

Assessment: 1 Presentation

Module: BMHP5003

Lecture : DR Laila Surani

Topic: heart disease

STUDENT NAME: VICTORIA FANTODJI

STUDENT NUMBER: 2024740

Introduction

- ▶ Heart diseases is a major health issue for human being as it causes deaths and impacts the overall health condition of people.
- ▶ In that case, heart diseases are severe in recent times in the UK due to their life-style and cultural choices of people (Katritsis et al., 2018).
- ▶ In health and social care, life-style related information such as age, gender, family history, locations, personal preferences, culture, ethics and others are considered. It helps to understand the lifestyle of people.
- ▶ There comes the life-style of people which help to measure the life-style related information in health and social care.



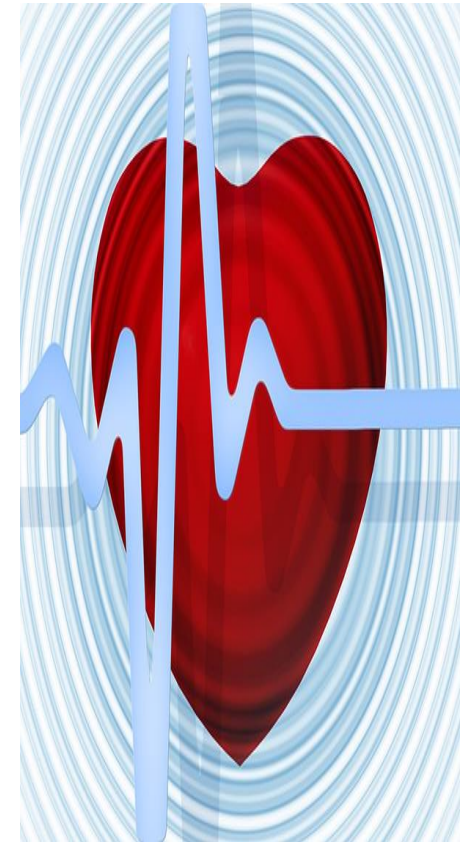
Anatomy and Physiology

► In my opinion, heart attack is now the most common health issue. The heart consists of walls, layers, chambers and valves which all work together to keep the heart functioning. Heart attacks happen when there isn't enough blood entering the left atrium from the right ventricle causing the heart to shutdown. If the patient smokes, then the chance of having a heart attack is higher than those who do not smoke because the lungs would be storing dirty oxygen which makes it harder to receive blood into the left atrium. The same goes for a patient or person with alcohol consumption. The chance for a heart attack is higher for the patient in that case.



Questionnaire

- ▶ Patient A has been found that having the habit of smoking and in moderate level.
- ▶ The alcohol consumption level is higher for the patient.
- ▶ Besides, the family history of the patient shows previous health related problems. Before 60, have found heart attack history.
- ▶ The patient has no heart attach history but have found to have a stroke.



