

Introduction to Physiology

BMHP5003

Awla Semakula

1912740

Assessment 1

Presentation

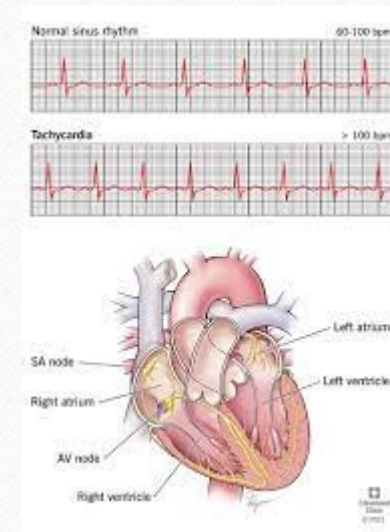
Introduction

- The presentation uses results from the Lifestyle questionnaire in order to analyse Patient A's overall health condition
- Lifestyle questionnaires are tools used by medical professionals and students to assess the health status of an individual by asking them certain questions (Palenzuela-Luis, et al., 2022)
- The questions asked often include queries regarding the health condition, eating habits, lifestyle conditions or status of exercising



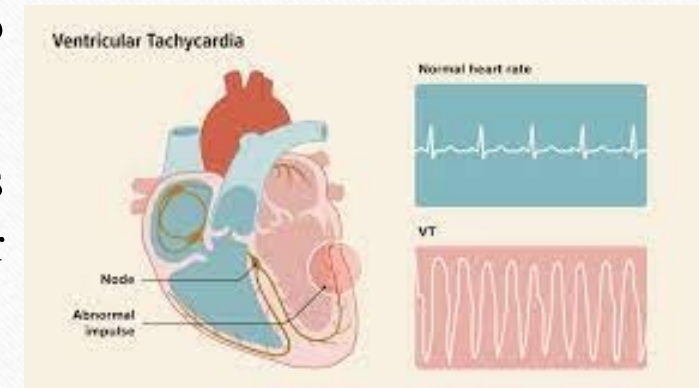
Patient's main health condition

- From the analysis of the lifestyle questionnaire, it is relevant that the patient suffers a heavily increased heart rate and pain in the chest region
- The medical condition is primarily due to the possibility of developing heart disease in the near future, especially Tachycardia (Fedorowski, 2019)
- The patient does not undertake exercising mostly and involves in sedentary actions, resulting in an increased risk



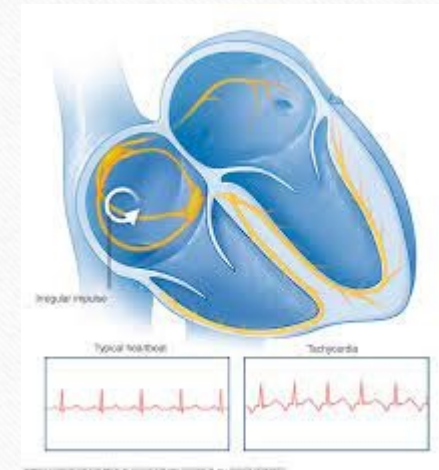
Anatomy related information

- The heartbeats are due to the two main electrical signals released from the Atrioventricular (AV) node and Sino auricular (SA) node
- In the case of Tachycardia, another signal set arises abnormally in the ventricles leading to excessive faster beats (Constantinescu, et al., 2018)
- The most common form of Tachycardia is Ventricular Tachycardia, which has a higher risk to lead towards a heart attack or failure



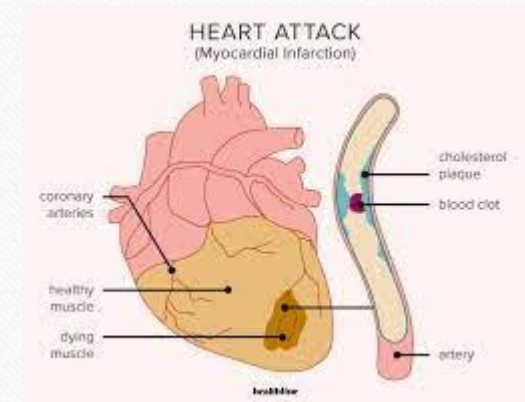
Physiology related information about the patient's condition

- Tachycardia like conditions primarily arise due to the irregular beating of the heart or arrhythmia (Hebert, et al., 2018)
- The ventricular tachycardia condition leads to the development of an extra pulse in the heart right below the ventricles
- The pathophysiological condition and risk for the disease are linked directly with the higher chances for heart attack and cardiac arrest if untreated for a longer period of time.



