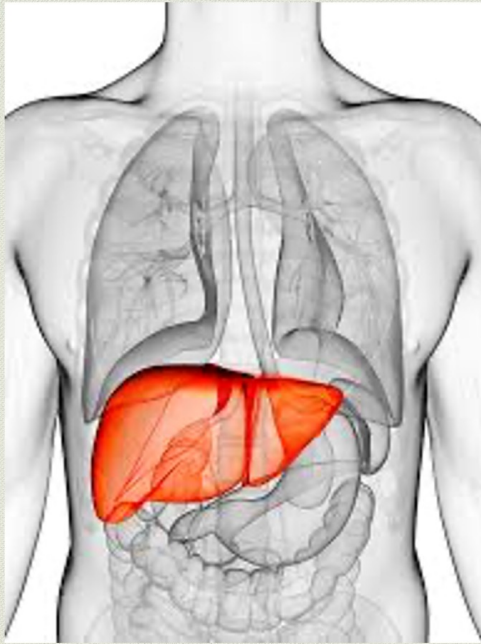




Assessment 1

Topic: Liver Cirrhosis

Module name: Introduction to Physiology (BMHP5003)

Lecturer Name: Laila Surani

Student Name: Maria-Cristina Ilie

Student ID: 2008191

Introduction

- ♦ The selected topic is Liver Cirrhosis.
- ♦ Liver cirrhosis is a life threatening disease because it can lead to liver failure.
- ♦ There is no cure for the illness, but there are treatments to slow the progression and to manage the symptoms.

Cirrhosis is defined as the “scarring (fibrosis) of the liver caused by long-term liver damage. The scar tissue prevents the liver working properly” (NHS, 2022). Lifestyle and health related information is crucial in health and social care because changes in the lifestyle can be easily implemented with no cost or risk and side effects involved. For the selected topic the

changes related to the lifestyle can be overlooked due to the short life expectancy. Obesity, smoking ,alcohol intake can have deleterious effects in cirrhosis.

Importance of lifestyle and health related information

- ♦ Lifestyle and health related information is crucial in health and social care
- ♦ Obesity, smoking, alcohol intake can have deleterious effects in cirrhosis.



Lifestyle and health related information is crucial in health and social care because changes in the lifestyle can be easily implemented with no cost or risks and side effects involved. For the selected topic the changes related to the lifestyle can be overlooked due to the short life expectancy.

Anatomy and Physiology

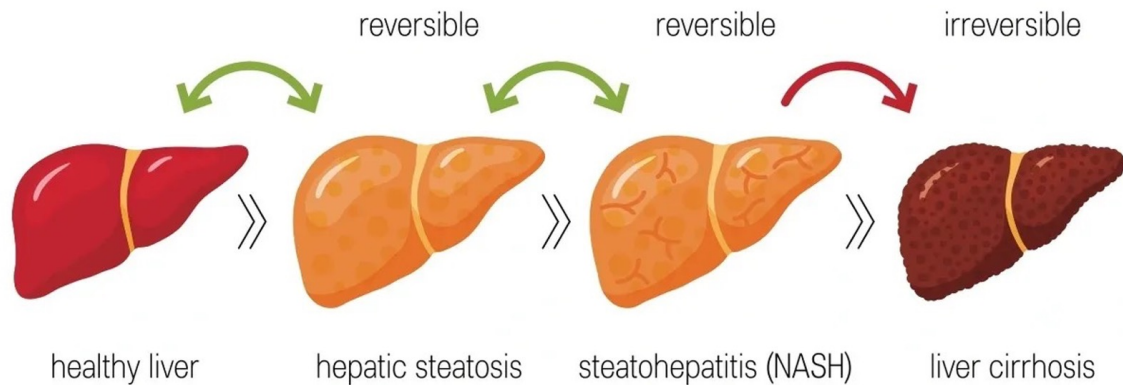


- Cirrhosis results from different mechanisms of liver injury that lead to necroinflammation and fibrogenesis; (Schuppan, Afdhal, 2008).

