

What is a chronic illness?

Give examples.....

Comes on slowly and lasts for a long period of time.

Eg diabetes, arthritis, heart disease

What is an acute illness?

Give examples...

An acute illness starts quickly and lasts for a short amount of time.

Eg bacterial infections such as tonsillitis

# What are the effects of accident/injury?

Acute

Chronic

# What are the effects of accident/injury?

## Acute

- Broken bones
- Minor burns
- Cuts
- Sprains

## Chronic

# What are the effects of accident/injury?

## Acute

- Broken bones
- Minor burns
- Cuts
- Sprains

## Chronic

- Loss of mobility/senses
- Depression
- Poor self esteem
- Stress
- Brain damage
- Loss of independence

What are the food groups  
needed for a balanced diet?



Carbohydrates

Proteins

Fats

Vitamins and minerals

What are the negative effects of obesity?

Heart disease, diabetes, high  
blood pressure, stroke

Reduced life expectancy

Less able to exercise

Poor self esteem

What are the positive effects of exercise?

# What are the positive effects of exercise?

- Maintain healthy weight – control BMI
- Boosts energy levels
- Improves confidence and mood, reduces stress
- Improves brain function
- Encourages social interaction and improves social skills

What are the negative effects of not exercising?

# What are the negative effects of not exercising?

- Obesity and associated health problems
- Reduced brain performance
- Poor self esteem
- Stress
- Fewer opportunities for social interaction

What can you do to keep good personal hygiene?



# What can you do to keep good personal hygiene?

- Handwashing
- Bathing/showering regularly
- Keep nails clean
- Use a tissue when coughing/sneezing
- Washing hair
- Brushing teeth
- Wearing clean clothes

What are the negative effects of too much alcohol?

# What are the negative effects of too much alcohol?

- Addiction
- Damage to major organs – especially the liver
- Weight gain
- Depression and anxiety
- Stroke and brain damage
- Poor judgement
- Breakdown of relationships
- Domestic violence

What chemicals can be found in cigarette smoke?

# What chemicals can be found in cigarette smoke?

- Nicotine
- Tar
- Carbon monoxide
- Soot

What are the negative effects of smoking?

# What are the negative effects of smoking?

- Physical – increased risk of cancer, CHD, emphysema, bronchitis and pneumonia. During pregnancy carries a risk of low birth weight baby or premature birth or stillbirth. Passive smoking may affect other people.
- Intellectual – poor self esteem if unable to quit. Worry about negative effects on health.
- Emotional – cravings, irritation, stress when the smoker is not able to have a cigarette. More likely to develop depression and anxiety.
- Social – socially excluded when they go to a smoking area to have a cigarette. People may avoid them due to their smell.

- Support for quitting smoking:

- Barriers to quitting smoking:



- Support for quitting smoking:

- Nicotine replacement therapy eg tablets, gum, skin patches.

- E-cigs

- Medication

- Support from family and friends

- Barriers to quitting smoking:

- Being addicted

- Family and friends smoke

- Fear of gaining weight

- Not aware of support available

- Failing to quit in the past

What are the risks of too much alcohol?

# What are the risks of too much alcohol?

- Addiction
- Liver disease
- Heart disease
- Cancer

What are the negative effects of drug misuse?

# What are the negative effects of drug misuse?

- Physical – HIV from shared needles, liver damage, kidney disease and failure, increased risk of accident, injury and unsafe sex.
- Intellectual – hallucinations, impaired judgement, poor job prospects and money problems.
- Emotional -paranoia, aggressiveness, depression, sleep problems, panic attacks, flashbacks. Poor self esteem.
- Breakdown of relationships, getting in with the 'wrong crowd'.

Why might people be reluctant to ask for help?

# Why might people be reluctant to ask for help?

- Afraid of discrimination
- May not speak English very well
- May feel their values/traditions are not understood by health professionals
- Men are less likely to ask for help than women
- Better educated people are more likely to ask for help.
- 'Stigma' – ashamed to ask for help.

What factors affect pulse rate?



# What factors affect pulse rate?

- Gender – men have a lower pulse rate than women.
- Age – babies and children have a higher pulse rate than adults.
- Size – overweight people have a higher pulse rate than lean people.
- Exercise – fitter people usually have a lower resting pulse rate than unfit people.

What are the risks of a high pulse rate?

# What are the risks of a high pulse rate?

- Dizziness
- Heart attack
- Stroke
- High blood pressure

# What can we do to lower pulse rate?

Exercise

Healthy diet

Lower stress levels

Stop smoking

What can cause high blood pressure?

# What can cause high blood pressure?

- Lifestyle – eg drugs, smoking, alcohol.
- Diet – poor diet, too much salt
- Genetic inheritance
- Lack of exercise
- Being overweight
- Stress

What are the risks of high blood pressure?

# What are the risks of high blood pressure?

- Heart disease
- Stroke
- Kidney disease
- Dementia



What are the risks of abnormal peak flow?

# What are the risks of abnormal peak flow?

- Asthma
- Emphysema
- Chronic bronchitis
- Cystic fibrosis
- Lung cancer

What are the risks of a high BMI?

# What are the risks of a high BMI?

- Heart disease
- High blood pressure
- Type 2 diabetes
- Stroke
- arthritis

What are the risks of a low BMI?

# What are the risks of a low BMI?

- Anaemia (tiredness)
- Osteoporosis (weak bones)
- Weak immune system (more colds and flu)

For examples of goals and recommended actions see page 34 of the revision guide....

What are SMART targets?



# What are SMART targets?

- Specific – an exact goal – clearly explained
  - Measurable – so that progress can be assessed
  - Achievable – be possible for the individual to achieve
  - Realistic – suitable for the persons needs
  - Time related – with a deadline
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- For long and short term target examples see page 35 of the revision guide.