

DIABETES

Programme: BSc (HONS) Health and Social Care Level 5

Module: Introduction to Physiology (BMHP5003)

Assignment Title: Diabetes

By: Charmaine Roach

Student Number: 1913890

Tutor: Elen Koutsogeorgou

University of Wales Trinity Saint David

Date: 29th July 2021

Diabetes

Definition of Diabetes

According to (Diabetes, 2019) diabetes is a condition that is long term. Diabetes is when sugar is too high in the persons blood stream. There are two types of diabetes

- **Type 1** - where the immune system attacks and destroys cells that produces insulin
- **Type 2** - where the body does not produce enough insulin.
- The definition of diabetes is also when the body do not break down the food or process which is used for energy.

Risk Factors

According to (Diabetes Risk Factors, 2021)

Family History – The risk can be higher is Diabetes is inherited within the family
Race or Ethnic Background - Diabetes can be more greater if you are within an ethnic background for example African American
Age – the older you are you can be more at risk for prediabetes and type 2.

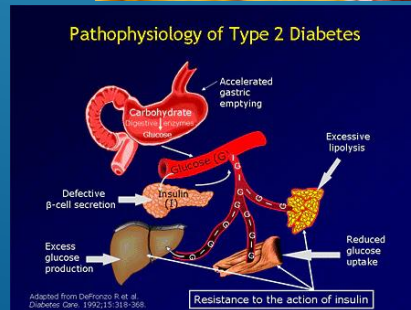
Weight – you can be more at risk if you are overweight . 'Physical activity is one of the risk flexible key factors for prediabetes and type 2. Regular exercise or physical activity helps to lower your insulin resistance. The older you get you are at risk for prediabetes and diabetes type 2 . Diabetes type 2 normally occurs in middle age adults most commonly after the age of 40 plus. '

Physiology for type 2 Diabetes

According to (Moini, 2019) diabetes is connected to the levels of insulin within the body . Diabetes can be intricate and includes several different hormones which are Insulin, Glucagon and Growth.

In type 1 diabetes there is lack of insulin whereas type two is the broader tissues which hold out against the reaction of the insulin.

The pathophysiology of diabetes requires plasm attentiveness of glucose indicating the central nervous system to active energy nerve



Interventions/ Management Options for patients

According to (NHS, 2020) health check its important that we look after ourselves and well being to avoid ill health and diseases there is a lot of help where the patients can seek advise and get support
Patient needs to put a plan in place to help reduce the risk factors and re assess the levels of Alcohol and Smoking per week . It is advisable the patient seeks advice from GP and possibly signing her up to some weightless programs for support.
Regular exercises such as walking would be helpful as well as eating more healthier meals



Case Study

According to the NHS health check (2020) the case study of patient on the 15th July 2021 there are risk factors that suggestion the patient of high risk in Diabetes. The patient is 48 years of age and is currently 89kg at the height of 165cm which show's she is overweight. Her blood pressure is 180/90 which is out of normal blood pressure range. The patient is a frequent smoker and smokes up to 10 to 19 cigarette's a day. The patient has a non healthy diet plan in food. The patient drinks up to 3 to 6 units of alcohol a day. Patient needs to put a plan in place to help reduce the risk factors and re assess the levels of Alcohol and Smoking. It is advisable the patient seeks advice from GP and possibly signing her up to some weightless programs for support.