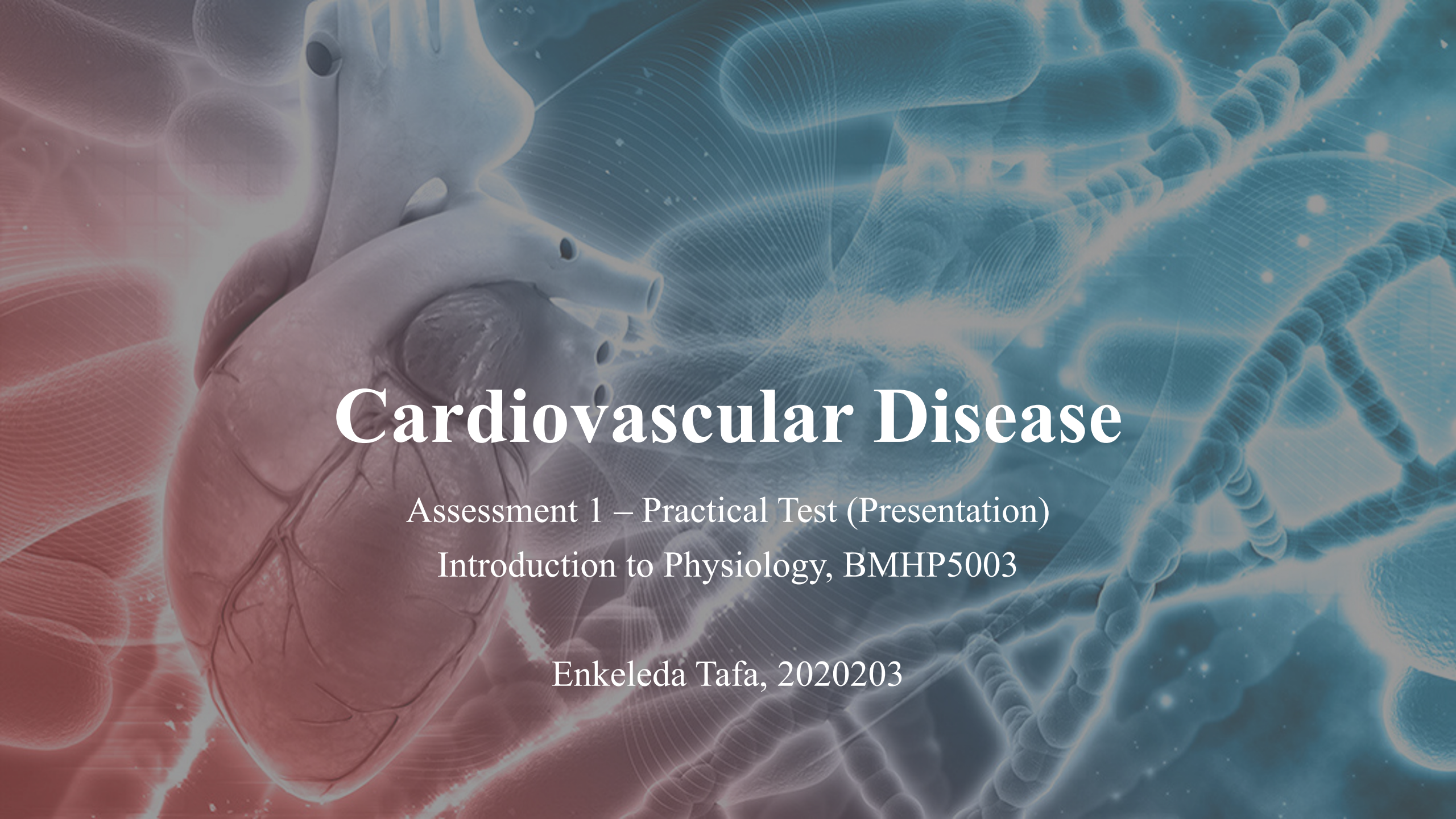




Cardiovascular Disease

Assessment 1 – Practical Test (Presentation)

