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Module: LCHS4003

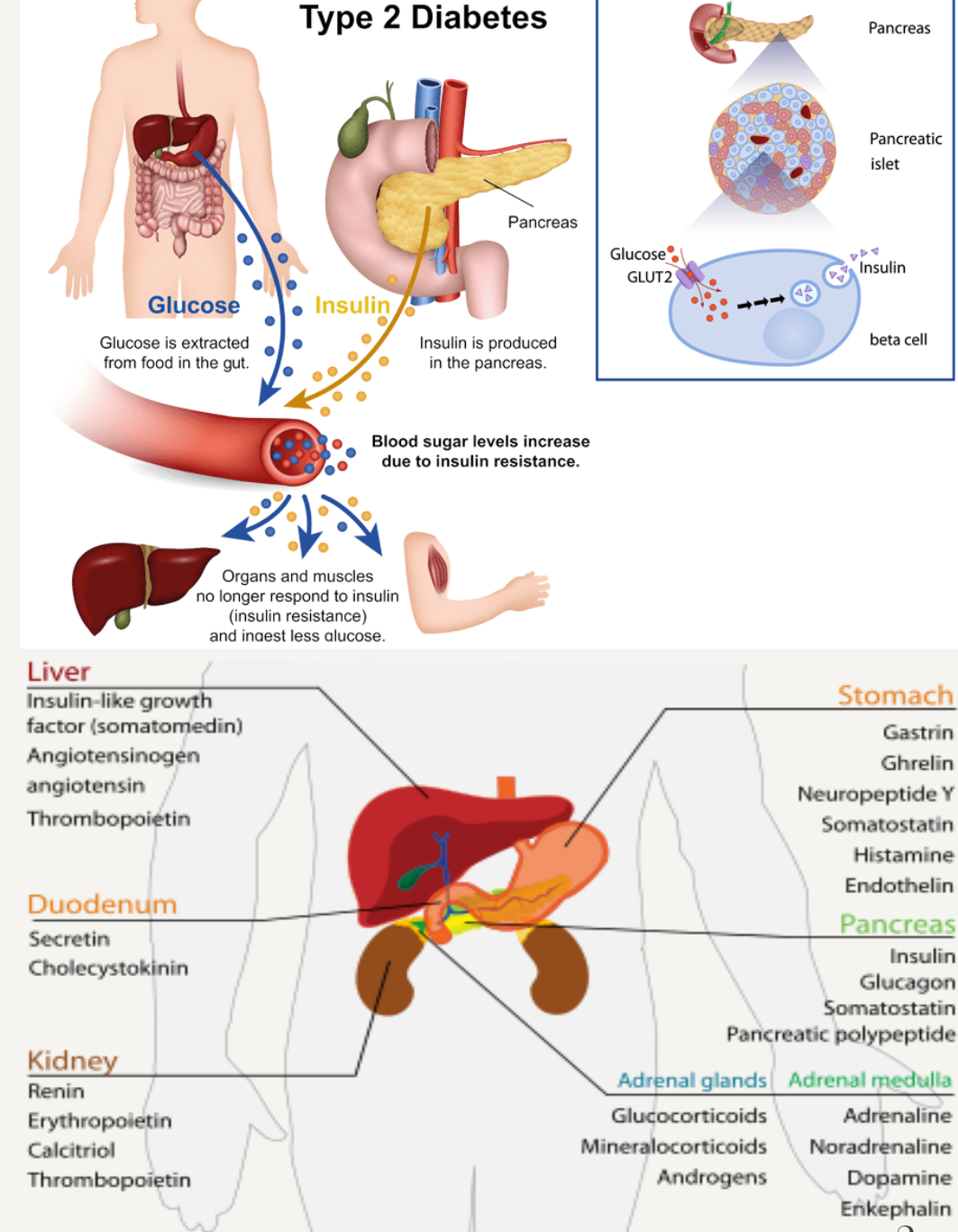
Assignment: Component 2

Presentation – Care Plan

This presentation will outline a care plan for a fictional patient diagnosed with Type 2 Diabetes

