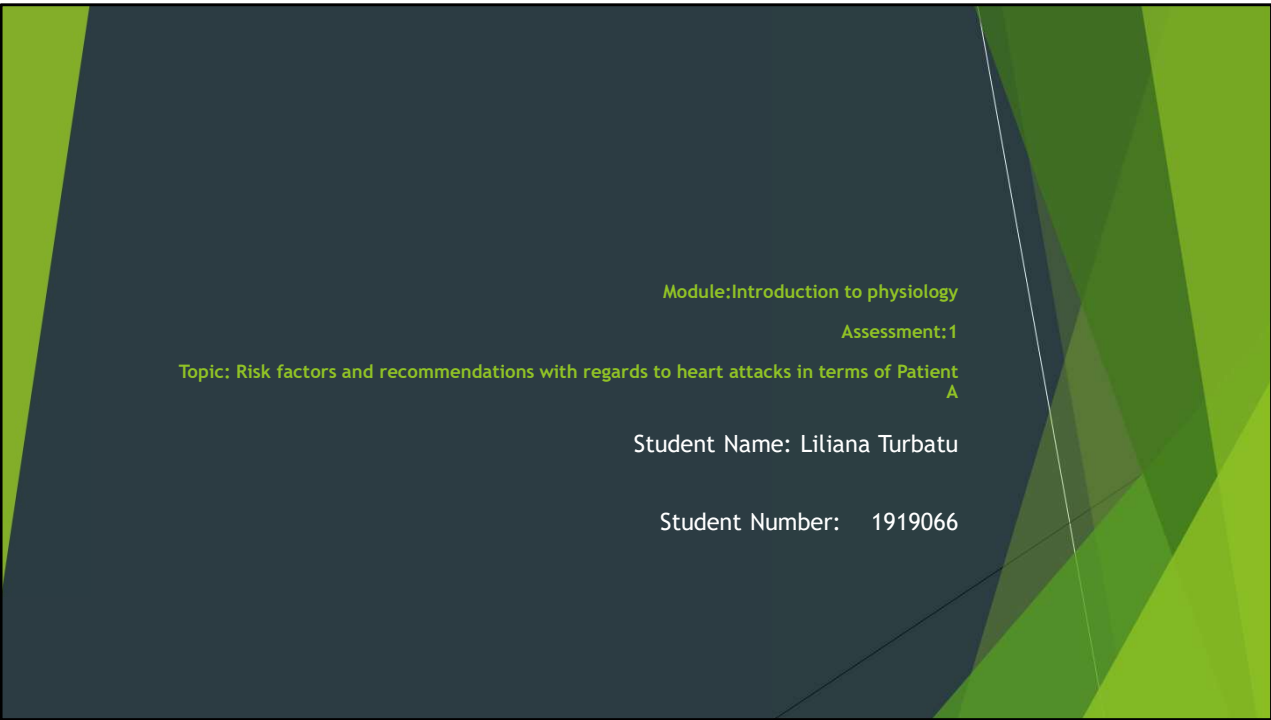




Module: Introduction to physiology

Assessment: 1

Topic: Risk factors and recommendations with regards to heart attacks in terms of Patient A

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Introduction

The aim of this assignment is to describe the anatomy and physiology, as well as risk factors, and lifestyle-related recommendations for the patient's care using a lifestyle questionnaire for a fictional patient (Patient A) with a health condition of heart attack.

As stated by Krist *et al.* (2020), it is essential to measure lifestyle-related health information in health and social care as it can assist to analyse the burden of preventable disease, disabilities and injuries while offering new valuable insights about the risk factors.

With the increasing complexities and number of deaths due to heart attack in the UK, the need for effective assessment of lifestyle-related health information has become highly imperative for professionals to assess the severity of the disease and to offer new valuable insights. Based on such context, in this assignment, the anatomy and physiology, as well as risk factors, and lifestyle-related recommendations for the patient's care using a lifestyle questionnaire for a fictional patient (Patient A) with a health condition of heart attack has been put forward.

Anatomy and Physiology

- In terms of Patient A, the anatomy and physiology of a heart attack indicates a sudden interruption of the blood supply to the heart, (Refer to the Fig: 1). As a result, it damages the heart tissue.
- A heart attack is a cardiovascular disease which occurs when something occludes blood supply to different parts of the heart or plaque building up in the arteries. This leads to long-term disability or even death.