Introduction to Physiology, BMHP5003

Enkeleda Tafa, 2020203



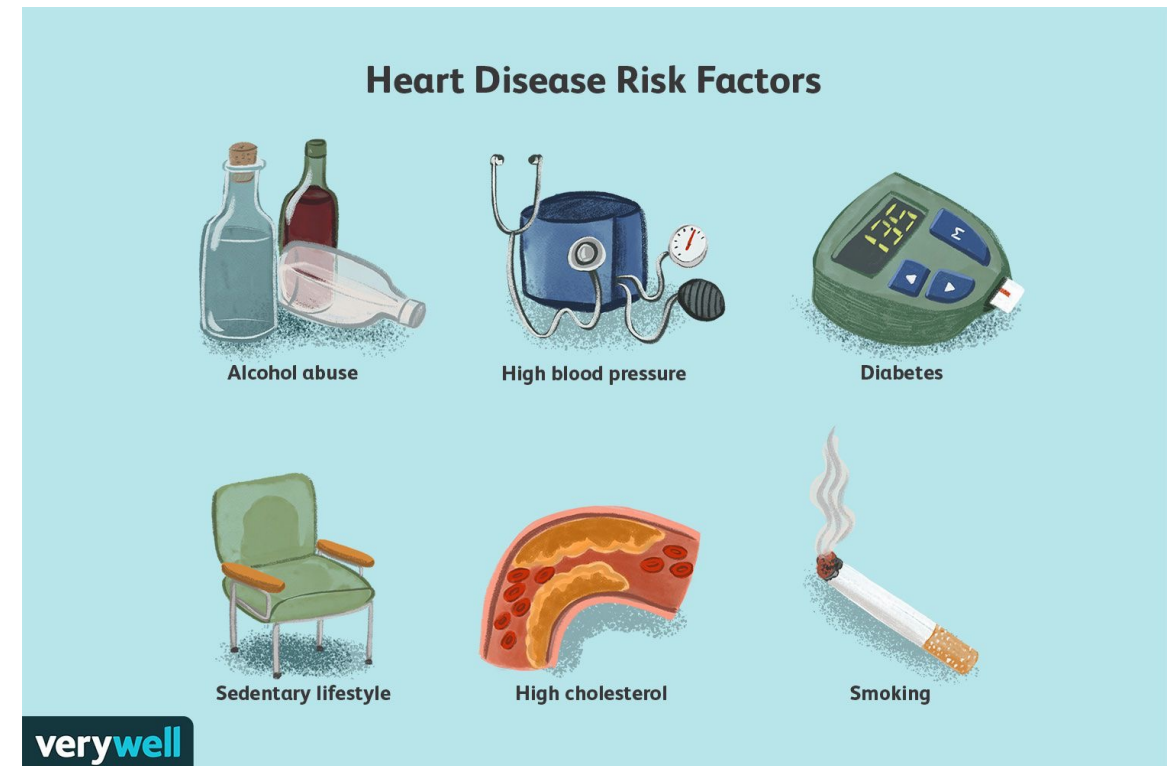
Health and social care

Introduction

- It is important for Health & Social Care to measure life-style related risk to help patients find ways to avoid health problems.
- The chosen health condition is Cardiovascular disease for Patient A.
- A concise discussion is carried out on the health condition of the patient.
- Physiology and anatomy of the selected disease.

Health condition of the patient...

