

Module: Introduction to Physiology

Assessment: Practical Test (Presentation)

Topic: Kidney Failure

Student Name: FLAVIA APIO

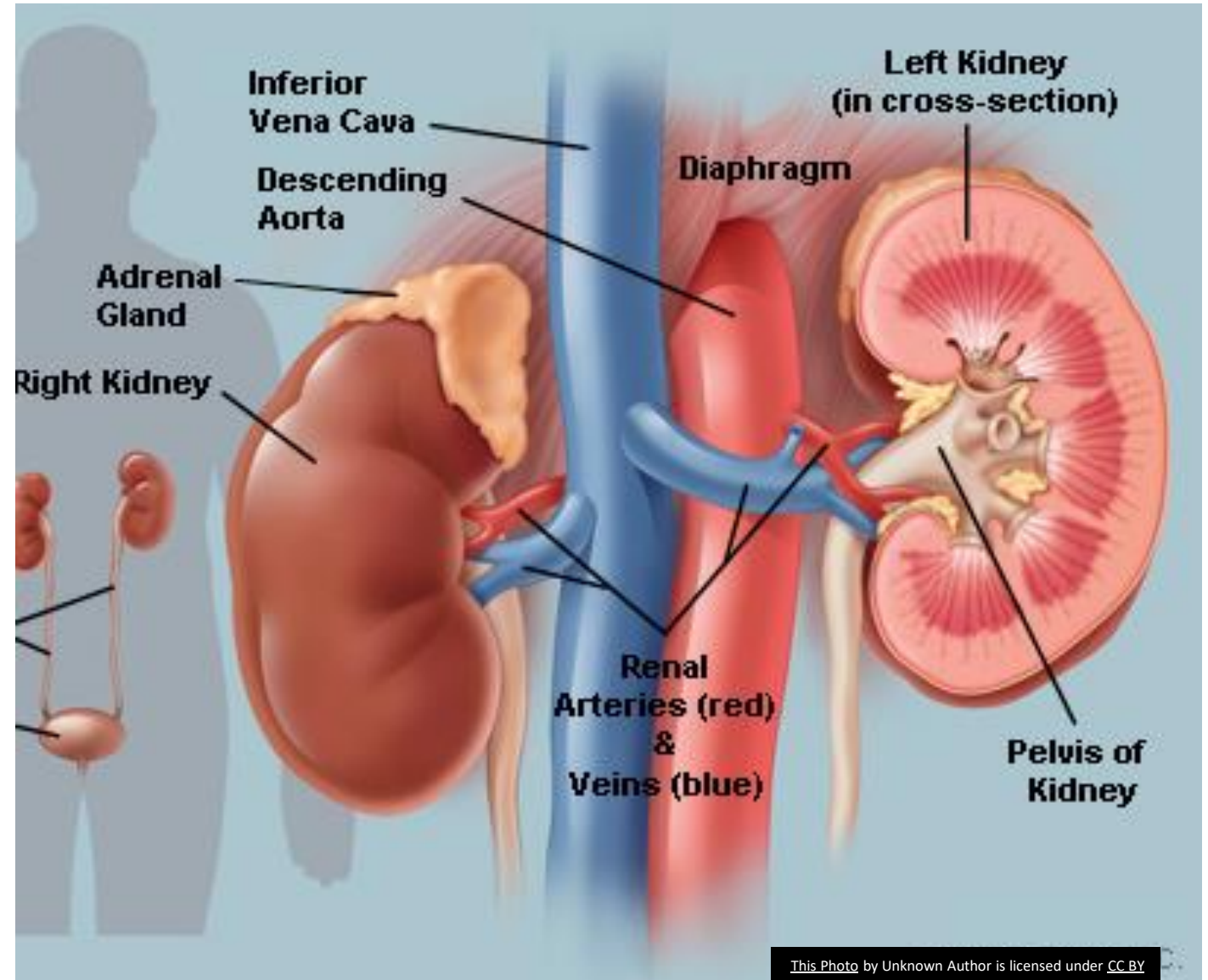
Student Number: 2023550

Introduction

- *This Presentation is going to look The Kidney as an organ and its disease.*
- *Use lifestyle questionnaire on Patient A*
- *Look at the risk factors*
- *A recommendations from the NHS and The public health.*

The Kidney

- *Two bean-shaped organs each the size of a fist.*
- *One is on either side of your spine, directly below the rib cage.*
- *It filter about a half cup of blood a minute,*
- *Removes wastes and surplus water to make urine.(NIDDK,2018)*



Renal Failure

- Is when your kidneys are suddenly unable to remove waste from your blood
- Dangerous levels of wastes may build up and
- The blood's chemical composition may become out of balance when the kidneys lose their filtering capacity.