Health risks due to lifestyle

- The lifestyle of Patient A, as denoted in the Lifestyle Questionnaire, is sedentary in nature, with a minimum effort to practice exercising (Ekpanyaskul, 2021)
- The health risks in such cases are higher in comparison to others as there is a direct disruption of a healthy lifestyle
- The lack of exercise and consumption of excessive calories without knowing the calorific value of food is highly dangerous and harmful to health conditions



Health-behaviour choices of the patient

- The health-behaviour choices in Patient A are highly skewed and disoriented towards the lack of care mechanisms (Palenzuela-Luis, et al., 2022)
- The behavioural choices, including high calory diet and lack of exercise, have negatively affected the health conditions of Patient A
- The choices pertinent to the patient's health are negatively impacted currently and need immediate transformation through effective encouragement of exercises



Interventions used for improving the patient's condition

- The patient's health condition needs to be improved through strategic planning of a healthy lifestyle and upliftment of the health condition
- The interventions like regularly planned moves for exercises need to be provided by the medical professional
- The healthy habit of eating healthy food is another basic intervention required for the patient.



Recommendation – 1

- The recommendations for the patient are based on the social care and support guide under the NHS
- As per the NHS guidelines, it is recommended that the clinical practitioner must accompany patients in designing the food chart (NHS.UK, 2022)
- It is also recommended that the nursing professionals must engage in patient-centric care perspectives while managing issues like cardiac health



Recommendation – 2

- Health and Social Care Services Ltd. Another UK-wide network of health centres that recommend exercising is effective (HASCS, 2022)
- In this purview, the exercises are recommended of the type involving more belly muscles leading directly towards their reduction
- The HASCS also intervenes and improves the understanding of the patient-oriented situation in nurses by helping them to adopt effective practices



Conclusion

- In conclusion, it is evaluated that the issues pertinent to the patient are related to his lifestyle issues
- It has been concluded that the effective outcomes linked with more exercise or practising a well-developed eating plan are directly linked with the improvement of health and lifestyle
- Furthermore, the condition of Tachycardia is also linked with depreciating the life condition, which needs to be addressed through medication



References

- References
- Constantinescu, V., Matei, D., Costache, V., Cuciureanu, D., and Arsenescu-Georgescu, C. (2018). Linear and nonlinear parameters of heart rate variability in ischemic stroke patient. *Neurologia i Neurochirurgia Polska*, 52(5), 194-206, DOI: 10.12/5859578776787787.
- Ekpanyaskul, C. (2021). Occupational health problems and lifestyle changes among novice working-from-home workers amid the COVID-19 pandemic. *Safety and health at work*, 12(3), 384-389, DOI: 10.1016/j.shaw.2021.01.010.
- Fedorowski, A. (2019). Postural orthostatic tachycardia syndrome: clinical presentation, aetiology and management. *Journal of internal medicine*, 285(4), 352-366, DOI: 10.1111/joim.12852.
- HASCS. (2022). Health and Social Care Services Ltd - Home - HASCS. Retrieved March 31, 2022, from <https://hascs.co.uk/>
- Hebert, P., Sisk, J., Wang, J., Tuzzio, L., Casabianca, J., Chassin, M., . . . McLaughlin, M. (2018). Cost-effectiveness of nurse-led disease management for heart failure in an ethnically diverse urban community. *Annals of Internal Medicine*, 540-548, PMC4312002.
- NHS.UK. (2022). Social care and support guide - NHS. Retrieved March 31, 2022, from <https://www.nhs.uk/conditions/social-care-and-support-guide/>
- Palenzuela-Luis, N., Duarte-Clíments, G., and Gómez-Salgado, J. (2022). Questionnaires Assessing Adolescents' Self-Concept, Self-Perception, Physical Activity and Lifestyle: A Systematic Review. , (1), p. *Children*, 9(1), 91, DOI: 10.3390/children9010091.
- Tsurugano, S., Nishikitani, M., Inoue, M., and Yano, E. (2021). Impact of the COVID-19 pandemic on working students: Results from the Labour Force Survey and the student lifestyle survey. *Journal of Occupational Health*, 63(1), e12209, DOI: 10.1002/1348-9585.12209.



Thank You!

Questions please?