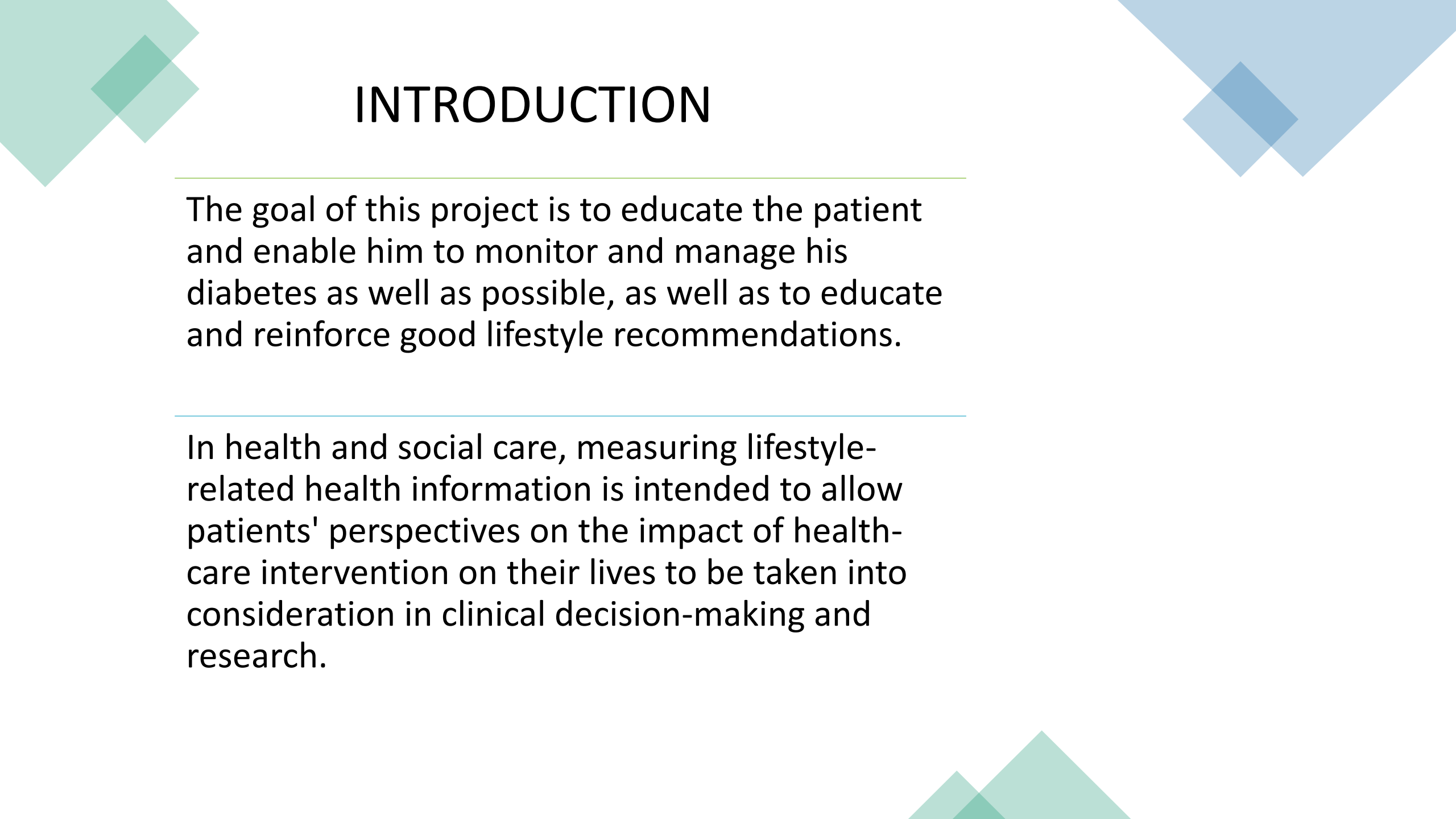


- **ASSIGNMENT TITILE:** Practical test
- **STUDENT NAME:** ANA MARIA CAPRIOARA
 - **STUDENT NO:**2019932
 - **MODULE CODE:** BMHP5003
- **MODULE TITLE:** Introduction to Physiology
 - **LECTURER'S NAME:** Laila Surani



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INTRODUCTION

The goal of this project is to educate the patient and enable him to monitor and manage his diabetes as well as possible, as well as to educate and reinforce good lifestyle recommendations.

