

Health and social care essay sample



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M3: Discuss the care strategies that can be used to support individuals with each physiological disorder. I am going to discuss the care strategies that can be used to support individuals and discuss the circumstances in which they might use. Coronary heart disease

Care provision- Statutory

this type of care provision is required by law and is governed by the legislation. Local and health authorities like the NHS are all subject to the laws of the land in delivering services and meeting targets that are set, the targets are set so that the people in the country follow them. The care provision is to last until the patient has entered the hospital and is healthy enough so that they don't need help anymore. The positive side of this is that people will have to look after the patients until they are well so patients are in trusted hands. Care settings

GP's surgery

this is the first place that the patient will go to, the reason why they would visit general practitioners first is to, review the complaints, the signs and symptoms like chest pains, heart aches, breathlessness, that is happening to the patient. They will then be examined by the general practitioner, they can be examined by blood tests and the doctor can assess the patient's medical history. As a result of the questioning the doctor will have in mind of what disorder the patient could be suffering and will know the next step. A positive side about this form of care setting is that general practitioners are local patients do not have to travel far to find treatment. A negative side to this form of care setting is that the general practitioners can mix the disorder with something else, which can risk the patients' health.

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Hospital care the second setting that a patient will have been referred to is a hospital setting by the GP, because of the signs and symptoms that are thought to be coronary heart disease. The hospital has specialised equipment where they would have to do further examinations like scans. This will give clear results and the doctors will then be sure on what is happening. This is a part of an individual's care pathway as they will have to revisit to do check-ups regularly after the patient is sent home. A positive side of this setting is that everything is under control, they use specialised equipment and they make sure the patient is well. However some patients might not like the environment of a hospital setting.

Home some patients prefer to stay at home while they are being cared for, and if they have a loving family that's more of an advantage. Although the patient has a disorder the home is a better environment for them, it helps the patient feel more peaceful and comfortable because they are in a familiar setting. They enjoy spending time with family and friends which helps them stay happier as they need to be away from stress because it could cause risks to the heart. A positive thing is that the patient is more comfortable at home which is causing the person to be happy and it's important for the patient to stay positive. However if there was a case of an emergency like a heart attack, the medical assistance wouldn't be able to help as quick as if they were in the hospital because the doctors need to travel to the home.

Physiotherapy attending physiotherapy to support those with coronary heart disease is important because it helps restore movement and normal body function in cases of illness. Physiotherapists may also suggest ways to <https://assignbuster.com/health-and-social-care-essay-sample-essay-samples-2/>

improve your general wellbeing for example, taking regular exercise and maintaining a healthy weight, which is important after you are diagnosed with coronary heart disease. Also physiotherapy is very good for blood circulation for a patient with CHD. This strategy will last until the patient is at a healthy weight and everything in the body is working well. A positive thing about this strategy is that a person's wellness and fitness is improved, leading to long life and good health. However physiotherapy can be pricy which the patient will not be able to afford.

Counselling having to live with coronary heart disease can affect you mentally. It can cause you to, fear, anxiety, depression and stress. It could be that you worry about heart problems or making changes to your life for your health. A positive side to this strategy is that it provides the patient guidance and support which is important for the patient. However, the patient may not be able to talk to anyone and the patient may not feel comfortable to discuss their own feelings about what the illness has caused them.

Medicine

many different medicines are used to treat coronary heart disease. Usually they aim to reduce blood pressure or widen your arteries. For example antiplatelet are a type of medicine that can help reducing the risk of a heart attack by thinning your blood and preventing it from clotting. However there are also side effects after taking the medication like dizziness, diarrioah, nose bleeds and abdominal pain. Statins are also another type of medication prescribed if you have a high blood cholesterol level, this lowers cholesterol.

This medicine blocks the formation of cholesterol and increasing the number
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of LDL receptors in the liver, which helps remove the LDL cholesterol from your blood. This helps slow the progression of CHD, and will make having a heart attack less likely. However, not everyone is suitable for this medicine. Nitrates are used to widen your blood vessels. They are available in a variety of forms, including tablets, sprays, skin patches and ointments such as glyceryl trinitrate and isosorbide mononitrate. This helps relax your blood vessels which helps blood pass through. This helps lowering the blood pressure and relieves heart pain. However it does have some side effects like headaches and flushed skin. Anaemia

Care provision- Statutory

statutory provision is to last until the individual is out of their hospital and back to their home. It is used so people of the country follow all the laws that are set and services are delivered under the regulations. This helps the patients receive their needs by the professionals and the professionals must provide treatments needed. This is a positive thing because everyone will have to follow it as it is a rule. GP's surgery

this will be the first place an individual visits to find out what is causing the patient pain. The reason why they attend to general practitioner is so the doctor can review the complaints, like tiredness, shortness of breath, pale complexion and heart palpitations. The gp will then take blood tests to diagnose the patient and also question the patient's medical history. The patient will have to return to regular check ups. A positive thing is that through a quick blood test the doctor can find out what is happening with the patient. However the gp wouldn't have as much as knowledge as a specialist so can diagnose and mistake what it is.

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Hospital care the patient will only visit the hospital to see a gastroenterologist (specialist in treating the digestive conditions) if the general practitioner cannot find why you have a low haemoglobin level which could be possible symptoms of stomach or colon cancer. The hospital will have to do more examinations and provide the treatment which is needed for the patient. If the patient is only diagnosed with anaemia the patient can go back to the GP there is no more the hospital can do. A positive thing about this strategy is that if there is an emergency it can be dealt with quickly. However if it is only anaemia the hospital cannot provide any treatment. Home care after the patient has been diagnosed with anaemia they would have to go home because they could do nothing else at the hospital. The patient will be prescribed with medicine and will maintain a healthy lifestyle. For example eating healthy and exercising often, the patient will have to eat foods that contain a lot of iron in order to boost the haemoglobin level. A positive thing about this is that the patient wouldn't need any treatment from the hospital like surgery. However the patient will be prescribed medicine for a while. Medicine

The patient will be prescribed iron supplements to restore the iron, the most common ones are ferrous sulphate which will have to be taken twice or three times a day. This medicine is used to treat and prevent iron deficiency anaemia, which helps restore iron levels in the body when levels are low. However there are side effects when taking these supplements abdominal (tummy) pain, feeling sick and heartburn.