

Introduction to Physiology

Module: BMHP 5003

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Topic: Diabetes (type 2)

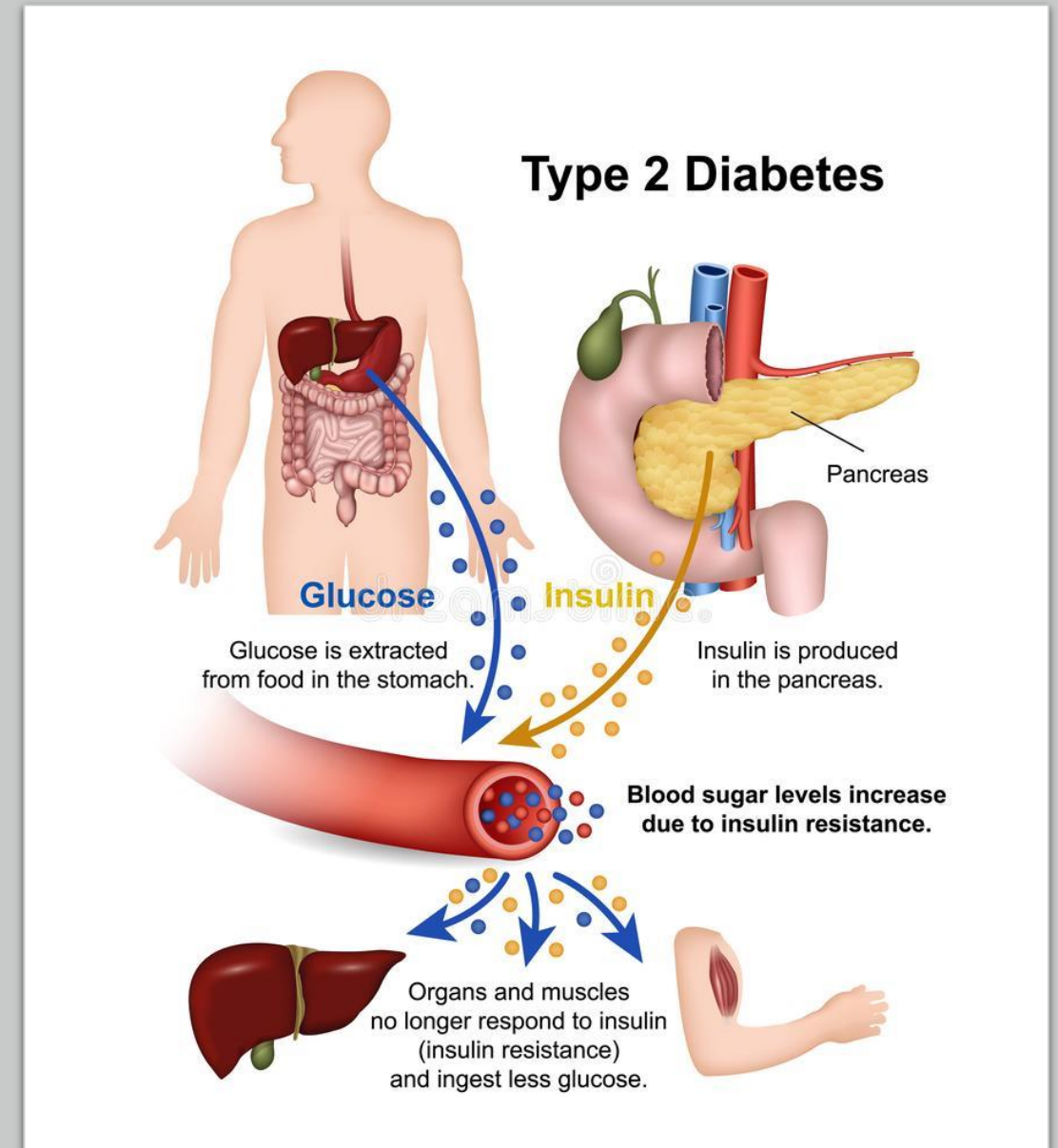
Introduction

- **Aim of this assignment – what is the topic explored**
- The aim of this case study is to develop a reliable and valid questionnaire for assessment of adherence to lifestyle of a fictional patient with a type 2 diabetes.
- **Explain why we measure lifestyle-related health information in health and social care**
- Reason for measuring lifestyle-related health information is, its generally focus on the behavioural and social aspects which influence health and through that information individual can be offered and receive quality support.