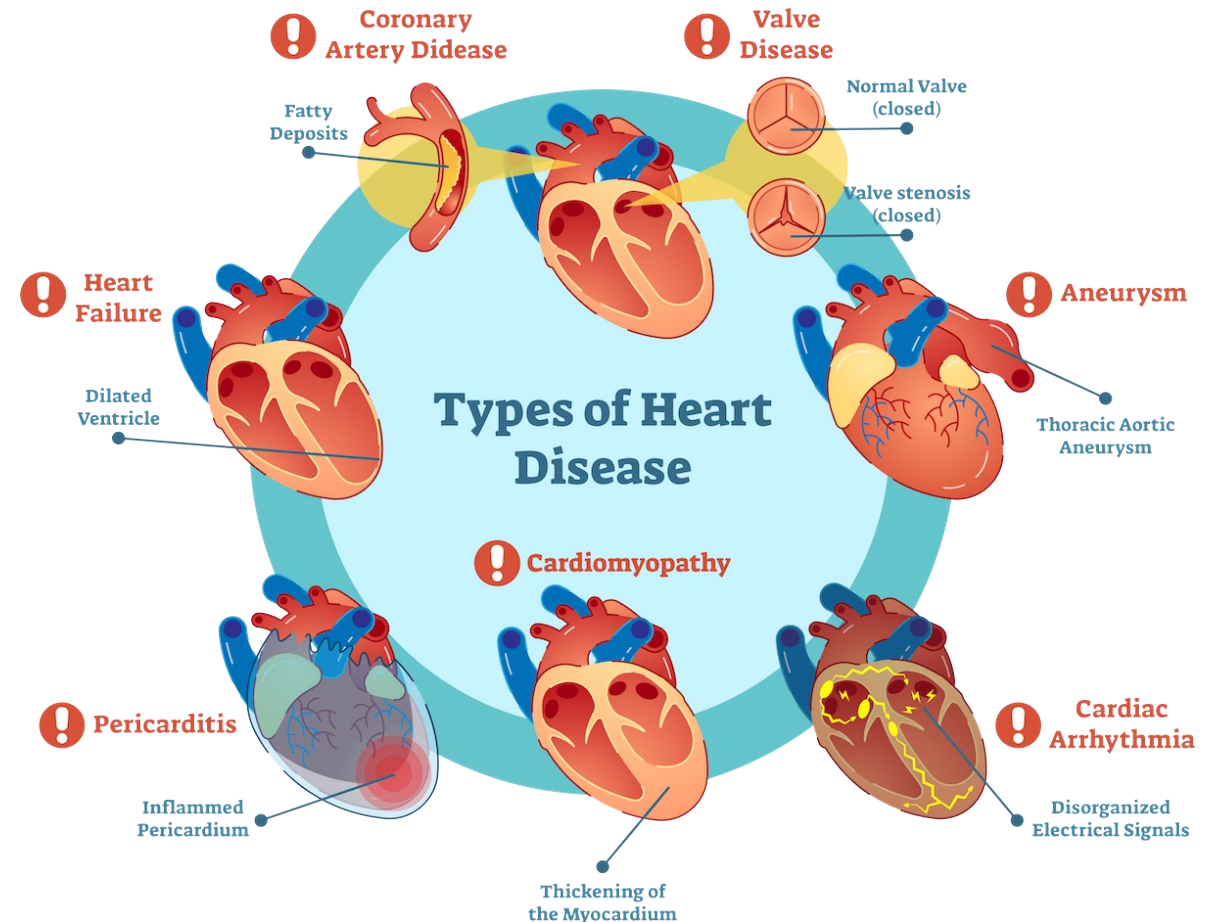
- The identified health condition of the Patient A is Cardiovascular disease.
- It is defined as a disease that can affect the heart of a patient or her or his blood vessels.
- Key factors: smoking, drinking or obesity



...health condition of the patient

Key cardiovascular diseases: heart attack, heart failure, coronary heart disease, strokes, ...

- Patient A has started witnessing heart issues from the age of 43.
- The improper maintenance of lifestyle is the main reason behind this.



Anatomical and physiological health condition...