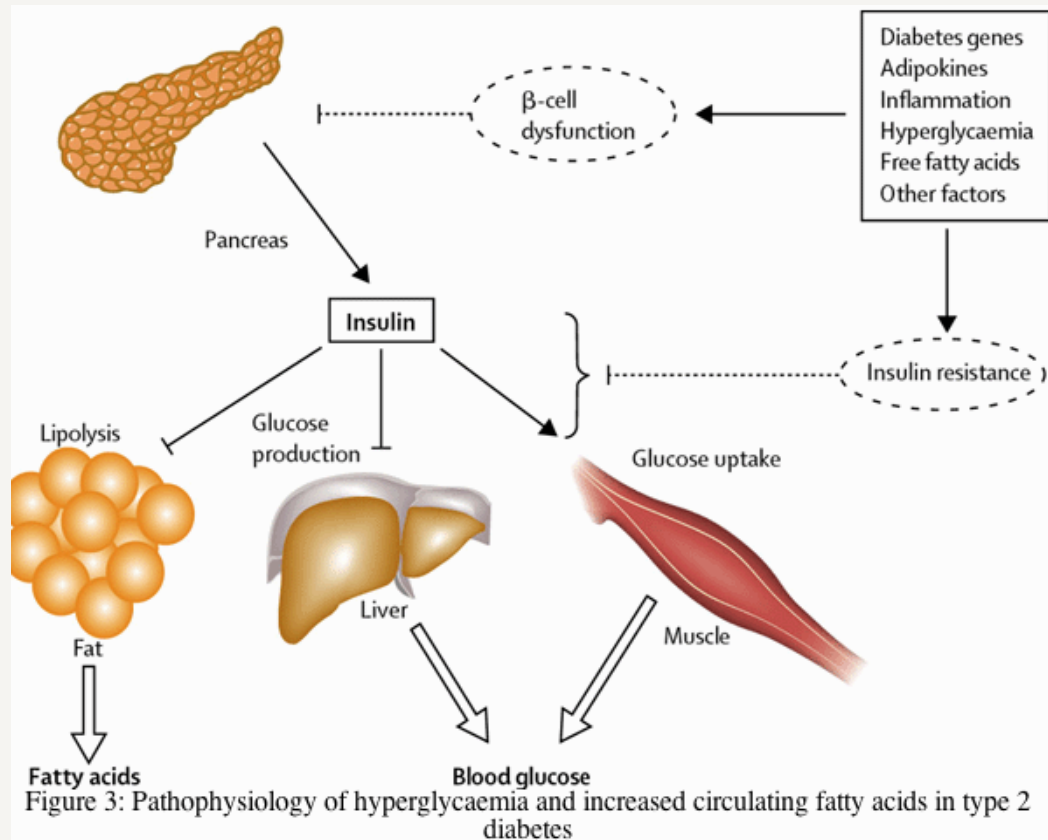
In this presentation I will:

- Explain the anatomy and physiology of the endocrine system
- Describe how diabetes affects body functioning
- Present a fictional patient profile and risk factors
- Provide evidence-based care recommendations
- Refer to guidelines from the National Health Service and the National Institute for Health and Care Excellence (NHS, 2025)



What is Type 2 Diabetes?

Type 2 Diabetes is a **chronic metabolic condition** that affects how the body regulates blood glucose (sugar) levels.