In health and social care, measuring lifestyle-related health information is intended to allow patients' perspectives on the impact of health-care intervention on their lives to be taken into consideration in clinical decision-making and research.

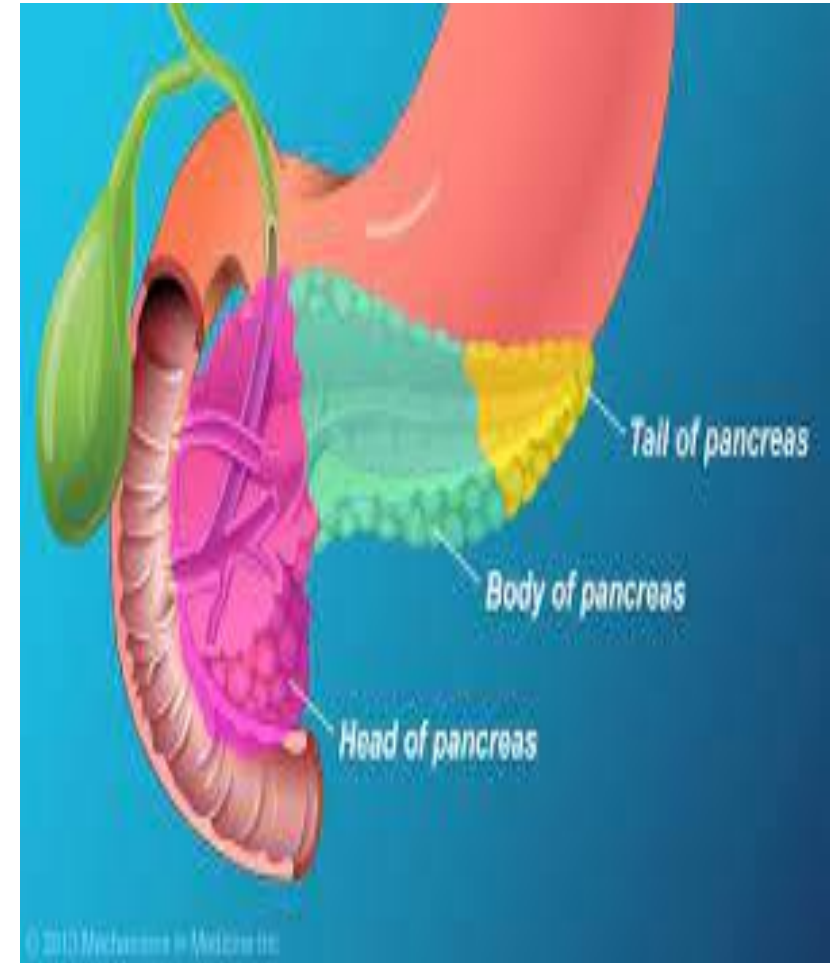
Lifestyle health related information of the patient

FROM THE DISCUSSIONS WITH THE PATIENT A I FOUND OUT THAT IS A WHITE BRITISH AND WAS BORN IN 01.12.1960 (62 YEARS OLD) PATIENT A SMOKES FOR 25 YEARS AROUND 10 CIG/PER DAY AND DRINKING A BOTTLE OF WINE PER WEEK. HE DOESN'T HAS/HAD ANY CLOSE RELATIVE WHO HAS HAD ANGINA OR A HEART ATTACK BEFORE THE AGE OF 60, HE DOESN'T HAD ANGINA/HEART ATTACK OR STROKE, AT THE AGE OF 45 HE WAS DIAGNOSED WITH DIABETES TYPE 2.