Anatomy and Physiology

- The name of patient A is, Jamie (fictional) who is going through diabetes type 2. As far as anatomy and physiology is concern, diabetes take place when, there is a misbalance between the production and demand of hormone insulin. Jamie has type 2 diabetes which is an impairment in the way which body uses and regulates the sugar (glucose) as a fuel (Mcdermott, 2022). Jamie has type 2 diabetes for long time and this long term chronic condition resulted in too much sugar which circulating within the bloodstream. Jamie also has high blood pressure and it can lead him to encounter disorder like circulatory and nervous immune systems.



Questionnaire

- The main aspects which should be included within the questionnaire to measure lifestyle-related information are; healthy eating, being active, monitoring blood glucose, taking medication, problem solving, healthy coping, reducing risks (Keng et al, 2021). Welcome to your free health check questionnaire. The questions you answer here will assess your current situation of diabetes.
- Name: Jamie. Age:55. Ethnicity: British White. Smoking: Occasionally. Alcohol: Occasionally
- How many times do you eat each day?
O 2 meal O 4 meal O 6 meal O 8 meal
- What kind of impact you think your diet has on your diabetes?
O Mild O Medium O High O Severe
- What types of exercise you do every day?
O Walk O Run O Heavy workout O Intense
- What types of equipment you use to self check your blood sugar?

- How do your healthcare provider or doctor instruct you to take medication?
O Oral O Insulin injection
- How good is it to control your blood sugar?
O Good O Very good O Poor O Very poor
- Did you experienced any problem with your diabetes care?
O Yes O No
- How you are coping with diabetes care?
O Good O Very good O Poor O Very poor
- Can you please tell me something about your potential long-term care with diabetes?