The cirrhosis, histologically it is characterised by diffuse nodular regeneration surrounded by dense fibrotic septa with subsequent parenchymal extinction and collapse of liver structures, together causing pronounced distortion of hepatic vascular architecture . Clinically ,cirrhosis has been regarded as an end-stage disease that invariably

leads to death , unless liver transplantation is done ,and the only preventive strategies have been screening for oesophageal and hepatocellular carcinoma.

STAGES OF LIVER DAMAGE



Here we can see the stages of liver damage :stage 1 is characterized by inflammation of the bile duct of the liver ,stage 2 scarring(fibrosis) of the liver due the inflammation and the stage 3 liver failure or advanced liver disease

Anatomy and Physiology

- ♦ The transition from chronic liver disease to cirrhosis involves:
 - › inflammation
 - › activation of hepatic stellate cells with ensuing fibrogenesis angiogenesis
 - › parenchymal extinction lesions caused by vascular occlusion.

“Increased hepatic resistance to portal blood flow is the primary factor increasing portal pressure in cirrhosis. Mostly the symptoms appear only with Most chronic liver disease is notoriously asymptomatic until cirrhosis with clinical decompensation occurs” (D’Amico, 2006).

Questionnaire

- ♦ The Lifestyle Questionnaire on behalf of NHS is constructed in three parts:
 - Questions about smoking and alcohol intake, family and medical history and ethnicity.
 - The second part of the questionnaire has three main questions related to the patient physical activity.
 - The last part of the questionnaire is focusing on the alcohol intake.

Lifestyle health-related information of patient A

- ♦ The results from the questionnaire for patient A indicate that: the patient smokes and drinks alcohol regularly. The family history and medical history reveals that the patient does not have heart problems.



Lifestyle health-related information of patient A

- ♦ He is working in place that does not require intense physical effort.
- ♦ The patient does not exercise, other than walking at steady average pace.
- ♦ The questions related to the alcohol intake emphasis that the patient is having eight or more drinks monthly, having to struggle monthly about remembering and doing what was normal after drinking.
- ♦ On one occasion the health worker had suggested to cut down the alcohol intake.

Health Risks

- ♦ The results of the questionnaire are worrying for the patient because of the lifestyle health habits of the patient such as smoking, drinking and lack of exercise.
- ♦ According to NHS (2022) the most common causes of liver cirrhosis are obesity (non-alcoholic fatty liver disease), long term hepatitis illness, drinking too much alcohol.

Healthy risk can lead to complications such high blood pressure in the veins, bleeding , infections , malnutrition ,bone diseases .Cirrhosis can cause other health problems such: kidney disease or failure ,type 2 diabetes and more .

Recommendations

- ♦ Limitation of alcohol intake of and spreading of drinking over more days.
- ♦ Stop immediately ,alcohol speeds up the illness



Limit the alcohol .The best way to alcohol related cirrhosis is to drink with recommended limits . A GP can offer help if you find difficult to cut down the amount of alcohol .

Recommendations

- ♦ Getting vaccines for hepatitis to avoid infections caused by the virus.
- ♦ Maintain a healthy weight and eating habits in order to avoid the non-alcoholic fatty liver disease.



More recommendations are that we need to protect ourselves from hepatitis, aim for a healthy weight by eating healthy and exercise regularly. Good hygiene to reduce a chance to take the infections, speak with the GP about vaccinations.

References

- ♦ D'Amico G, Garcia-Tsao G, Pagliaro L. (2006) "Natural history and prognostic indicators of survival in cirrhosis: a systematic review of 118 studies" 44: 217–31.
- ♦ Schuppan D, Afdhal NH. (2008) "Liver cirrhosis", Lancet
- ♦ NHS (2022) "cirrhosis"[Online]. Available at:
<https://www.nhs.uk/conditions/cirrhosis/> Accessed 24.03.2022