

BSc Health and Social Care

BMHP5003 Introduction to Physiology

Assessment 2

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Introduction

Physiology includes the study of the functioning and systems of living creatures that is a vital part of biology. It deals with the internal functioning of the body such as organs, tissues and cells where our lifestyle and health are directly related to the physiological elements (Davson and Segal, 2017). The conditions of physiological elements of an individual have a great impact on health and lifestyle. Better physiological conditions result in good health and a better lifestyle (Griffiths, 2018). Here, we are going to prepare a report on health assessment by using a questionnaire on an identified individual.

The Aim and Objectives of the Study

The aim of the study

- To prepare a report on health assessment of an identified individual

The objectives of the study

- To examine both normal and abnormal elements of the physiology of an individual and the lifestyle
- To analyse the relationship between health and lifestyle, body functioning, relevant detailed anatomy and physiology
- To recommend the appropriate lifestyle for a healthy life

Case Study

We have used the lifestyle questionnaire and presented a baseline health status report of an identified individual with one health condition diabetes in the following:

LIFESTYLE QUESTIONNAIRE

Introduction

To help us focus our Health Promotion activities in the practice, we would be grateful if you could fill in this short questionnaire. If you have already completed one on a previous visit, please return this questionnaire to the receptionist.

Name: (An Identified Individual) Date of Birth: 3/2/1988

Do you smoke? Yes [*] No ☐

If yes, do you –

Smokeless than 1 cigarette/day ☐

1-9 cigarettes/day [*]

10-19 cigarettes/day ☐

20-39 cigarettes/day ☐

More than 40 cigarettes/day ☐

Smoke a pipe ☐

Smoke cigars ☐

If No, have you –

Never ever smoked ☐

Given up smoking in the last year ☐

Not smoked for more than 1 year ☐

Do you have high blood pressure? Yes ☐ No [*]

Have you ever had a heart attack or suffered from angina? Yes ☐ No ☐ [*]

Have you ever had a stroke, “shock” or any weakness down one side? Yes ☐ No ☐ [*]

Have any of the following – mother, father, brothers or sisters had –

A heart attack below the age of 60 Yes ☐ No ☐ [*]

A heart attack above the age of 60 Yes ☐ No ☐ [*]

A stroke Yes ☐ No ☐ [*]

The trouble with very high cholesterol Yes ☐ No ☐ [*]

Practice Use Only

Health Education Smoking

BP 121 / 82

Height 6’2”

Weight 50 kg

EXERCISE

Healthy exercise usually involves activity that lasts for at least 20 minutes, raises your pulse and produces hard breathing. In younger people this might be running, cycling or sport, or brisk walking for older people.

Do you take this type of exercise – Yes ☐ No ☐ [*]

Daily ☐

3 times weekly ☐

Once weekly ☐

Once monthly ☐

Seldom ☐

I cannot take exercise because of disability ☐

DIET

Please tick the one category which is closest to your usual eating pattern.

I eat no meat, fish or dairy produce ☐

I eat no meat ☐

I eat a mixture including daily fruit and vegetables [*] ☐

I eat a mixture including regular chips and fries ☐

I eat frozen meals (eg TV dinners) 3 or 4 times/week ☐

I eat mainly snacks ☐

I eat a special medical diet ☐

Please specify

ALCOHOL

Please tick the statement which most closely describes your usual average alcohol intake.

(1 unit is 1 glass wine, ½ pint beer or a single measure of spirit.)

I never drink alcohol [*] ☐

I drink less than 1 unit per day ☐

I drink between 1 and 2 units a day ☐

I drink between 3 and 6 units a day ☐

I drink between 7 and 9 units a day ☐

I drink more than 9 units a day on average ☐

.....

Practice Use Only

Health Education Alcohol ☐

Alcohol Brief Intervention ☐

The overall health status report of an identified individual

Data show that the health condition of the identified individual is not quite fine. Another most important thing is that he has a critical health condition of diabetes. He is a smoker and smokes 1-9 cigarettes per day that may put a negative impact on his health for 10 years. He does not have high blood pressure. He had never stock once a few years ago and his family members had never stock. The identified person does not take physical exercise. He takes a mixture of foods daily. He never drunk alcohol in his lifetime. He also states that he is only addicted to cigarettes, not to other drugs. He can't spend a day without a cigarette. But he longs for a healthy lifestyle. As he has already a critical health condition and he doesn't follow the rules of a healthy lifestyle, his health condition may be very bad in the upcoming days. If he follows the proper health rules with patience, it may be possible for him to stop smoking and control his critical health condition.

Health Assessment

From the health assessment questionnaire and the case study presented in the above section, we are identifying the normal and abnormal physiological conditions of the identified person.

The normal physiological conditions

The normal physiological conditions include the situations of the body where the functioning of the body is well, the tissues and cells are stable and better control over the total physiological system. It indicates a good physiological state without any severe disease and the human body has better functioning with good health results in a better lifestyle. It is very hard to find a person who is completely fine with better and normal physiological conditions. But people should try to have normal physiological conditions as far as possible (Green, 2018).

