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BSc (Hons) Health and Social Care

Introduction to Physiology

BMHP5003

Assessment A1

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CARDIOVASCULAR DISEASES

(CORONARY ARTERY DISEASE, (CAD))

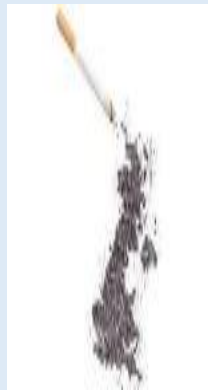
DEFINITION

Cardiovascular diseases (CVDs) are disorders seen when the cardiovascular system (CVS) does not function as it should. CVS is made up of the Heart, the Blood, and the Vessels. Myocardial Infarction or Heart Attack happens when arteries are blocked, and blood cannot pass through to supply oxygen and nutrients to the heart's muscle (Hull, 2013).

ATHEROSCLEROSIS

This is the process by which fatty substances form plaques on the internal walls of the arteries causing resistance to blood flow.

Smoking, excessive alcohol drinking, lack of exercise, are lifestyle causing factors (NHS Choices, 2020)



(Pharmacy Magazine, 2019)



(Heartfoundation, 2019)

PATIENT A:

AGE: 48 years; WEIGHT: 86 kg; Smoker.
BP: 180/90; Height: 165cm; Weight: 86kg
Father had heart attack at 68; Sister has hyperlipidaemia, in other words, trouble with very high cholesterol.

Patient A does no exercise because very busy. Does not healthily: chips and fries and meat.

Drinks between 21 and 42 units a week.

NO CHANGE IN LIFESTYLE = RISK

HAVING CARDIOVASCULAR DISORDER
(Dr Roberts, 2010)

INTERVENTION

Patient A is obese.
(BMI score of 31.9)
Family history not favourable. Has all the CAD risk factors.

Fibrinogen and Carbon monoxide (CO) are in the tobacco on top of Nicotine. Clotting of blood in the arteries very dangerous.

Advice would be given to Patient A about benefits of quitting smoking. If interested, she would be directed to Local stop-smoking service. In-house stop smoking support would be given.

REMEMBER there is not "JUST 1 CIGARETTE"
(NHS, 2020)

Drink Less:

Patient A would be advised to take some exercise. This would make A enjoy relaxing mood. Boredom calls for drinking. Riding bicycle, going to gym or going for bowling with friends would distract from drinking. NHS has a service that offers voucher for free gym.

CUTTING BOOZE PUTS MONEY IN YOUR POCKET (NHS, 2020)



(Pharmacy Magazine, 2019)

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