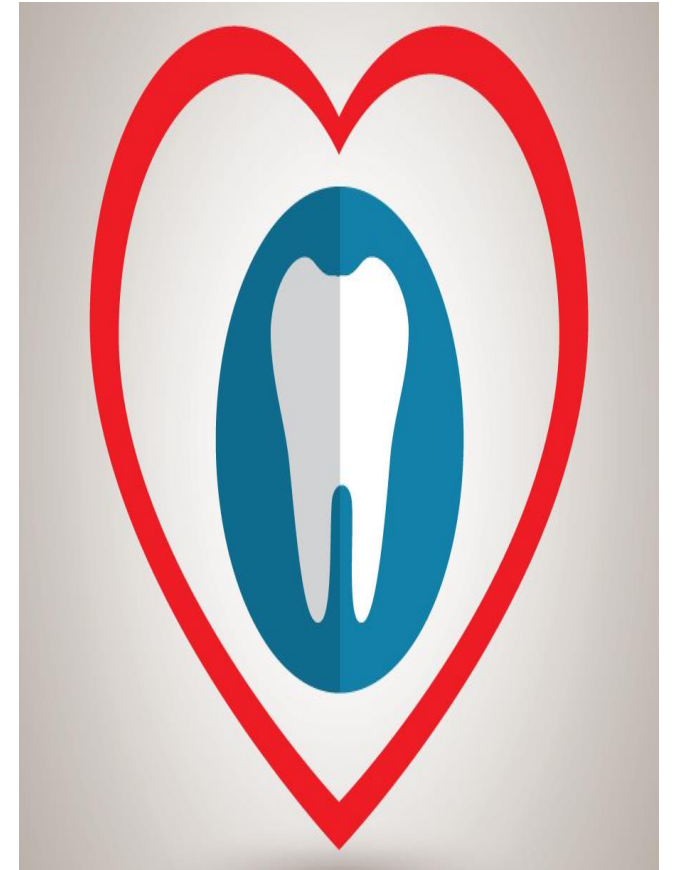
Questionnaire

- ▶ The patient is from Asian Bangladeshi age group.
- ▶ The patient is part-time employee and work mostly in sitting. In that case, physical activities of the patient require extensive.
- ▶ The patient currently has been found to have less than 1 hour of physical exercise.
- ▶ The patient has no involvement in cycling and involvement in walking.



Lifestyle health-related information of the patient

- ▶ The patient has higher smoking tendency and lower alcohol consumption tendency. In that case, the patient has been found that smoke several times a day which ultimately increase the risk of heart disease.
- ▶ Besides, the patient also has lower-level physical activity and waling. In that case, the patient also have no swimming and other involvement with higher pressure in the working environment.



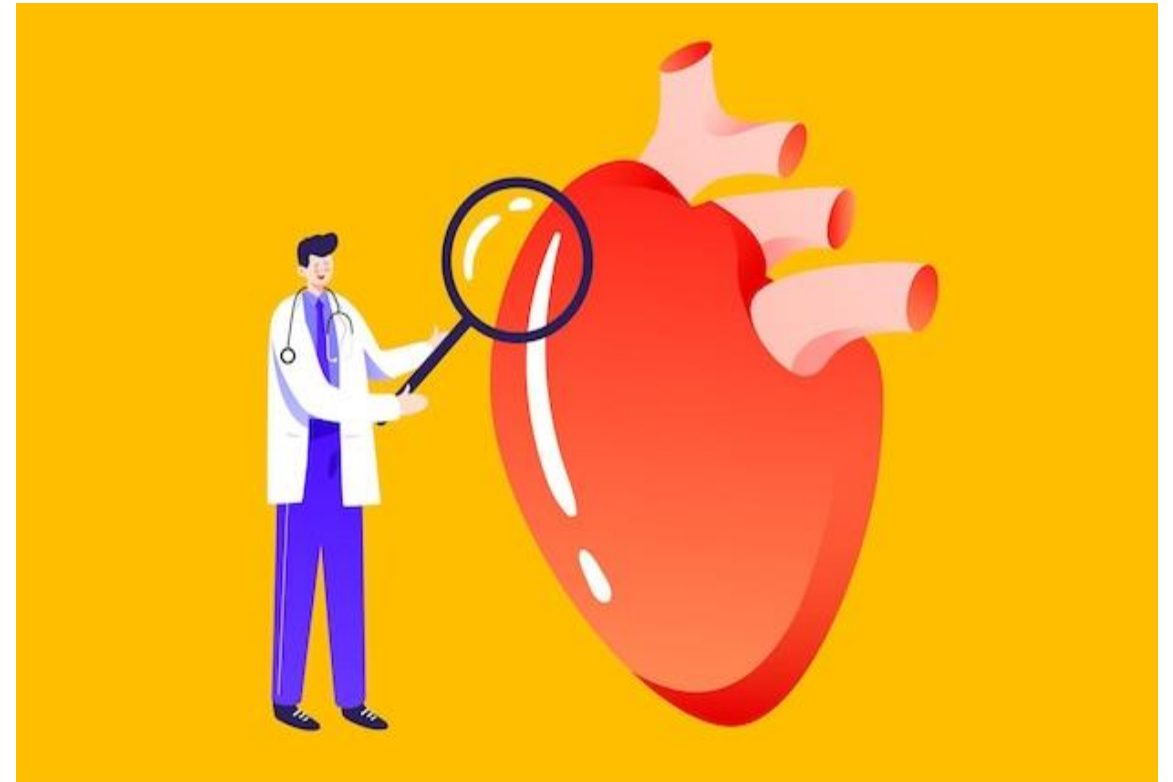
Lifestyle health-related information of the patient

