

Plagi

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Alteration of normal physiological states caused by the condition/disease can result in a variety of symptoms, such as fatigue, changes in appetite, difficulty sleeping, changes in body temperature, and changes in mood. In some cases, more serious complications can arise, such as organ failure, increased risk of infection, and increased risk of developing other diseases.

COPD affects homeostasis by altering the body's ability to maintain a balanced state. It disrupts the respiratory system, reducing airflow and leading to difficulty breathing. This affects the exchange of oxygen and carbon dioxide, making it harder for the body to regulate its pH balance and temperature.

Physiology of the Respiratory System

The lungs are responsible for taking in oxygen and releasing carbon dioxide. The airways, including the trachea, bronchi and bronchioles, carry air to and from the lungs. The diaphragm and intercostal muscles help to control breathing rate, while the nasal passages and sinuses filter, clean and warm the air. The alveoli, the tiny air sacs in the lungs, are responsible for the diffusion of oxygen into the blood stream.

- **Digestion and absorption**

Food is broken down into smaller molecules during digestion, and the body absorbs those smaller molecules during absorption.

- **Enzymes**

NADH dehydrogenase, cytochrome c oxidase, succinate dehydrogenase, ATP synthase.

- **Mechanical respiration**

By using a machine to deliver oxygen to the lungs and expel carbon dioxide from the body, mechanical respiration enables a patient to breathe normally.

- **Blood gases**

Blood gases are utilized to quantify the quantities of O₂ and CO₂ within the blood and also evaluate the body's acid-base balance. Blood gas tests assess pH, bicarbonate, and oxygen and carbon dioxide partial pressures.

- **Excretion**

During the process of breathing, the respiratory system exhales carbon dioxide, water vapor, and a number of other substances from the lungs, including Sulphur dioxide, ammonia, and nitrogen oxides. The main waste product, carbon dioxide, is discharged during air exhalation. The body's metabolic functions also result in the exhalation of water vapor.

- **Negative feedback**

Negative feedback on “CO2/oxygen regulation” can trigger overcompensation, which lowers body oxygen levels and causes hyperventilation. This may result in symptoms like headaches, dizziness, and breathing problems. Furthermore, too much CO2 can raise respiration and oxygen levels, which might result in symptoms like disorientation and anxiety.

- **Homeostatic mechanisms for regulation**

The release of epinephrine and norepinephrine is stimulated when the “sympathetic nervous system” is active, which raises heart rate. A drop-in heart rate, on the other hand, causes the “parasympathetic nervous system” to become active and enhance the production of acetylcholine, which lowers heart rate.

This “sympathetic nervous system” is triggered when the temperature of the body rises, which induces vasoconstriction, more sweating, and higher breathing to lower the body temperature. The “parasympathetic nervous system” is triggered by the hypothalamus when body temperature falls, which promotes vasodilation, increased shivering, and decreased respiration to raise body temperature.

When levels of blood glucose are high, the insulin is coming out from the pancreas, which aids in lowering the levels of blood glucose. On the other hand, when levels of blood glucose are low, the glucagon is releasing from pancreas, which aids in boosting blood glucose levels.

Who will be involved in your care and the appropriate strategies to enable you to live to your full potential

Your “primary care physician”, “a pulmonary specialist”, and “a respiratory therapist” will often make up your care team. Appropriate methods may include giving up smoking, adhering to an exercise programme to improve physical stamina, getting immunized against the flu and pneumonia, learning how to use inhalers and other medications correctly, keeping an eye on oxygen levels, and attending psychotherapy to help manage stress and depression.

How can I get support to help myself

What you can do	What the respiratory team can do for you
1. Quit smoking 2. Exercise regularly 3. Take medications 4. Practice good breathing techniques	People with COPD can receive assistance and care from the respiratory team. This can involve evaluating symptoms, offering treatment recommendations, assisting with lifestyle modifications, monitoring medications, and

5. Eat a healthy diet and maintain a healthy weight

offering information and support regarding the management of COPD.

How might I feel after my diagnosis

Psychological support can help you to quit smoking and undergoing pulmonary rehabilitation to increase their quality of life and lung function.

With psychological help!
Have learn how to quit smoking and life become more sustainable.

How can I get help about returning to work

The pulmonary specialist can assist you in evaluating your present health, developing a COPD management strategy, and determining whether you are physically capable of going back to work. They can also offer suggestions for how to manage your symptoms while working and give you advice on how to keep your health in check.

Recommendation based on clinical experiences

It is suitable for you; if you have contact with the pulmonary specialist for returning to work.

What information should I receive

Information

Throughout your rehab, your pulmonary specialist teams should do the following.

- provide breathing exercises
- advice on lifestyle changes, oxygen therapy, medications, pulmonary rehabilitation, vaccinations
 - provide education on COPD
 - follow up evaluations to monitor your condition
- discuss any dietary changes or supplement recommendations

Where can I find out more

COPD Support: An online community dedicated to providing support and advice to those living with COPD.

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1

Kotaro Sumida, Ayumi Ohnishi, Tsutomu Terada, Hiroshi Kato et al. "Investigation of the Effect of Students' Nodding on Their Arousal Levels in On-Demand Lectures", Sensors, 2023

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