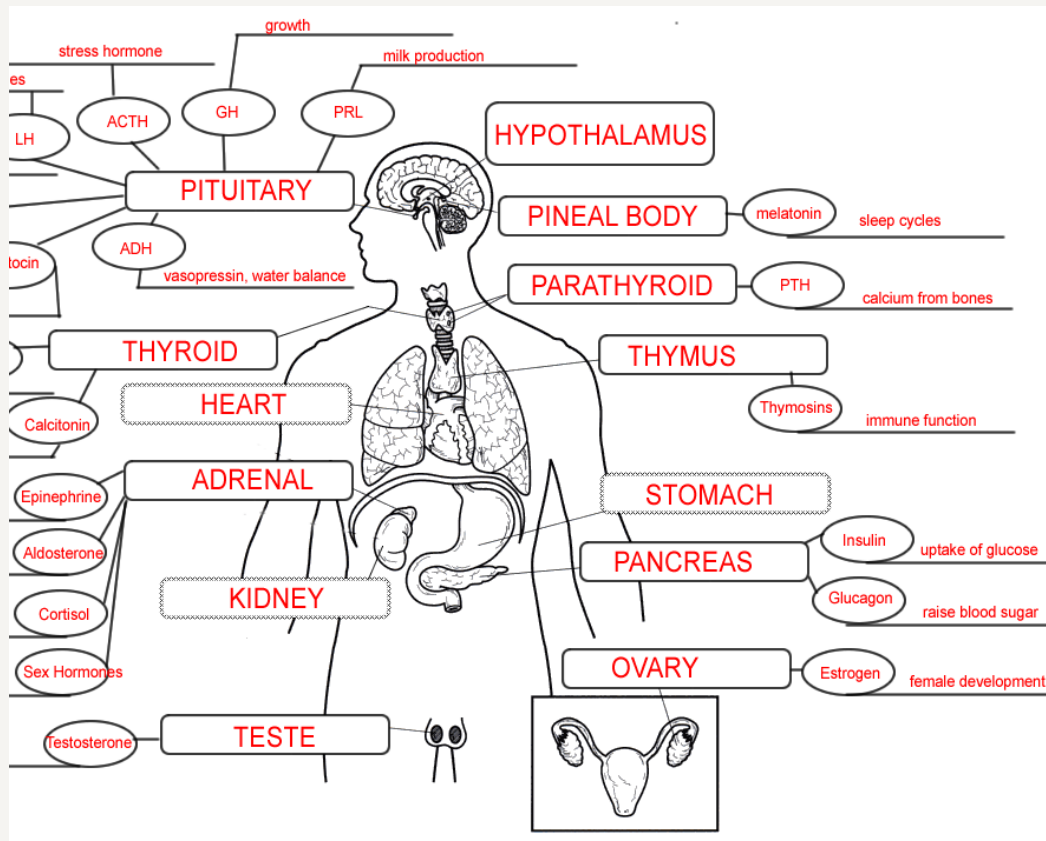


Key characteristics include:

- The body develops insulin resistance, resulting in cells not responding effectively to insulin.
- The pancreas generates inadequate insulin to sustain normal blood sugar levels
- Glucose is unable to transfer effectively from the blood into body cells
- This leads to elevated blood sugar levels, referred to as hyperglycaemia. (NHS, 2023)