- ▶ The life-style choice of the patient is very poor which increased the risk factor of heart disease (Blyton, 2010).
- ▶ In that case, higher tension and pressure increase the risk of health problems and effect the overall health conditions.
- ▶ As per the gender, the patient has less risk compared to women at the age of 66. Besides, the ethnicity increases the risk factors of the health diseases.



Health Risks

- High blood pressure of the patient
- Cholesterol related issues
- Type 2 Diabetes (Marshall, 2017)
- Second hand risk exposure
- Obesity
- Physical inactivity
- Unhealthy diet and others



Recommendations

► British Heart Foundation:

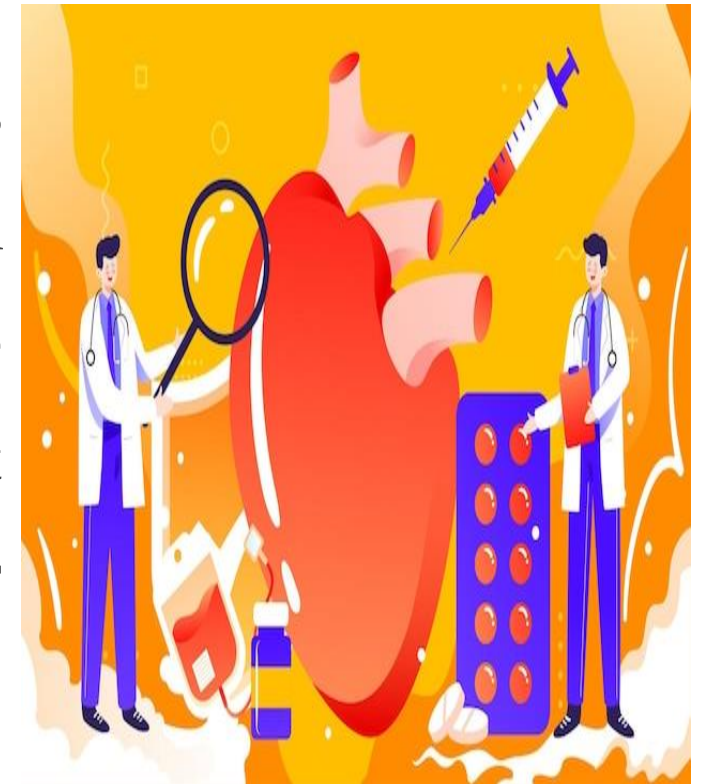
- British Heart Foundation should regular assess hearth condition and promote check-up programmes all over the country.
- Should have to control the lifestyle factors in order to improve the heart condition and raise awareness.
- The organisation might have to consider reducing the level of smoking and alcohol consumption of people with proper campaign and awareness.

► NHS:

- Should monitor the heart related diseases condition with proper care as people dying more from such diseases (Bacusca et al., 2021).
- Health and social care awareness should be increased for the people to assess the heart diseases properly.

Conclusion

► In the conclusion, it has been found that Patient A has higher heart related risk. The heart related risk has been assessed using the life-style questionnaire. The response showed the patient developed moderate risk of heart problems (Omboni & Caserini, 2018). There are higher scope of improving the lifestyle choice of the patient.



References

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