

Module: Introduction to Physiology

Assessment - Lifestyle related health information in health and social care.

Topic: Physiology, health risk due to lifestyle choices.

Topic: Chronic kidney disease

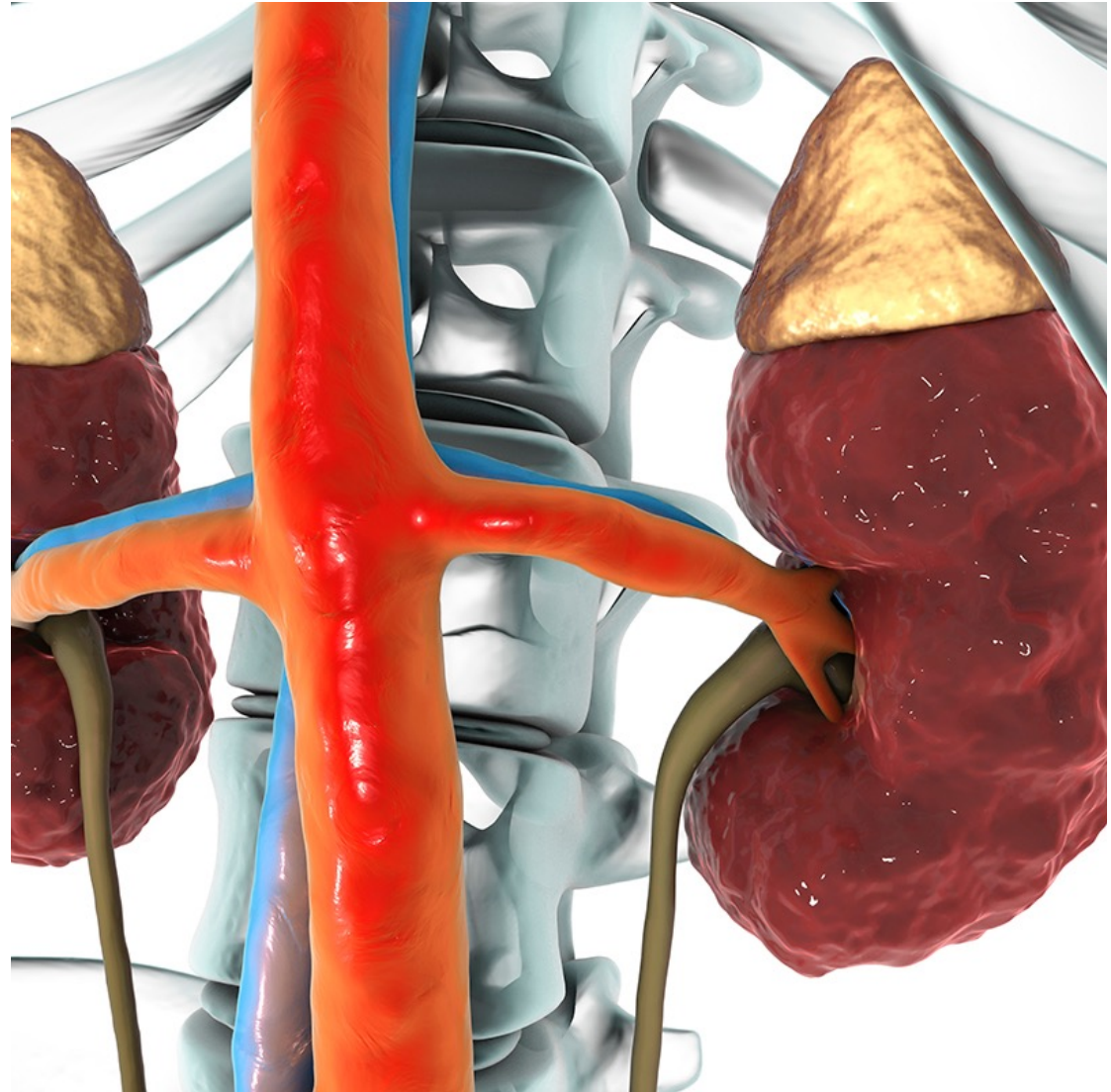
Student name: Mirela Filipova

Student number: 2114282

Lecturer : Laila Surani

Introduction

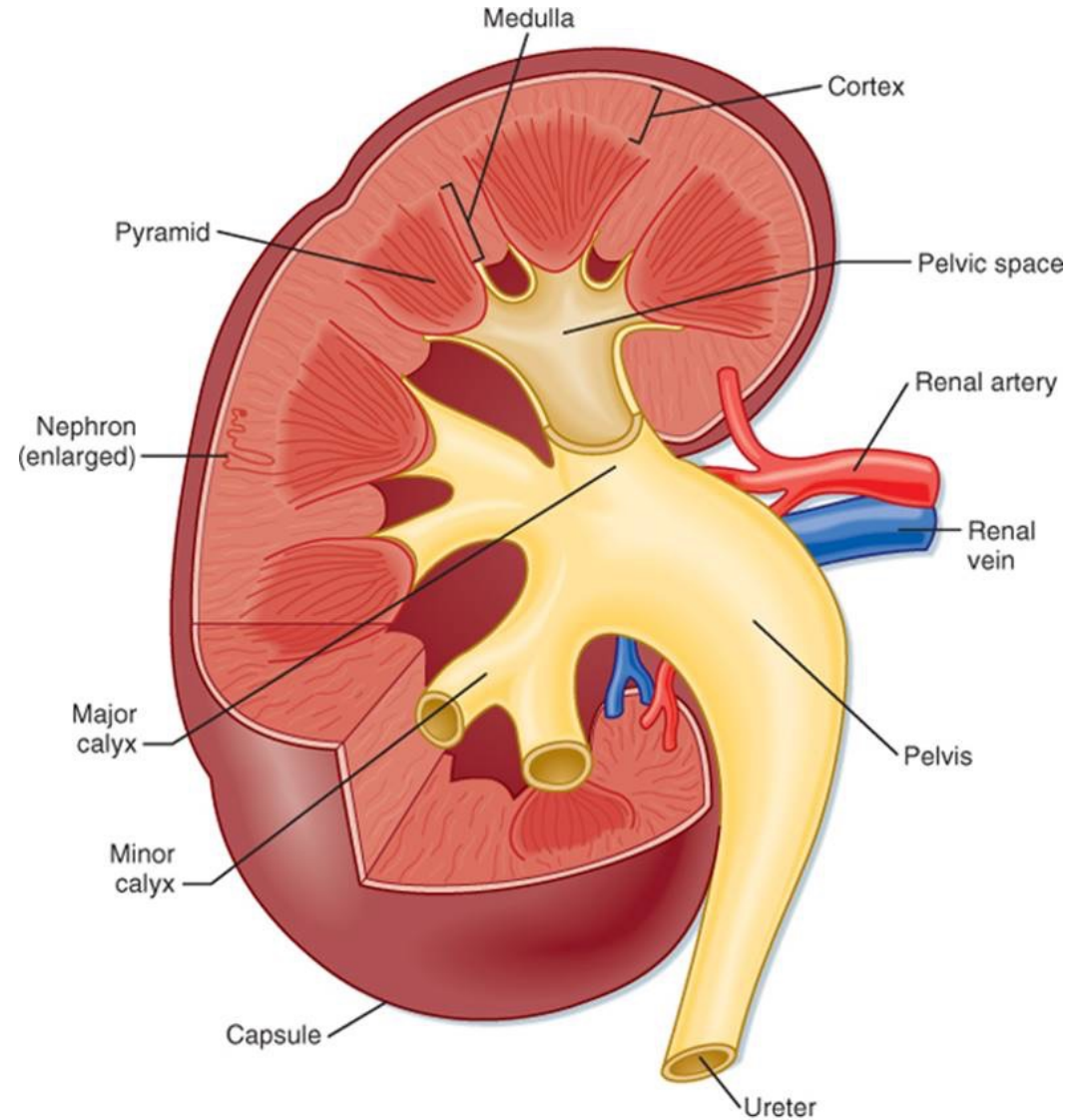
- The purpose of this presentation is to demonstrate what occurs when the kidneys are not functioning properly
- Lifestyle surveys are crucial instruments for assisting patients in gaining perspective on their lives. They may assist individuals in recognising how well they are doing in relation to vital elements such as diet and exercise, as well as larger issues that may be detrimental to their overall health.