Anatomical health condition

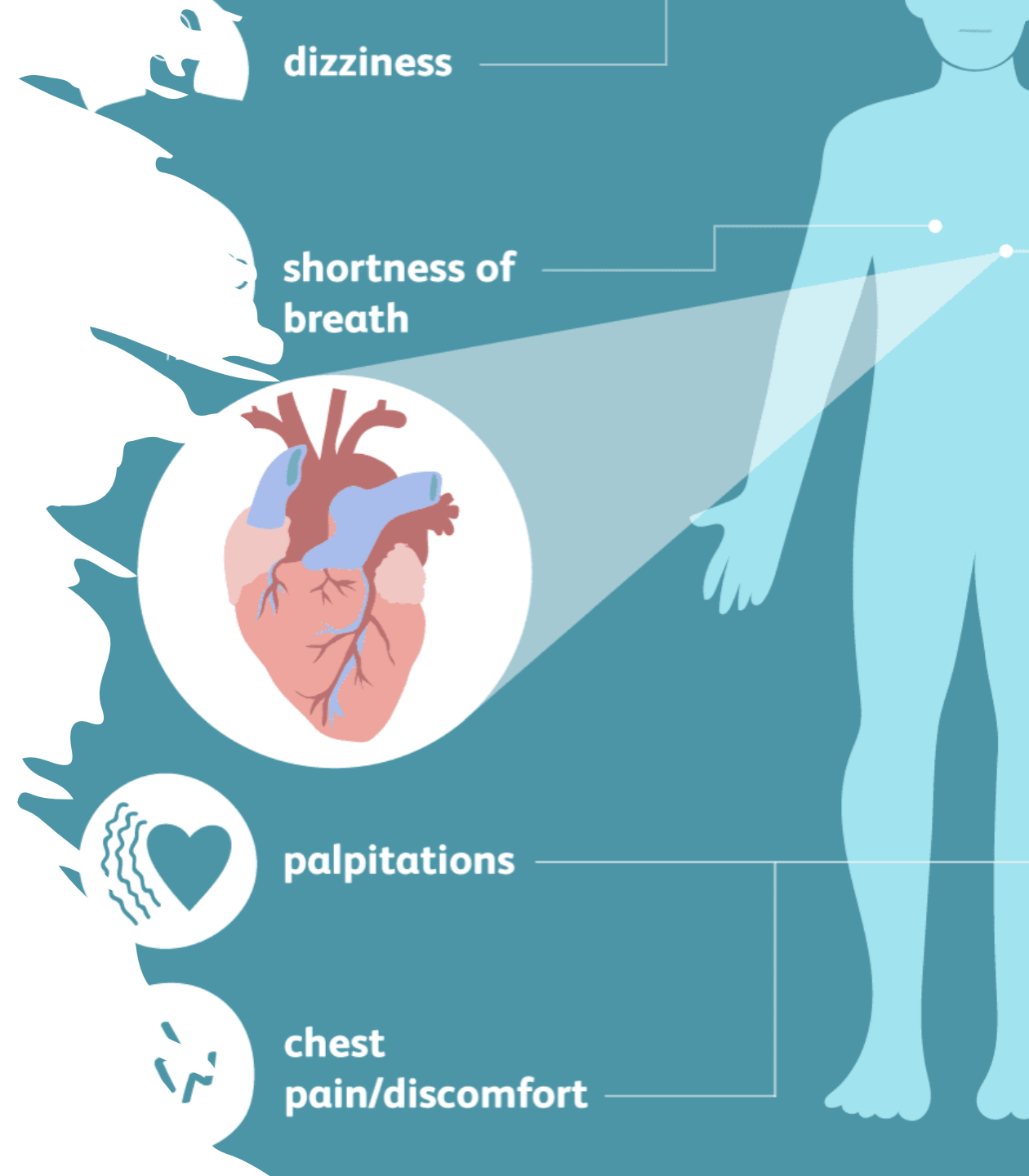
- The blockage is present in a left coronary artery that develops obstacles in blood flow.
- The left ventricle of the heart wall has been thickened which cause Left ventricular hypertrophy
- Reduced oxygen and nutrition transfer in all the cells throughout the body
- Heart muscles have reduced flexibility and elasticity, which has reduced the proper pressure of blood pumping.