With time, unmanaged diabetes can cause complications that impact the heart, kidneys, nerves, and eyes.

Endocrine System



Endocrine System

Controls hormones inside the body

- Regulates functions like metabolism and blood sugar levels
- Preserves internal equilibrium (homeostasis)

Comprises glands like:

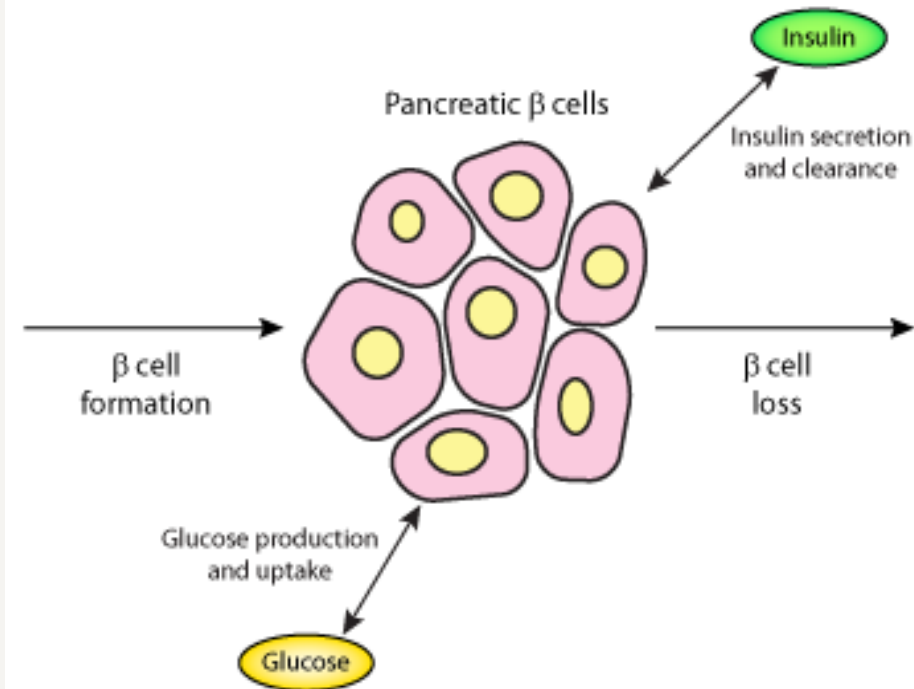
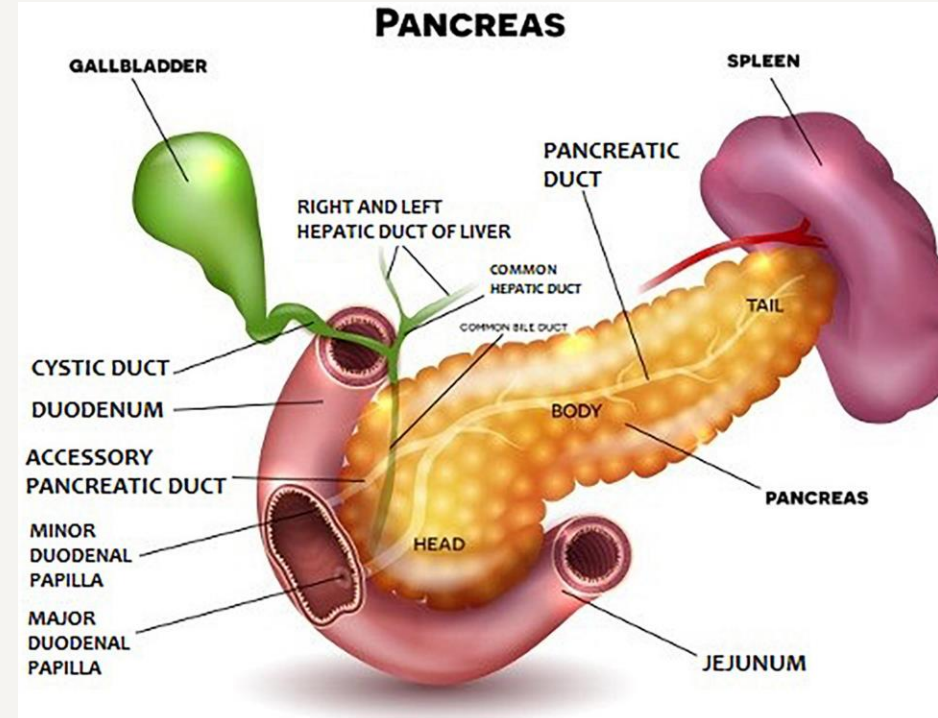
- Pancreas
- Glandula tiroides
- Glands located on the adrenal cortex
- Hypophysis (Cleveland Clinic, 2023)