HE IS NOT EMPLOYMENT (IS RETIRED). IN THE PAST HE SPENT MOST OF HIS TIME SITTING BECAUSE OF THE JOB (SUCH AS IN OFFICE) AND HE IS OVERWEIGHT. WEEKLY HE TAKES CARE OF HIS GRANDCHILDREN BUT LESS THAN 3 HOURS. HE HAD AND HAS A SEDENTARY LIFESTYLE.

Anatomy and Physiology of the pancreas

- ❖ The pancreas is an organ in the back of your belly. It is part of your digestive system. The pancreas is an organ and gland. Glands are the organs that produce and release substance in the body.
- ❖ The pancreas is important for **digesting food and managing your use of sugar for energy after digestion.**
- ❖ The pancreas performs two main function: Exocrine-produces substances and Endocrine-sends out hormones that control the amount of sugar in your bloodstream.



Health and Risk for Patient A

Type 1 Diabetes

Type 2 Diabetes

Your body is no longer able to produce insulin



Why

Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently

Usually develops during childhood, but can develop at any age



Age

Can develop at any age but is most common in adults over 45

Family history



Risk Factor

- Overweight and/or inactive
- Family history
- High blood pressure

- Bedwetting
- Blurry vision
- Frequent urination
- Increased appetite and thirst
- Mood changes and irritability
- Tiredness and weakness
- Unexplained weight loss



Symptoms

- Increased appetite and thirst
- Dark patches on armpits/neck
- Frequent urination
- Blurry vision
- Tiredness and weakness
- Unexplained weight loss

No known prevention methods



Prevention

Healthy lifestyle

Heart disease and cancer.

Sedentary lifestyle

Foot problems

Obesity

Eye problems

Hypo and hyper glycaemia

Recommendation: Nice-National Institute for Health and Care Excellence

- 1.6 Blood glucose management
- 1.6.1 Measure HbA1c values in type 2 diabetes people at the following intervals: Until HbA1c is stable on unchanging medication, 3 to 6 months (according to individual needs). Once the HbA1c level and blood glucose lowering therapy are stable, wait 6 months.
- [2015] 1.6.2 Measure HbA1c using procedures that have been calibrated according to the International Federation of Clinical Chemistry's guidelines (IFCC) [2015] Standardization is a term used to describe the process of bringing something to
- 1.6.3 If HbA1c monitoring is invalid because of disturbed erythrocyte turnover or abnormal hemoglobin type, estimate trends in blood glucose control using one of the following:
- quality-controlled plasma glucose profiles ➤ total glycated hemoglobin estimation (if abnormal hemoglobin's) ➤ fructosamine estimation. [2015]
- 1.3.3 Encourage persons with type 2 diabetes to follow the same healthy dietary guidelines as the general public, which include the following: consuming high-fiber, low-glycaemic-index carbohydrate sources such as fruits, vegetables, wholegrains, and pulses Choosing dairy products that are low in fat consuming greasy fish limiting their consumption of saturated and trans fatty acids.

Recommendation:NHS

- Diabetes prevention and management nutrition advice based on scientific evidence (PDF, 28.4MB) March of this year. Wherever possible, a fundamental method used in these new guidelines was to construct recommendations based on the existing research, emphasizing the relevance of foods rather than specific nutrients. According to the rules, you should: An individualized diet plan that takes into account a person's personal and cultural preferences. Vegetables, fruits, wholegrains, seafood, nuts, and legumes are consumed in greater quantities. Red and processed meat, refined carbs, and sugar-sweetened beverages are all on the decline. People at risk of developing Type 2 diabetes, as well as people with Type 1 and Type 2 diabetes, should follow these dietary recommendations. Special considerations for gestational diabetes and diabetes caused by cystic fibrosis have also been highlighted.

Conclusion

In conclusion, he requires a healthy lifestyle in order to maintain a strong immune system and avoid disease. Maintaining a strong immune system to safeguard his body is what "keep" means. He should eat a variety of foods and maintain a balanced diet to keep his body immune. Mentally, frequent exercise might improve his mood and make him feel better. Exercise helps to lessen the severity of diabetes and its long-term complications. Exercise provides the benefit of lowering blood sugar levels without the use of extra drugs.

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