

Module: Introduction to Physiology

**Assessment: Practical Test
(Presentation)**

Topic: Diabetes

Lecturer: Dr. Laila Surani

Student Name: Miss Kibibi
Birau

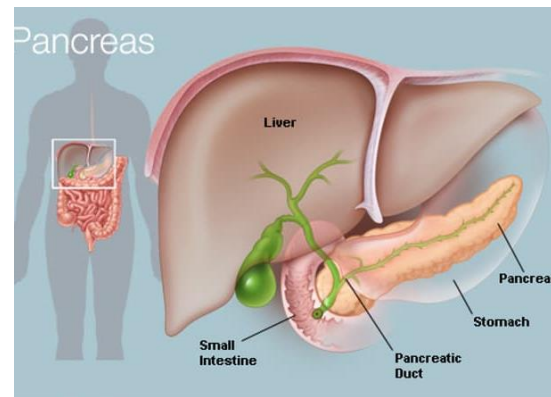
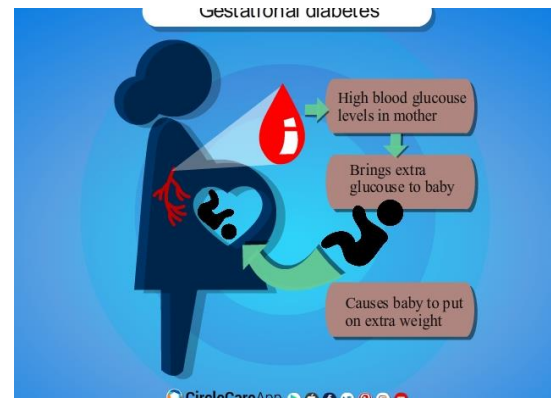
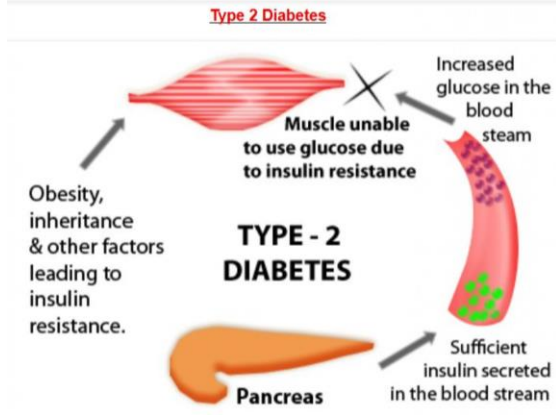
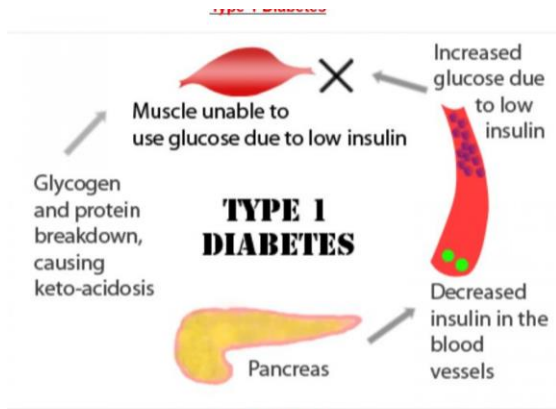
Student Number: 1915171

Introduction

- ▶ The purpose of this presentation is to be able to assess the **lifestyle of** patient 'Z' for this individual and provide advice on **lifestyle** improvement.
- ▶ Everyday life is the way to which a person lives. Lifestyles signifies our conduct, approach, ethos, and behaviour. Daily life might affect society's thoughts, work, social activity, and health. It could be correct that the quality of the medical service has advanced in the most recent decade in developed countries and some developing countries; however, lifestyle patterns are a key role in improving our quality of life.

Anatomy and Physiology

- ▶ The pancreas is an important organ to help aid the management of the digestion of food and managing the use of sugar for energy after digestion. The pancreas reaches partway across the abdomen, just beneath the stomach this elongated organ is positioned behind the stomach. The main roles are to promote digestion and produce hormones that control blood glucose levels, the pancreas is the main organ to understanding diabetes. (diabetes uk, 2022)
- **Type 1 Diabetes** is thought to be an autoimmune reaction when the immune system attacks and destroys the insulin producing beta cells of the pancreas. There is beta cell deficiency leading to complete insulin deficiency. (diabetes uk, 2022)
- **Type 2 Diabetes** is once there is relative deficiency of insulin and not an definite deficiency. the human body is incapable to generate satisfactory insulin to meet the needs. There is Beta cell deficiency coupled with peripheral insulin resistance. (diabetes uk,2022)
- **Gestational Diabetes** is when there are extreme counter-insulin hormones of pregnancy. This passes to a state of insulin resistance and high blood sugar in the mother. There may also be inaccurate insulin receptors. (Diabetes uk, 2022)



► Figure 2 bottom right is of a healthy pancreas
(Matthew Hoffman, 2022)

► Figure 1 top left is Type 1 and Type 2 Diabetes
(Microsoft Bing, 2022)

► Figure 3 mother carrying child with Gestational Diabetes
(Microsoft Bing, 2022)

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Questionnaire

- ▶ According to the NHS health check (2020) the case study of patient 'Z' on the 15th March, 2022, there are health risk reasons that suggest that patient 'Z' is in high risk of diabetes. (nhs,2022)

Figure 4 diabetes complications that could occur (Microsoft Bing, 2022)

Lifestyle health-related information of the patient

Case study for Patient 'Z'

*D.O.B 07.01. 1975
Age: 48*

It has been identified that patient 'Z' smokes roughly 10-20 cigarettes a day.

She suffers from high blood pressure, no history of heart attack or stroke.

Family history (mother) had heart attack at age 67.

Patient 'Z' - sibling (sister) has extremely high cholesterol level.

Patient 'Z' BP (Blood Pressure) is 180/90. Her height is 164 and weight is 85kg.

Patient 'Z' does no form of exercise, eats meat and chips daily. Her alcohol consumption is between 3 to 7 units a day.

Health Risks

- ▶ *Patient Z's case seems to show a high risk of developing Type 2 Diabetes as she has a poor management of diet, smoking and lack of exercise and high cholesterol level.*

(NHS, 2022)

Recommendations

- ▶ *Reduce smoking consider getting help to do this NHS (physician) (NHS, 2022)*
- ▶ *Nutritious meals (NHS, 2022)*
- ▶ *Facts on calorie intake daily (women) (NHS, 2022)*
- ▶ *Regular exercise (NHS, 2022)*
- ▶ *To devise a reduction intake of alcohol (NHS, 2022) **Drinks and units** (NHS, 2022)*

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Conclusion

- ▶ *Patient 'Z' may possibly develop Type 2 diabetes*
- ▶ *Anatomy and physiology pancreas (Loke, 2022)*
- ▶ *Health risks due to lifestyle or health behaviour choices of the patient 'Z'*
- ▶ *recommendations for improving or handling the attention of patient 'Z'.
Smoking sensation stop (nhs, 2022)
exercise (regular walks daily) (nhs, 2022)*

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References

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