(Hoffman, 2009)

Anatomy of the kidney

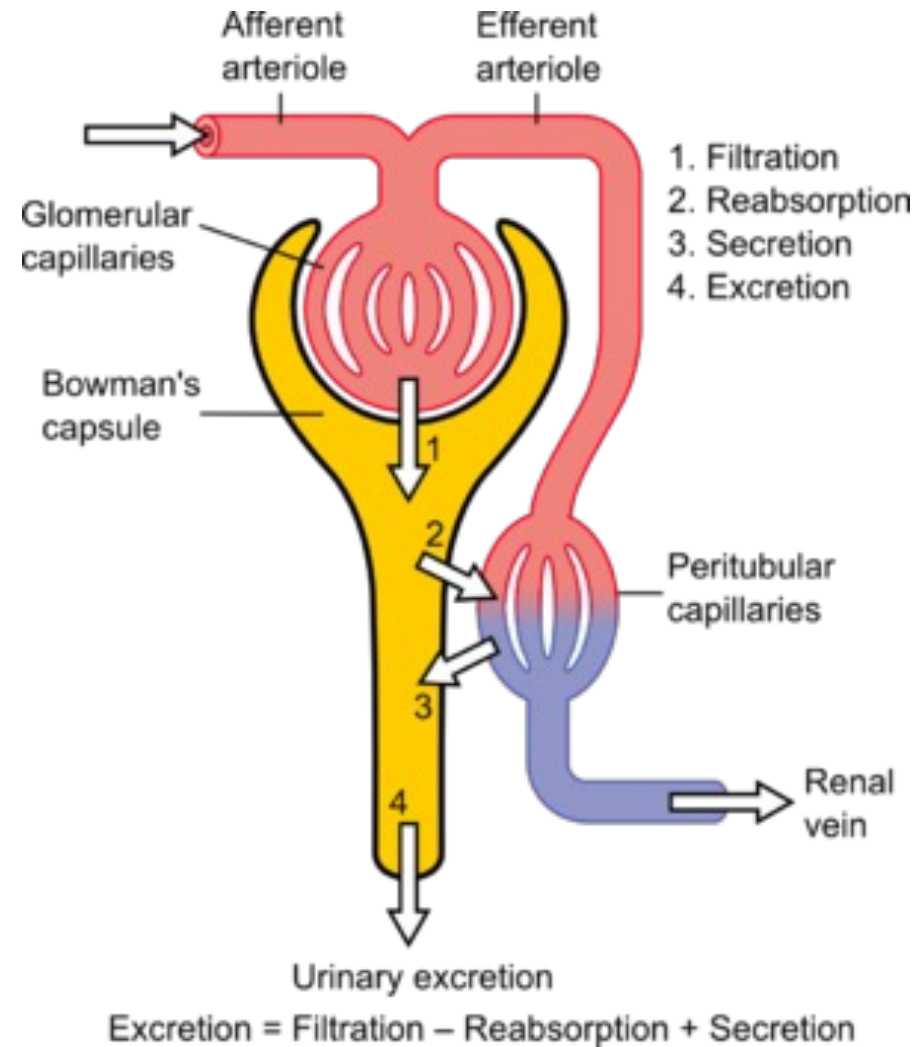
- The kidneys are responsible for regulating the production and utilisation of oxygen, as well as the formation of red blood cells. They assist the body in eliminating urea, a sort of liquid waste produced when protein-containing meals are broken down.(Stanford Children's Health)
- The kidney contains three internal regions: the outer cortex, the central medulla, and the renal pelvis in the kidney's hilum. The hilum is the concave area of the kidney where blood arteries, nerves, and the ureter escape.