From the case study, we have found some normal physiological conditions of the identified individual. Generally, people smoke to forget the tension, bad consequence or for the habitual fact. Smoking creates a dysfunctional system in body functioning that may result in high or low blood pressure. But the identified person did not have any blood pressure. Another thing is that smoking also results in sudden sickness or shock in the body. The individual is smoking for 10 years but he had never stroke or sudden sickness that is a very abnormal physiological condition as per the current situation. But the individual had never stock during his lifetime and neither did his other family members. Research shows that the smoker may have been interested in other drugs but the identified person has no attraction for the other drugs and is only addicted to the smoking habit. So, the findings show us that the identified individual has some normal physiological conditions although he is a smoker with a critical health condition.

The abnormal physiological conditions

The abnormal physiological condition refers to the illness, disorder and malfunctioning of the human body. Example: an individual with a critical health condition like Asthma. The abnormal physiological conditions include the situations of the body where the functioning of the body is not well, the tissues and cells are not stable and have no better control over the total physiological system. It indicates the unhealthy physiological state with any severe disease and the human body has the malfunctioning with worse health results in poor lifestyle (Crandall, 2018).

From the case study, it has become clear that the identified individual is a smoker and takes cigarettes regularly but the amount is not excess. Smoking is very harmful to health. It kills a person gradually. The most important abnormal condition of this individual is that has diabetes and doesn't follow the proper health rules that are essential for a patient with diabetes. As he is a smoker, smoking can add other diseases to his body functioning that will result in a seriously ill condition of health. So, the physiological conditions of health of this identified individual are quite abnormal as his health is not good. He may befall sick at any time and his body functioning may disturb. He may be attacked by different diseases and even by cancer as he does not maintain the regular exercise that can help him prevent some diseases. So, the findings show that the identified individual has some abnormal physiological conditions like ill health, bad style and diabetes.

Recommendations

A person can't change the existing lifestyle over the night. But if anyone wants to get better healthier life by changing the existing lifestyle gradually, it will be possible with proper practices of better lifestyle scheduled of activities regularly with strong determination (Horrobin, 2017).

As the identified is a smoker and has the abnormal physical condition of diabetes, he requires better health advice to lead a healthy life. As the identified person has long for leading a healthy lifestyle, it may be possible for him to change the existing lifestyle to enjoy a better life (Griffiths, 2018). That's why some recommendations are provided below to have a healthy lifestyle for the identified person:

Strong determination: It is easy to be accustomed to the bad habit but difficult to leave it. To lead a healthy life, first of all, the individual has to be determined very strongly. As the person has hoped to lead a healthy life, he can take this determination to leave the bad habit of smoking to get rid of ill-health conditions (Steffen, 2018).

Proper planning of activities: He should make the proper planning of activities like the preparation of schedule both for the personal and professional life activities and including other extra activities so that he can remain busy and forget to smoke, and that may well result in diabetes health condition for doing every work on time like taking a meal, sleeping on the right time (Steffen, 2018).

Gradual reduction of smoking: It will be difficult to leave the smoking habit at all within one day. The person can do it gradually by reducing the number of cigarettes by 1 every week. Finally, the day will come when he will be able to leave this bad habit. If he leaves the smoking habit gradually, it will have a less bad impact on his mental and emotional condition (Monye and Adelowo, 2020).

Taking regular exercise: Taking regular exercise is very beneficial for our health as it makes strong our issues, improve the body functioning and other physiological systems. So, he can take physical exercise regularly that will remove the chance of being attracted by other diseases. He can raise his pulse, produce hard breathing, run, walk, etc. (Monye and Adelowo, 2020).

Having Diet Food: In addition, he should take diet, healthy food including sufficient fruits and vegetables that will boost the body functioning and prevent the diseases. It will also maintain the body. As he has the critical health condition of diabetes, he has to follow the healthy diet chart of food according to the advice of his physician. Healthy diet food will be better both for his critical health condition and better functioning of tissue (Horrobin, 2017).

Quality time passing: Sometimes people may smoke for aloneness and tension. He can spend his leisure time with the family members and express feeling with friends that will remove the anxiety and the chance of smoking. It also will create a better mental condition for him that will have a better effect on the physiological conditions (Green, 2018).

Nature therapy: He also can go for nature therapy by relaxing with nature. Nature therapy improves mental health and also heal the heart from being stock. It will refresh his mind and relax the mental conditions by removing the anxiety. It may reduce the reasons behind his smoking (Green, 2018).

Visiting the physician: He should visit the physician and gets a regular checked of the amount of sugar in his blood and the health conditions regarding the improvement after taking the disciplinary actions. He also can get advice from the physician regarding the healthy style and ways to follow it to stop the smoking habit and have control over diabetes (Crandall, 2018).

Education of Better Physiology: Understanding the physiological system of the human body makes an individual much and more conscious about the internal body functioning. He can develop knowledge regarding the physiological system of the human body that will help him maintain a healthy lifestyle (Griffiths, 2018).

Conclusion

The health and lifestyle are largely dependent on the physiological conditions of an individual. Good physiological conditions may bring better health and lifestyle for an individual. In addition, people can improve their current health situation and lifestyle by changing their lifestyle gradually (Newton, 2017). The module has provided me with the opportunities to learn about human physiological conditions with practical experience that will be very helpful for me a lot in my professional life. The report has shown the health assessment of an individual who is a smoker but has the desire to lead a healthy life. As he is interested, he can do it. Finally, the report has provided some specific recommendations for that identified person to follow for having a healthy lifestyle (Davson and Segal, 2017).

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