Signs and symptoms of acute kidney failure

- Reduced urination, despite the fact that occasionally urination is typical
- Your legs, ankles, or feet could enlarge due to fluid retention.
- Airway constriction, Fatigue, Confusion, Nausea
- Weakness inconsistent heartbeat pressure or pain in the chest
- Coma or, in more serious situations, seizures (Mayo Clinic, 2023).

Questionnaire

- *The aspects of the questionnaire that are measured include those that aid in diabetes, kidney disease, heart disease, and stroke prevention.*

Lifestyle health-related information of the patient

- *Smoker*
- *Drinks more than the recommended amount of alcohol per week.*
- *Has an uncle with heart problems.*
- *Has had stroke 5years ago.*
- *Is from India*
- *Works in office so doesn't do much exercise. (Healthline, 2023)*

Health Risks

- *Keeping fit. doing at least 30 minutes of heart-pumping exercise five or more days a week, like walking, riding a bike, swimming.*
- *Little alcohol consumption.*
- *Maintaining blood pressure within the target range by having it checked frequently and taking the medicine the doctor has prescribed.(Better health, 2022)*
- *Smoking accelerates the fatty build-up in the arteries, raises blood pressure, increases heart rate, and causes blood clots to develop.(NHS, 2023)*

Recommendations

- *NHS UK: Prevention Chronic kidney disease*
<https://www.nhs.uk/conditions/kidney-disease/prevention/>
- *The National Kidney Federation: Chronic Kidney Diseases*
https://www.kidney.org.uk/chronic-kidney-disease?gclid=Cj0KCQjwIPWgBhDHARIsAH2xdNcnr3XQwfDFCyo4exmMSEnbPulZXiBhJ6b55LQSVGHvVB-Uv71rhfsaAtJHEALw_wcB

Conclusion

- *By eating well, quitting smoking, drinking in moderation, being active, and keeping a healthy weight, you can take care of your kidneys.*
- *Your kidneys are susceptible to many disorders.*
- *Most of the time, early detection and effective treatment can stop a problem from getting worse and lower the chance of kidney failure.*

References

- Better Health, (2022). Kidney disease. Available at <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/kidney-disease>. Accessed: 15th September 2022.
- Healthline Media, (2023) 8 Ways to Keep Your Kidneys Healthy. Available at <https://www.healthline.com/health/kidney-health#test-your-kidneys>. Accessed in 2023
- Mayo Foundation for Medical Education and Research (MFMER), (1998-2023) Acute kidney failure. Available at <https://www.mayoclinic.org/diseases-conditions/kidney-failure/symptoms-causes/syc-20369048#:~:text=Acute%20kidney%20failure%20occurs%20when,may%20get%20out%20of%20balance>. Accessed in 2023.
- Royal Free London NHS Foundation Trust, (2023). Smoking and kidney function. Available at <https://www.royalfree.nhs.uk/services/services-a-z/stop-smoking-service/smoking-and-kidney-function/#:~:text=Smoking%20is%20an%20independent%20risk,fatty%20deposits%20in%20the%20arteries>. Accessed: 23rd March 2023.
- NHS UK, (2022) Prevention Chronic kidney disease. Available at <https://www.nhs.uk/conditions/kidney-disease/prevention/>. Accessed: 29th August 2022.
- The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), (2018). Your Kidneys & How They Work available at <https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work#:~:text=The%20kidneys%20are%20two%20bean,extra%20water%20to%20make%20urine>. Accessed in June 2018.
- The National Kidney Federation, (2022). Chronic Kidney Diseases. Available at https://www.kidney.org.uk/chronic-kidney-disease?gclid=Cj0KCQjwIPWgBhDHARIsAH2xdNcnr3XQwfDFCyo4exmMSEnbPulZXiBhJ6b55LQSVGHvVB-Uv71rhfsaAtJHEALw_wcB. Accessed: March 2022.
- This Photo of the Kidneys is by Unknown Author is licensed under CC BY