Anatomy of the Pancreas

The pancreas plays a crucial role in managing blood glucose levels.

Main characteristics:

- • Positioned behind the stomach
- • Belongs to both the digestive and endocrine systems
- • Synthesizes hormones such as:
 - Insulin (reduces blood sugar)
 - Glucagon (increases blood sugar)
- • Houses beta cells that generate insulin (NHS, 2022)



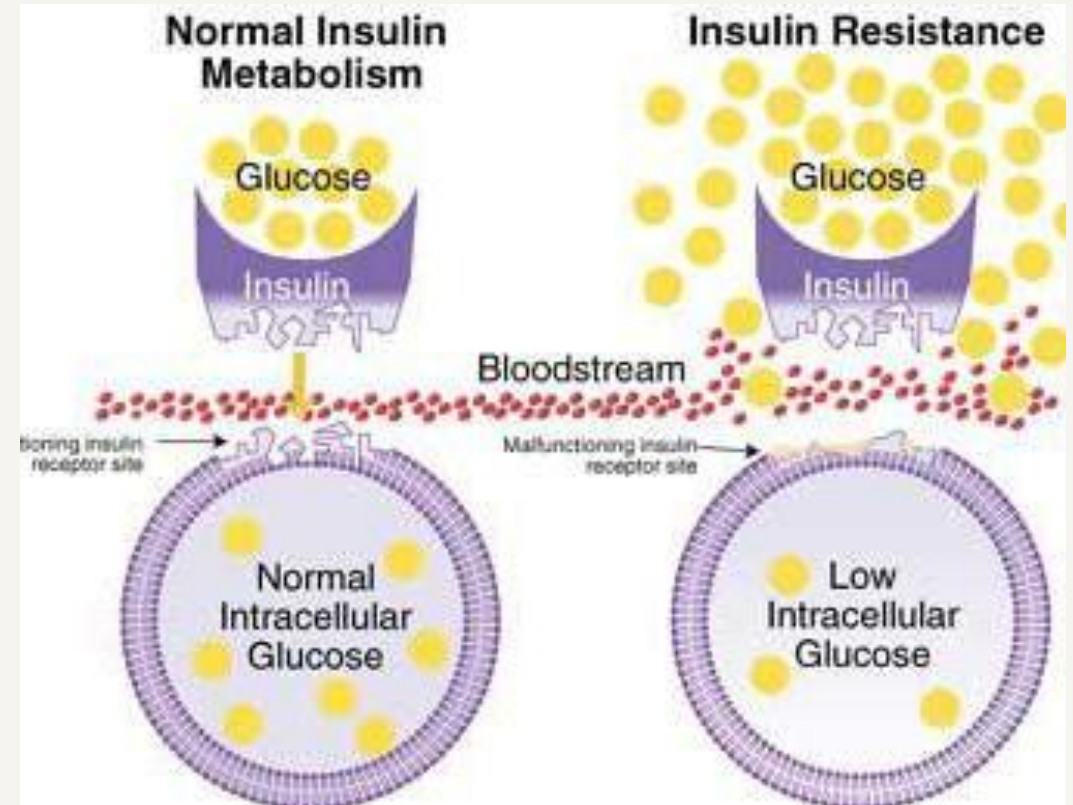
What Happens in Type 2 Diabetes

In Type 2 Diabetes:

- Insulin resistance develops
- Body cells do not respond properly to insulin
- Glucose remains in the bloodstream
- Leads to high blood sugar (hyperglycaemia)

Possible complications:

- Heart disease
- Kidney damage
- Nerve damage (NICE, 2022)



Patient Profile



Fictional Patient Profile

Name: Mr Hassan Ali (fictional)

Age: 55

Gender: Male

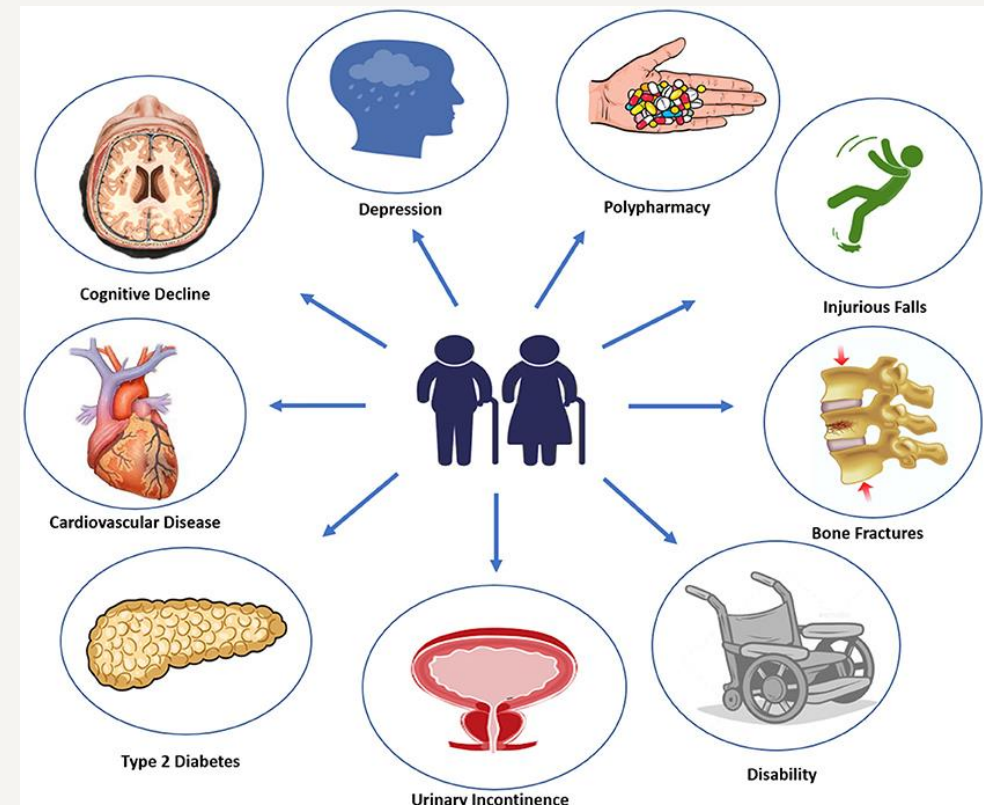
Occupation: Taxi driver

- BMI: 31 (obese)
 - Diagnosed with Type 2 Diabetes
 - Sedentary lifestyle due to long driving hours
 - Limited physical activity
 - At risk of diabetes-related complications

