

Sarah has acquaintances who smoke and consume alcohol, this might help her to accept these behaviours as typical. Ludmila N.,(2018).

She may be abusing booze and fags as an outlet to deal with underlying emotional problems or prior traumas.

Sarah has moderate hypertension as shown by her BP measurements, which could be related to her frequent usage of tobacco and alcohol. Concerns with the lungs include coughing and reduced airflow, which may be signs of pulmonary disease brought on by cigarettes.

Sarah needs to have her sent to a qualified chemical dependency counsellor that can explain to her about the harm that drinking both alcohol and cigarettes can do to her physical and mental well-being. Additionally, counselling assists in tackling any fundamental psychological problems that might be causing her behaviours that are addictive. Ludmila N.,(2018).

Urge Sarah to participate in support groups for those battling alcohol and tobacco addiction. She may find it simpler to stop using and keep quitting if she takes part in these groups since they can offer her peer support, empathy, and similar experiences.

It's critical to track her blood pressure, respiratory health, and general well-being with routine medical examinations. Her development will be monitored in order to spot any prospective health gains brought on by lifestyle modifications.

To assist her conquer her dependency on drugs and enhance her overall wellness, an intensive therapy programme comprising behavioural treatments, support groups, medical monitoring, illicit drug counselling, and changes in behaviour is advised. Sarah may take back control of her life and strive for an improved future with the right encouragement and commitment. Guinle, (2020).

Substance and drinking disorders can erode immunity, rendering people vulnerable to diseases and infections

Addiction to drugs can have a role in the emergence of psychological conditions such as anxiety, sadness, and schizophrenia.

Drinking and several other drugs may cause problems with nutritional digestion, which can result in starvation and shortages in essential nutrients.

Drunken heart disease, a disorder where the heart muscle weakens and is unable to circulate enough bloodstream, can be brought on by over time abuse of alcohol.

Alcoholism and drug misuse can cause sexual dysfunction, including erectile dysfunction and a decline in desire.

It is essential for people who misuse illicit substances to get treatment from trained professionals in order to deal with these problems and protect their wellness. Proper identification and therapy greatly increase the likelihood of restoration and lower the danger of lingering physiological repercussions. Ludmila N., (2018).

Assessment Report

42-year-old teacher Sarah Thompson has battled alcohol and cigarette addiction for a number of decades. She has begun to see how her dependency is affecting both her personal and professional life, and she knows that she needs support. You were requested to give advice and assistance to Sarah in order to assist her conquer her dependency and enhance her general health as a friend, family member, or healthcare provider. McCrady, (2020).

Gaining a thorough grasp of Sarah's addiction, including its duration, intensity, and effects on her daily existence, is the first step. Have an impartial discussion with Sarah about her thoughts, encounters, and motivations for consuming drugs and alcohol. A remedial approach that works will be more successful if the root causes are understood.

It is crucial to urge Sarah to get expert assistance from a medical specialist who specialises in addiction and mental health since drug dependency is a complicated problem. They are able to carry out a full examination and suggest a suitable course of action.

help Sarah to establish a solid network of relatives, acquaintances, and supportive organisations that will be there for her emotionally and to help her on her road to wellness. Enveloping kind people may have a big impact. Barbara S. (2020).

Set attainable and practical objectives for lowering your beverage and tobacco intake along with Sarah. Begin with baby steps and acknowledge each accomplishment. She will be inspired to finish her recuperation because of this.

Evaluate Sarah's drug-using motivations with her, and subsequently assist her look into other effective coping techniques. Urge her to use non-cigarette and alcohol-free alternatives to cope with stress, anxiety, and other concerns. Spear, (2002).

Alcoholism is frequently associated with core psychological issues like sadness or despair. Advise Sarah to seek treatment or counselling to deal with these concerns so that she can develop better-coping mechanisms.

Encourage them to embrace a nutritious way of life that includes frequent fitness, a nutritious diet, and adequate rest. Sarah's attitude and general well-being can be improved by exercising regularly and eating a balanced diet.

Encourage Sarah to monitor her development and recognize her accomplishments. Nevertheless, recurrence could occur, so it's important to keep trying. Rather, make use of your chances to learn and advance, and change your approach to intervention as necessary. Aid Sarah in comprehending the nature of addiction and how it affects her physique and psyche. She may reach educated judgments and maintain her commitment to her rehabilitation with the help of information.

Supportive organisations, like AA meetings or smoking cessation clinics, can give Her an atmosphere of security to talk about her struggles, learn from others' tales, and draw inspiration from those who have conquered addictions.Ludmila N.,(2018).

The difficult task of quitting smoking and drinking takes time, patience, and support. Your support is essential in helping Sarah during her rehabilitation process as a friend, family member, or healthcare provider by demonstrating compassion, encouraging her, and directing her. Constantly keep in mind that alcoholism rehabilitation is a particular and singular journey, so the most important aspect is to support Sarah along the way. Encouraging them to attend group therapy sessions, get assistance from professionals, and use better coping skills so that she may get closer to a happy and drug-free existence.

Recommendation and Conclusion

In conclusion, the health evaluation of liquor and cigarette addiction shows the significant negative effects these addictive drugs had on one's personal and social wellness. The results highlight the critical importance of all-encompassing measures to deal with these dependencies and lessen their negative effects.

The obtained information emphasises the alarmingly high incidence of nicotine and alcohol dependency, that greatly exacerbates a variety of physical, mental, and social health problems. Persistent alcohol and cigarette use puts essential structures like the intestines heart, lung capacity, and neural in danger, which can result in serious ailments including cirrhosis, cardiovascular diseases, respiratory problems, and cognitive deficits.Ludmila N.,(2018).

Additionally, the effects of addiction to these drugs on psychological wellness are significant. Continuous alcoholic and cigarette use can worsen mood problems including anxiousness and sadness, leading to a vicious cycle of self-medication that feeds the dependency. The interaction between mental health and addiction highlights the requirement for integrated

solutions that take both issues into account when developing rehabilitation and preventive plans.

In addition, it is important to recognize the societal repercussions of alcohol and tobacco dependence. adverse consequences frequently occur, including interpersonal tensions, decreased productivity, and higher medical costs in households, relations, and businesses. Furthermore, medical and legal systems are under a great deal of strain due to illicit behaviour, damage, and tragedies associated with alcoholism.

The evaluation emphasises the significance of early intervention and prevention measures in preventing the emergence of alcoholic and nicotine addictions. In order to increase knowledge and encourage good habits, neighbourhood programs, educational schooling, and health promotion initiatives may all be quite effective. Cargiulo, (2007)

Alternatives to treatment must be made more readily available, reasonably priced, and suited to each patient's need. Multidisciplinary methods can greatly improve rehabilitation results and lower rates of recurrence. These methods include medicinal treatments, behavioural therapy, and backing organisations.

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