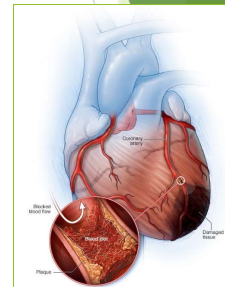


Fig: 1 (Anatomy and physiology of heart attack in terms of Patient A)

Source: (Mayoclinic.org, 2022)

It has been well indicated by Kostopoulou *et al.* (2020), when a heart attack occurs, certain parts of the heart tissue either die or become damaged. In addition, in terms of Patient A, the anatomy and physiology of the health condition needs to be well assessed as a heart attack occurs due to a sudden interruption of the blood supply to the heart. As a result, heart cells tissue to die within minutes as they do not get oxygen. In such cases, aching sensation, heart burn, death, lasting heart damage or long-term disability are caused.

The main aspects included in the questionnaire for measuring lifestyle-related information are the following:

- Firstly, an analysis of lifestyle questions is carried out which integrates smoking and alcohol habits, family history, medical history and ethnicity of the patient, (Questionnaire attached).
- Secondly, General Practice Physical Activity Questions are carried out which integrates amount of physical activity involved at workplace, type of physical activities and time spend as well as walking pace of the patient.
- Thirdly, a detailed questionnaire about the alcohol consumption of the patient is carried out.

Questionnaire

In terms of the questionnaire, there are three parts to the questions which includes lifestyle questions, General Practice Physical Activity Questions as well as a detailed questionnaire about the alcohol consumption of the patient, (Rectorymeadowsurgery.co.uk. 2022). By assessing these lifestyle-related information of Patient A in terms of physiology and anatomy about their body functioning and health behaviour choices, potential recommendations can be put forward.



Lifestyle health-related information of the patient

Based on lifestyle questionnaire, it has been analysed that Patient A is a regular and heavy smoker and alcoholic person from White British ethnic group. In terms of family history, stroke and heart attack has been consistent before the age of 60 and the patient have had heart attack earlier.

In terms of GPPAQ, it has been analysed that the patient is 52 years old and does not get involved in any physical activity. In addition, the patient has a slow walking pace which is less than 3mph.

Based on alcohol consumption, the patient is male and weekly consumes more than eight drinks. Less than monthly, the patient does not remember what happened the night before drinking and failed to carry out his responsibilities. More than one occasion, doctors, friends or relatives has recommended to cut down alcohol consumption.

Based on the above lifestyle health-related information of Patient A, it can be stated that the health condition is severe in terms of a heart attack due to poor and unhealthy lifestyle and behavioural choices.



In terms of lifestyle or health behaviour choices of Patient A, the above-mentioned risks are well aligned with the poor and unhealthy choices. Each of the risk factors can directly result in severe diseases including cardiovascular diseases and cancers.

Recommendations

- **Reducing or quitting alcohol consumption:** To reduce the risk factors, the need to either quit or limit drinks by 14 units of alcohol each week on a regular basis is highly recommended, (Blackburn, 2020).
- **Quitting smoking:** UK-based healthcare organisations like NHS offers free local NHS Stop Smoking intervention services that can assist patients like A to stop smoking and enhance their lifestyle. In addition, national helpline number and Smokefree website are also available for patients, (Nhs.uk. 2022).
- **Engaging in physical activities:** NHS also provide services and promotes NHS Couch to 5K running plan practices and exercise video to inspire patients for bringing blood pressure and weight down, (Nhs.uk. 2022).

The above-mentioned recommendations can assist patients like A to enhance their lifestyle and develop a healthy living.

Conclusion

A heart attack is a health condition that occurs due to a sudden interruption of the blood supply to the heart.

Patient A reflects poor lifestyle and behavioural choices due to excessive drinking, smoking and limited physical activities as per the questionnaire which possess potential risk factors in terms of the health condition.

It is essential to quit smoking, engage in physical activities and quit drinking for achieving a healthy lifestyle by using the intervention services put forward by NHS organisation.

The risk factors and severity of the health condition heart attack needs to be well comprehended by patients like A and must focus on complying with the recommendations for achieving a healthy life.

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