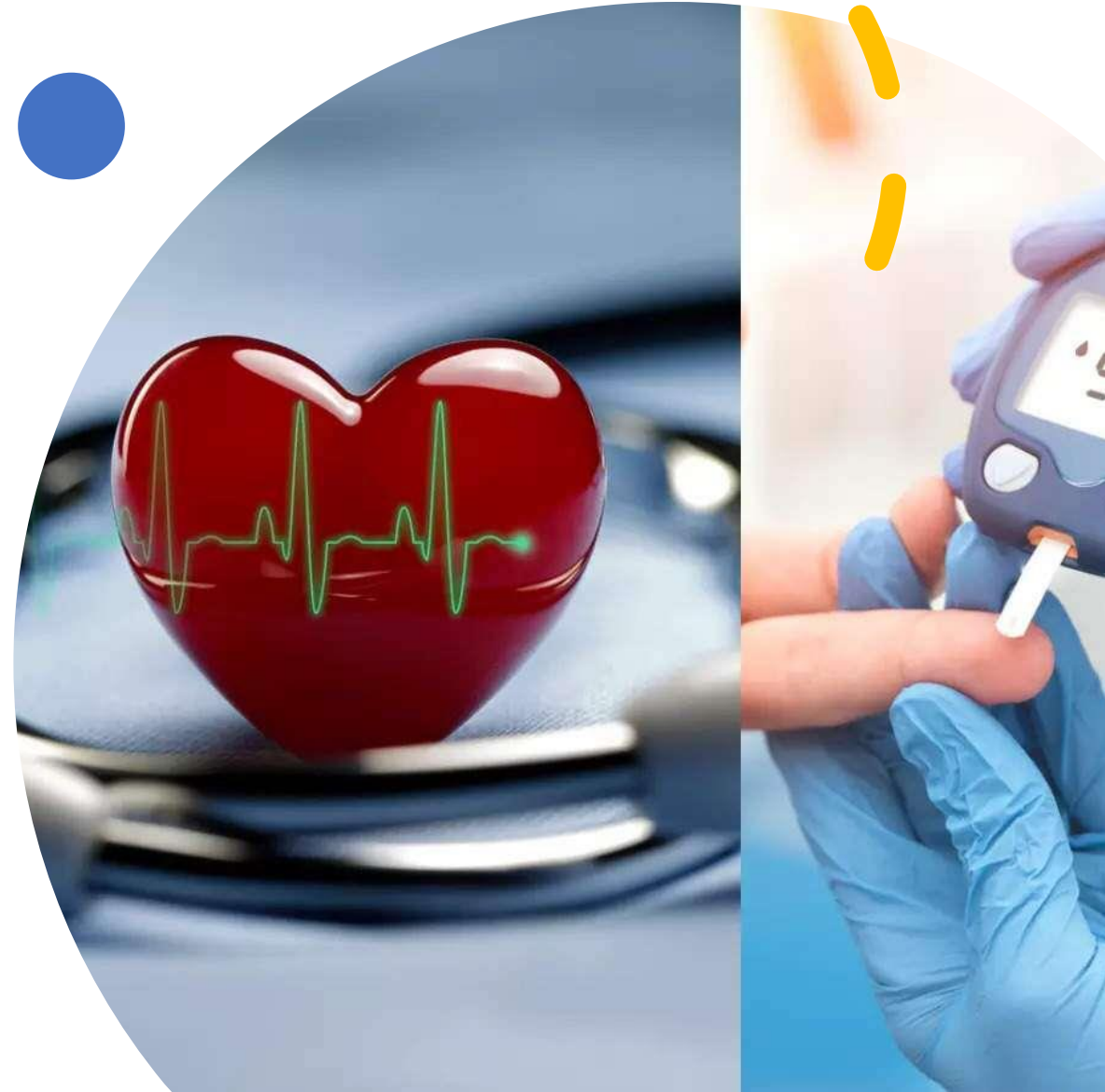


Lifestyle health- related information of the patient

- Answer gathered from Jamie is given below;
- 4 times a day.
- Severe.
- Walk.
- Blood glucose meter, a finger prick small device that draw drop of blood from my finger which I put on a special stick. By doing that, I can see how much glucose is there in my blood.
- Oral drugs.
- Very good.
- No.
- Good.
- My long term care plans are; pick an exercise and enjoy it, motivate yourself by surrounding yourself with friends and family, exercise 365 a year, do not let diabetes control you, one bad day is not the end of the world and finally forgive yourself.

Health Risks

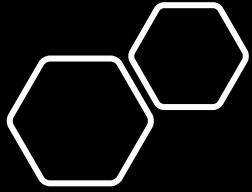
- Even though Jamie is coping very well with type 2 diabetes however, he has occasional addiction of smoking and alcoholism. Even occasionally, if Jamie drink alcohol it will cause his blood sugar either fall or rise and increase his calorie intake. Alcohol can also cause nausea, flushing, increased heart rate and stimulates appetite which may cause Jamie to overeat (Cabtree et al, 2022). On the other hand, smoking make it immensely harder to control blood sugar. For a patient like Jamie, who takes oral drugs, occasional smoking can make him to take it often and damage his body. Compare to one with diabetes who do not smoke, Jamie have greater chance of stroke, heart disease, eye problem, nerve damage, kidney failure and erectile dysfunction (Cabtree et al, 2022).





Recommendations

- To support Jamie more precisely, as per NHS (2017) getting support from loved one is the key reason being, a strong support network can motivate and lead a better management for diabetes.
- As per Diabetes UK (2022) Jamie should learn as much as he can to get idea about the terminology, how to check blood sugar, follow DOC (diabetes online communities) to read blogs, article, diabetes classes to access more resources to familiarize himself with the community.
- Jamie should change his lifestyle and avoid alcoholism and smoking.
- To get good idea and knowledge Jamie should understand the signs of low BP.
- Jamie should be confident to ask loved one to get help and should be offered by his relatives to help him during doctor appointment (TCOYD, 2020).



Conclusion

- In this study, I have accessed situation of Jamie, who is a patient of type 2 diabetes. This study was undertaken with the aim to develop a reliable and valid questionnaire for assessment of adherence to lifestyle of a fictional patient named Jamie with a type 2 diabetes. To achieve the aim I have successfully developed lifestyle questions regarding healthy eating, being active, monitoring blood glucose, taking medication, problem solving, healthy coping, reducing risks etc. Further, this study has also discussed anatomy, physiology and health risks to demonstrate overall situation of Jamie's type 2 diabetes and how he is dealing with it.

References

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