

# Unit 14: Physiological disorders



LA A

Investigate the causes and effects of physiological disorders

## How to Harvard reference

You can reference information in your work in two ways; directly (quoting straight from the source) and indirectly (rewording what you have read).

### Direct referencing:

“Chocolate has a variety of uses in cooking” (Davies, 2013).

### Indirect referencing:

As Davies (2013) states, when cooking chocolate can be used in many ways.

If there are more than 2 authors than you only write the first author’s surname followed by et al.

“Chocolate has a variety of uses in cooking” (Davies et al, 2013).

If you have read a paragraph from a website/book and put it in your own words at the end of the paragraph write: (Authors surname, Year of publication).

**Please note with direct referencing you can only quote up to 1 line.**

### Bibliography

At the end of an essay you should always have a bibliography. This is an alphabetically organised list with all the sources you have used. You cannot just put the weblink in you have to reference this list too!

**Below is a guide on how you can reference a variety of sources. You do not need to memorise this, you can use this sheet as a guide when writing your bibliography.**

#### **1. Book with one author:**

Last name, first initial. (Year). *Title*. Edition (if not the first edition of the book). City of publication: Publisher.

For example:

Davis, B. (2013). *A history of chocolate*. Nottingham. Penguin Books.

Davies, B. (2013). *A history of chocolate*. 3<sup>rd</sup> Edition. Nottingham. Penguin Books.

#### **2. Book with two authors:**

Last name, first initial., & Last name, first initial. (Year). *Title*. City of publication: Publisher.

For example:

Jones, F & Hughes, S. *Eating out: A guide to healthy restaurants in London*. (2006). London. Penguin Books.

#### **3. Websites:**

Author/Source if no specific author (Year). *Title of web document/page*. [online]. Available at: URL [Accessed date: Day/Month/Year].

For example:

BBC (2017). *Limit children’s snacks to 100 calories*. [online]. Available at:

<http://www.bbc.co.uk/news/health-42411474> [02.01.2018].

#### **4. Films or Videos**

*Full Title of Film/Video/DVD*. Year of release. [Type of medium]. Country of Origin: Film studio or maker

For example:

*How to make your lunchboxes healthier.* 2018 [Online video]. England: BBC.

## 5. Legislations

*Full title of legislation*, which includes the year and the chapter number in brackets. Place of publication: publisher

For example:

*Food Safety Act, 1994.* London: Government Publication.

## Learning aim A: Investigate the causes and effects of physiological disorders

### A1 Types of physiological disorders and effects on body systems and functions

- Endocrine system disorders, e.g. diabetes, hypo and hyperthyroidism.
- Nervous system disorders, e.g. Parkinson's disease, Alzheimer's disease.
- Musculo-skeletal system disorders, e.g. rheumatoid arthritis, osteoporosis.
- Respiratory system disorders, e.g. asthma, chronic obstructive pulmonary disease (COPD).
- Circulatory system disorders, e.g. coronary heart disease, leukemia.
- Cancer, e.g. bowel, prostate.
- Impact of disorders on service users' physical, mental, social and emotional health.

### A2 Causes of physiological disorders

- Inherited traits, e.g. sickle cell anemia.
- Lifestyle choices, e.g. smoking cigarettes, drug misuse.
- Diet, e.g. obesity, dietary deficiency.
- Environment, e.g. housing conditions, air pollution.

### A3 Signs and symptoms of physiological disorders

- Observable signs of physiological disorders, e.g. rash, swelling.
- Symptoms experienced by the individual, e.g. pain, disorientation.

Pass	Merit	Distinction
<b>Learning aim A: Investigate the causes and effects of physiological disorders</b>		
<b>A.P1</b> Explain the causes, signs and symptoms of different types of physiological disorder on service users.	<b>A.M1</b> Analyse the changes in body systems and functions resulting from different types of physiological disorder on service users.	
		<b>A.D1</b> Evaluate the impact of physiological disorders on the health and wellbeing of service users.

## **TASK 1: Body Systems Research**

You have been asked to research into the following body systems and provide an overview of the main organs and functions.

Fill in the blanks.

<b>System</b>	<b>Main organs</b>	<b>Main functions</b>
<b>Respiratory</b>		
<b>Circulatory</b>		
<b>Digestive</b>		
<b>Endocrine</b>	Pituitary, adrenal and thyroid glands, pancreas, testes, ovaries	
<b>Nervous</b>		
<b>Renal</b>		
<b>Immune</b>		
<b>Reproductive</b>		
<b>Musculoskeletal</b>		

## **TASK 2: Causes of diseases: Lifestyle choices- drugs**

Use the statements below to add them where they belong.