Koeppen & Stanton: Berne and Levy Physiology, 6th Edition.
Copyright © 2008 by Mosby, an imprint of Elsevier, Inc. All rights reserved

Physiology of the kidney

- Kidneys are vital organs that impact the general health and function of the body. Their major purpose is to eliminate toxins from the blood and transform waste into urine. Two kidneys filter 200 litres of fluid every twenty-four hours. The kidneys excrete the metabolic byproducts urea and uric acid into the urine.
- Reabsorption of vital nutrients, including as glucose (at normal plasma concentration), amino acids, water, salt, chloride, magnesium, calcium, bicarbonate, and phosphate.



Aspect of questionnaire



- The purpose of the questionnaire is to uncover the truth in order to be 100 percent beneficial. When speaking with the patient and asking them pertinent lifestyle questions, we must also be courteous. Sometimes the truth is unpleasant.
- On the basis of this questionnaire, we will be able to assist more individuals in need. If we want our work to be effective, we must be transparent, trustworthy, and accountable for it.

- Age -55. Gender- Woman. Ethnicity- South Asian. Smoking more than 45 cigarettes per day. No drink alcohol. Overweight. High blood pressure. Diabetes type 2.
- Working as financial adviser in big company.
- Mrs B have a family history of diabetes and obesity. Her mother died of kidney failure due to diabetes.

Questionnaire -Patient Mrs B

- On her day off, Mrs B spend a lot of time in her armchair, reading book, or watching tv.
- No too much physical activities like gym or walk.
- Smoking a lot of cigarettes.
- Eat more “junk” food.

Lifestyle health-related information
of the patient

- High risk of obesity.
- High level of cholesterol.
- Kidney failure.
- Heart attack.
- High risk of worse diabetes.
- Cancer.
- Cardiovascular disease.



Health risk

Recommendations

- **NHS Lose weight**
- Consult the patient's primary care physician for assistance with healthy weight loss if he or they is obese.
- For safe weight reduction, the doctor may prescribe a healthy, balanced diet and frequent physical exercise.
- These services may be offered by local government, the National Health Service, or private businesses. Patients who are referred to a local active health team for a series of sessions performed by a professional trainer may be forced to pay for exercise on prescription.
- If a patient has weight gain conditions such as polycystic ovary syndrome (PCOS), excessive blood pressure, diabetes, or sleep problems, the primary care physician may recommend further testing or specialised therapy. In some cases, patients may be referred to a specialist. (NHS, 2018)

Recommendation

- **Kidney Research UK**
- The Kidney Patient Guide forum is a public forum where everyone touched by kidney illness, including patients, family members, and friends, may exchange information and receive support. Anyone can read the forum posts, but registration is required to post or access other features such as private messaging.
- There are currently thousands of kidney sufferers across the world, and the most prevalent issue is locating donors. If you require transplantation, we can assist you. This is where our help come in, we send you to our hospital, set up the appropriate appointment and medical examination, and match you with the available donors on their registry. (CDC, 2021)