...anatomical and physiological health condition

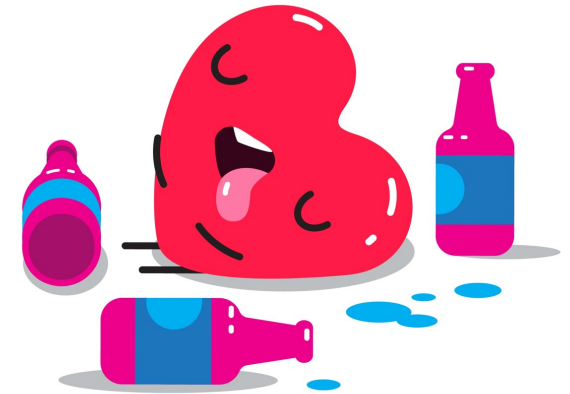
Physiological health condition

- The function of the heart is poor so proper blood circulation is disrupted.
- Due to a lack of proper blood circulation at all the brain cells, dizziness is happening.
- Shortness of breath is present in the patient.
- Due to dysfunction of heart upper abdomen and back pain is happening.



Health risk due to poor lifestyle...

- The patient is a chain smoker.
- The patient is obese due to poor food habits.
- The patient is taking alcohol frequently that is 3 to 4 days a week.
- The present anatomical and physiological condition is poor.
- The patient gets abused every day by the partner which impacts mental health.





Recommendation...

Lifestyle Changes

- Eat a heart-healthy dietary pattern (variety of fruits, vegetables, legumes, fish and saturated fat)
- Balance the diet with being physically active (moderate exercise)
- Reduce alcohol consumption
- Give up smoking

...recommendation

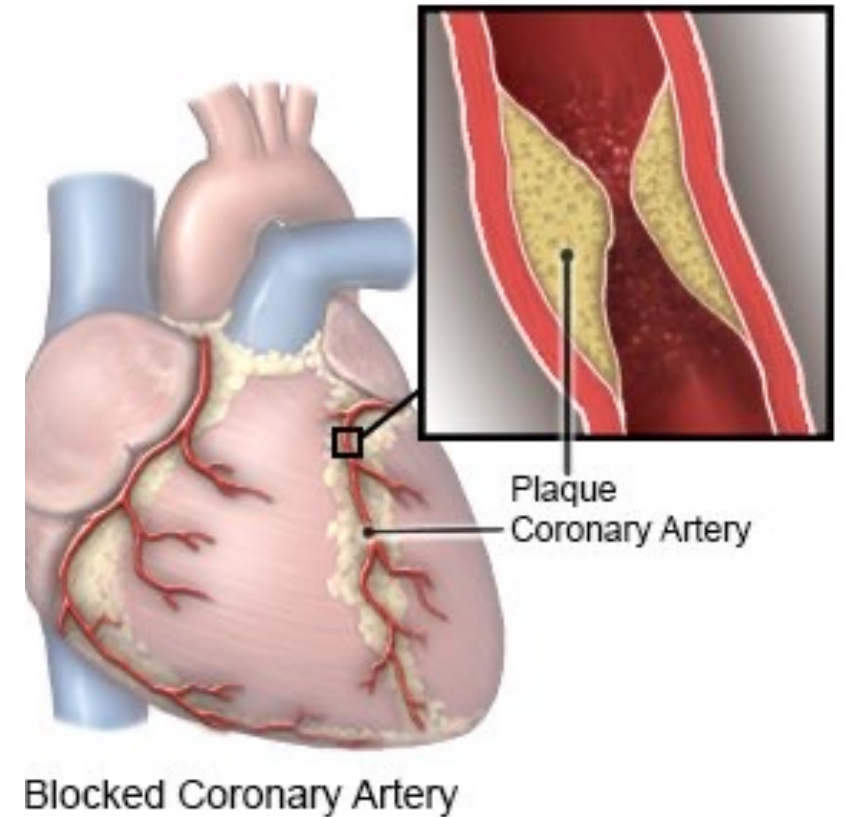


Health and Social Care Intervention

- Keep blood pressure under control
- Keep diabetes under control
- Manage stress
- Monitor sleep
- Consultation with a doctor

Conclusion

- The presentation showed the current health conditions of Patient A.
- The patient started witnessing the symptoms from the age of 43.
- It has been known that the individual is suffering from cardiovascular disease.
- The person has an artery blockage.



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