Misused drug	Appearance and method	Possible health risks
Cannabis/ hash/ weed/ marijuana		
LSD/ acid/ trips		
Heroin/H/ Smack/Henry		
Ecstasy/xtc/E/Adam		
Cocaine/Charlie/ Coke		
Amphetamine/ speed/ whizz		

### **Appearance and method**

- 1 White or brown powder, injected, sniffed or smoked.
- 2 Dried herbs/brown block/ sticky. Usually smoked but can be eaten.
- 3 White powder. Sniffed or injected.
- 4 Impregnated paper, micro dots. Eaten.
- 5 White tablets, swallowed.
- 6 White tablets or screws of paper. Swallowed, sniffed or injected.

### **Possible health risks**

- 1 HIV/AIDS, vein thrombosis, septicemia when injected with shared needles.
- 2 Heat stroke, collapse, cramps, mental illness
- 3 Disorientation, depression, anxiety, flashbacks. User needs to keep increasing the amount taken to get the same affect.
- 4 HIV/AIDS, high blood pressure, depression, damaging the cartilage in the nose.
- 5 Heart and lung disorders. HIV/AIDS, gangrene
- 6 Mental health issues such as; paranoia, high blood pressure, memory loss

### **TASK 3: Causes of disease**

Below are a list of general causes of various disorders. Using your books and the internet you will need to research into each and explain how each factor can cause disorders.

Extension: can you name which disorders are specifically linked to each cause.

## o Inherited Traits

### o Lifestyle choices



## **TASK 4: Physiological disorders - Causes**

**P1: Explain the causes, signs and symptoms of the physiological disorders on the service users. At least 3-5 for each.**

Define the term:

Causes

Physiological Disorder 1: Diabetes I OR II

System it affects:

<b>Causes</b>	<b>References</b>

Physiological Disorder 2: Hypo and Hyperthyroidism

System it affects:

<b>Causes</b>	<b>References</b>

Physiological Disorder 3: Parkinson's disease

System it affects:

<b>Causes</b>	<b>References</b>

Physiological Disorder 4: Alzheimer's Disease

System it affects:

<b>Causes</b>	<b>References</b>



Physiological Disorder 5: Rheumatoid arthritis

System it affects:

<b>Causes</b>	<b>References</b>

Physiological Disorder 6: Osteoporosis

System it affects:

<b>Causes</b>	<b>References</b>

Physiological Disorder 7: Asthma

System it affects:

<b>Causes</b>	<b>References</b>

Physiological Disorder 8: Chronic Obstructive Pulmonary Disease (COPD)

System it affects:

<b>Causes</b>	<b>References</b>

## Physiological Disorder 9: Coronary heart disease

System it affects:

<b>Causes</b>	<b>References</b>

## Physiological Disorder 10: Leukemia

System it affects:

<b>Causes</b>	<b>References</b>

## Physiological Disorder 11: Bowel cancer

System it affects:

<b>Causes</b>	<b>References</b>

## Physiological Disorder 12: Prostate cancer

System it affects:

<b>Causes</b>	<b>References</b>

## **TASK 5: Physiological disorders – Signs and Symptoms**

Define the term:

Signs
Symptoms

Physiological Disorder 1: Diabetes I OR II

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

Physiological Disorder 2: Hypo and Hyperthyroidism

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

Physiological Disorder 3: Parkinson's disease

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 4: Alzheimer's Disease

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 5: Rheumatoid arthritis

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 6: Osteoporosis

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 7: Asthma

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 8: Chronic Obstructive Pulmonary Disease (COPD)

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 9: Coronary heart disease

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 10: Leukemia

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 11: Bowel cancer

System it affects:

<b>Signs</b>	<b>Symptoms</b>	<b>References</b>

## Physiological Disorder 11: Bowel cancer

System it affects:

Signs	Symptoms	References

## Physiological Disorder 12: Prostate cancer

System it affects:

Signs	Symptoms	References

## **TASK 6: Physiological disorders – Body System Functions**

**M1: Analyse** the changes to body systems and functions each physiological disorder on the service user.

You need to identify what body system is affected due to the disorder and how.