Recommendation

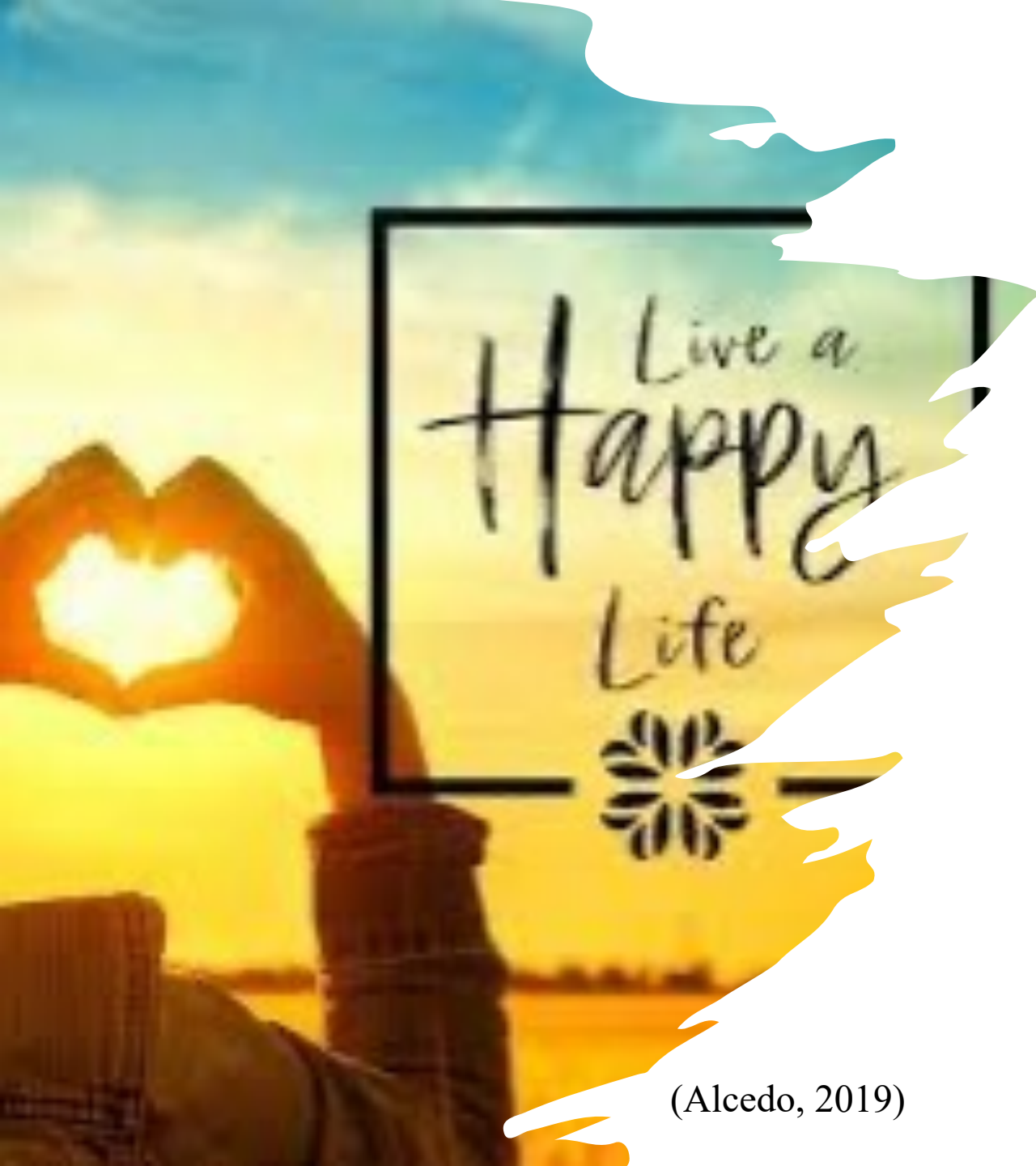
Physiotherapy.

Special diet.

Lost weight.

Stop smoking.

Regular reviews.



Conclusion

The function of the kidneys in our bodies is crucial to our health. To be healthy, we must know and take care of our bodies. It is necessary to consume a good diet, engage in physical activity, and achieve inner peace and quiet.

(Alcedo, 2019)

References

CDC. “Live Well with Chronic Kidney Disease.” *Centers for Disease Control and Prevention*, 18 Feb. 2021, www.cdc.gov/kidneydisease/publications-resources/live-well-with-chronic-kidney-disease.html .

Hoffman, Matthew. “Picture of the Kidneys.” *WebMD*, WebMD, 11 Sept. 2009, www.webmd.com/kidney-stones/picture-of-the-kidneys .

NHS. “NHS Stop Smoking Services Help You Quit - Quit Smoking.” *NHS*, 25 Oct. 2018, www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/ .

Stanford Children's Health. “Anatomy and Function of the Urinary System.” *Stanfordchildrens.org*, 2019, www.stanfordchildrens.org/en/topic/default?id=anatomy-of-the-urinary-system-85-P01468 .

Ogobuiro, Ifeanyichukwu, and Faiz Tuma. “Physiology, Renal.” *Nih.gov*, StatPearls Publishing, 2019, www.ncbi.nlm.nih.gov/books/NBK538339/ .

Alcedo, Madison. “30 Best Happy Quotes That Will Immediately Brighten up Your Day.” *Country Living*, 26 Nov. 2019, www.countryliving.com/life/g4815/happy-life-quotes/ .