Risk Factors for Type 2 Diabetes

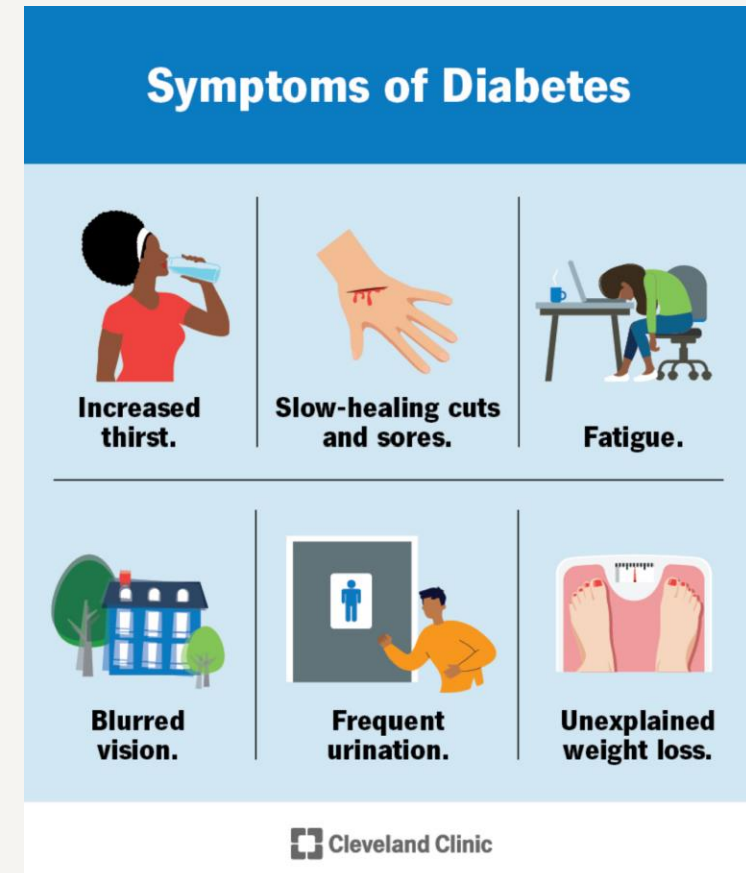
Risk Factors for Type 2 Diabetes (Mr Hassan Ali)

- Unhealthy eating habits (frequent fast food and sugary drinks)
- Limited physical exercise due to long working hours as a taxi driver
- Overweight and obesity (BMI 31)
- Age-related risk (over 45 years old)
- Family history of diabetes increases susceptibility
- Stress and irregular daily routine (World Health Organization, 2024)



Common Symptoms of Type 2 Diabetes

- Frequent urination (polyuria)
- Increased thirst (polydipsia)
- Fatigue and tiredness
- Blurred vision
- Slow wound healing
- Unexplained weight changes (Mayo Clinic, 2025)



Care Plan: Monitoring & Treatment

Plan of Care: Oversight and Management

As per recommendations from the Mayo Clinic, successful management of Type 2 Diabetes emphasizes consistent monitoring, lifestyle modifications, and suitable medical care to keep blood glucose levels stable.

Routine blood glucose checks to maintain levels within a desired range and avoid complications

HbA1c testing to evaluate average blood glucose levels over the last 2–3 months.

Continuous tracking of blood pressure and cholesterol levels to lower the chances of heart disease.

Embracing a nutritious diet, controlling weight, and enhancing physical activity to boost insulin sensitivity.

Drugs like Metformin, frequently recommended to reduce blood sugar levels when lifestyle modifications are inadequate.

Ongoing evaluation and assistance from medical experts to modify treatment strategies as necessary. (Mayo Clinic, 2025)



Person-Centred Care Approach



- Care Focused on the Individual
- Person-centred care emphasizes providing assistance that is customized to the specific needs, preferences, and values of the individual, keeping them at the heart of every decision made.
- Care is tailored to the patient's unique health requirements, lifestyle, and personal situation.
- Patients participate actively in decisions regarding their care and treatment strategies.
- Emotional and mental assistance is offered in addition to physical treatment to enhance overall wellness.
- Healthcare providers honor patient choices, convictions, and cultural traditions.
- Promotes autonomy by facilitating self-governance and educated decisions.
- Fosters trust and enhances communication between patients and healthcare professionals.

Communication & Ethical Considerations

Communication and Ethical Care for Type 2 Diabetes

Person-centred communication with the patient

- Clear explanation of treatment and lifestyle changes
- Respect for patient dignity, values and cultural beliefs
- Confidentiality and data protection of patient information
- Informed consent in care planning and treatment decisions
- Building trust and supporting patient understanding (GOV.UK, 2018)



Slide 14 – Conclusion

Conclusion

- Type 2 Diabetes affects blood glucose regulation and overall health
- The endocrine system and Pancreas play a key role
- Insulin resistance leads to hyperglycaemia and complications
- Effective care planning helps prevent long-term health risks
- National Health Service and National Institute for Health and Care Excellence guidelines support safe and effective management

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