Physiological Disorder 1: Diabetes I OR II

System it affects:

<b>Body system affected</b>	<b>How</b>

Physiological Disorder 2: Hypo and Hyperthyroidism

System it affects:

<b>Body system affected</b>	<b>How</b>

Physiological Disorder 3: Parkinson's disease

System it affects:

<b>Body system affected</b>	<b>How</b>

Physiological Disorder 4: Alzheimer's Disease

System it affects:

Body system affected	How

Physiological Disorder 5: Rheumatoid arthritis

System it affects:

Body system affected	How

Physiological Disorder 6: Osteoporosis

System it affects:

Body system affected	How



Physiological Disorder 7: Asthma

System it affects:

Body system affected	How

Physiological Disorder 8: Chronic Obstructive Pulmonary Disease (COPD)

System it affects:

Body system affected	How

Physiological Disorder 9: Coronary heart disease

System it affects:

Body system affected	How

## Physiological Disorder 10: Leukemia

System it affects:

Body system affected	How

## Physiological Disorder 11: Bowel cancer

System it affects:

Body system affected	How

## Physiological Disorder 11: Bowel cancer

System it affects:

Body system affected	How

Body system affected	How

## Task 7: Disorder selection task:

Read through your notes you have taken and select TWO DISORDERS, they Must be from DIFFERENT BODY SYSTEMS.

### Criteria of selection:

- Ones you know most about.
- Ones you where may know someone with the disorder.

**HIGHLIGHT ALL THE IN FOR BOTH DISORDERS  
YOU HAVE SELECTED**

## **TASK 8: Physiological disorders – Impact on Health and Well-Being**

**D1: Evaluate the impact of physiological disorders on the health and wellbeing of the service user.**

**Make notes on the PIES impact of DISORDER 1 on service user:**

**Disorder name:**

**P**

**I**

**E**

**S**

**Make notes on the PIES impact of DISORDER 2 on service user:**

**Disorder name:**

**P**

**I**

**E**

**S**

## **Task 9: Practice assessment M1**

Angie is 55 years old and lives with her husband and three children. She used to be a heavy smoker but stopped in her early 40's. She recently went to the doctors about a muscular pain in her back and she then mentioned that she had been coughing up blood. Her GP immediately sent her for an x-ray and within two weeks a scan had been done and she had been diagnosed with lung cancer.

**Analyse the changes in the body systems and functions resulting from lung cancer.**

1. Highlight the key information from the scenario and the task above.
2. Define the term analyse:


3. Use the planning box to write down things you might include in your answer.

**Planning box:**

4. Using PEEL write your answer to the question.

**Intro** – What body system are you referring to and context – what is lung cancer.

**Point** – should be short, concise and answer the question – changes in body system. TIP: should come from the scenario you are given

**Explain** – should be in depth, with multiple reasons how/why. TIP: impact on functions.

**Evidence** – Use scenario to back up what you have said.

Answer:






## **Task 10: Practice assessment for D1:**

Mary is 42 years old. She has suffered from the potentially life-threatening condition, Crohn's disease, since she was in her early twenties. Mary experiences low-level stomach and bowel pain most of the time. She has been through periods where she lives off nutritional drinks and was once unable to eat any food for 90 days. In the years before she was diagnosed, Mary had regular episodes of diarrhea and blood loss, she also experienced skin rashes, mouth ulcers and persistent stomach pains.

A referral to a consultant led to further tests that identified inflammation of her intestines, with ulcers and scarring. Mary says that she always knew she had a digestive problem because eating had become so painful. According to her consultant, Mary's bowel was in a terrible state. She underwent a food elimination diet, discovering that she was intolerant to dairy products, pineapple, nuts, lamb and caffeine. She has since had surgery to remove part of her large intestine and may require more surgery in the future. Mary now plans her diet very carefully, avoiding all of her problem foods.

**Evaluate the impact of physiological disorders on the health and well-being of service users. Consider all PIES. How can each factor impact on an individual positively or negatively?**

1. Highlight the key information from the scenario and the task above.
2. Define the term Evaluate:


3. Use the planning box to write down things you might include in your answer.

**Planning box:**

4. Using PEEL write your answer to the question.

Intro – What are physiological disorders, health and well-being?

Point – should be short, concise and answer the question – INCLUDE ALL PIES. TIP: should come from the scenario you are given.

Explain – should be in depth, with multiple reasons how/why health and well-being can be affected.

Evidence – Use scenario to back up what you have said.

Answer: