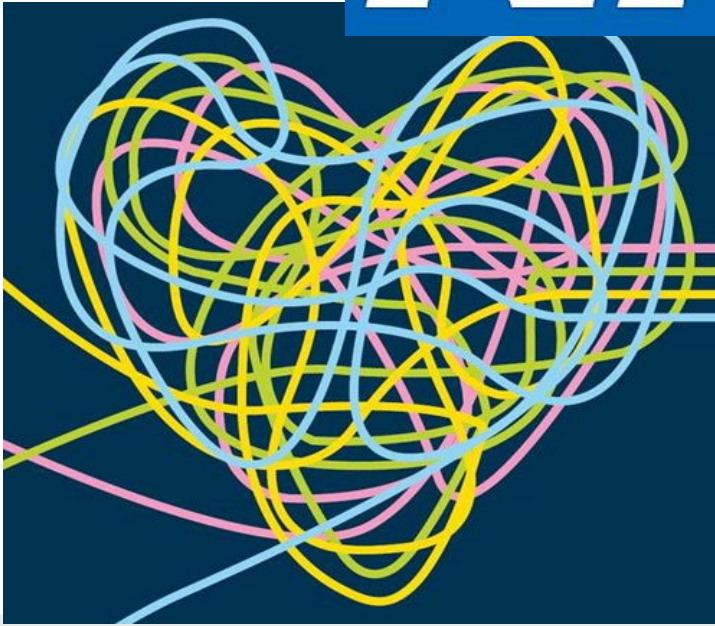


# **An insight into Health and Social Care**

# An insight into

# NHS



**Health &  
Social Care**

# **Health and Social Care**

# Diabetes



## Diabetes:

This is a common life long condition, the full name for this condition is diabetes Mellitus. This is a condition where the amount of glucose in the blood is too high because the body cannot use it properly and this then makes complications, This is because the pancreas does not produce any insulin or not enough, to help glucose enter the body's cells, or in some cases the insulin that is produced does not work properly. Insulin is a hormone produced by the pancreas and this allows glucose to enter the body cells where it needs to be used as fuel for energy, we need this and this is a vital part in our life we need it to work, play and live our lives. Glucose comes from the digesting of carbohydrates and is also produced by the liver but if you suffer from diabetes then your body cannot make proper use of glucose. There are two types of diabetes, type one is where the body is unable to produce any insulin and type two is when there is not enough insulin produced or the insulin which is made by the body doesn't work properly. Everyone is at risk for diabetes although the people who are more at risk are, people getting older, having close relatives with type 2 diabetes, being Asian or African Caribbean origin, being a woman who has given birth to a larger baby, being overweight and being inactive. (waist circumference is important.)

Symptoms of both types of diabetes include:

- Tiredness and fatigue
- Loss of weight
- slow healing cuts or wounds
- blurred vision

These symptoms occur because some or all of the glucose stays in the blood and isn't being used for fuel properly and therefore the body tries to reduce the blood glucose levels by flushing the excess glucose out of the body. Diabetes can be diagnosed in a wide variety of ways such as, random blood sugar test, a fasting blood sugar test, an oral glucose tolerance test. Two terms used a lot in diabetes are Hypoglycaemia which is low blood sugar and hyperglycaemia which is high blood sugar. Good ways to increase your blood sugar would be to, drink a glass of Lucozade or a non diet drink, take three or more glucose tablets or eat five sweets. On the other hand, ways to decrease your blood sugar would be to take regular meals, taking plenty of exercise and taking your insulin doses or tablets. Diabetes treatment is important because the sooner the blood sugar levels are under control the better the long term prospects of preventing damage are. Type 1 diabetes most common treatment is insulin injections and this all depends on what the specialists say if this is suitable for you and how often you take it, all injections are different and act for a different amount of time. Type 2 diabetes most common treatment is lifestyle changes, this can vary from eating well to being more active, but there are tablets called Metformin which are tablets which can be used to treat, abdominal pains, diarrhoea and low blood sugar. The specialists will advise that you eat three meals a day, cut down on fat foods, limit sugar and sugary foods and include starchy carbohydrate foods at each meal. Diabetes can be dangerous if not handled properly as it can lead to more serious health conditions such as strokes, nerve damage, kidney disease, heart disease and damage to the back of the eye (retinopathy)

# STROKES

## Strokes:

A stroke is a serious medical condition that occurs when the bloody supply to the brain is distributed. The brain needs oxygen and nutrients provided by our blood to function properly, and if this supply is restricted or stopped, brain cells begin to die, and this can lead to brain damage and can possibly be fatal. They are two main causes of strokes which are Ischaemic, and this accounts for 70% of all stroke cases and this is where the brain is stopped due to a blood clot. The other main cause is Hemorrhagic and this is where a weakened blood vessel supplying the brain bursts and causes brain damage. Everyone is at risk of having a stroke but people who are more at risk are those who, people who are over 65, conditions that affect the circulation of the blood, people who are afro Caribbean. Over 111000 people have strokes every year and is the third largest cause of death. The main stroke symptoms can be recognised by the word fast.

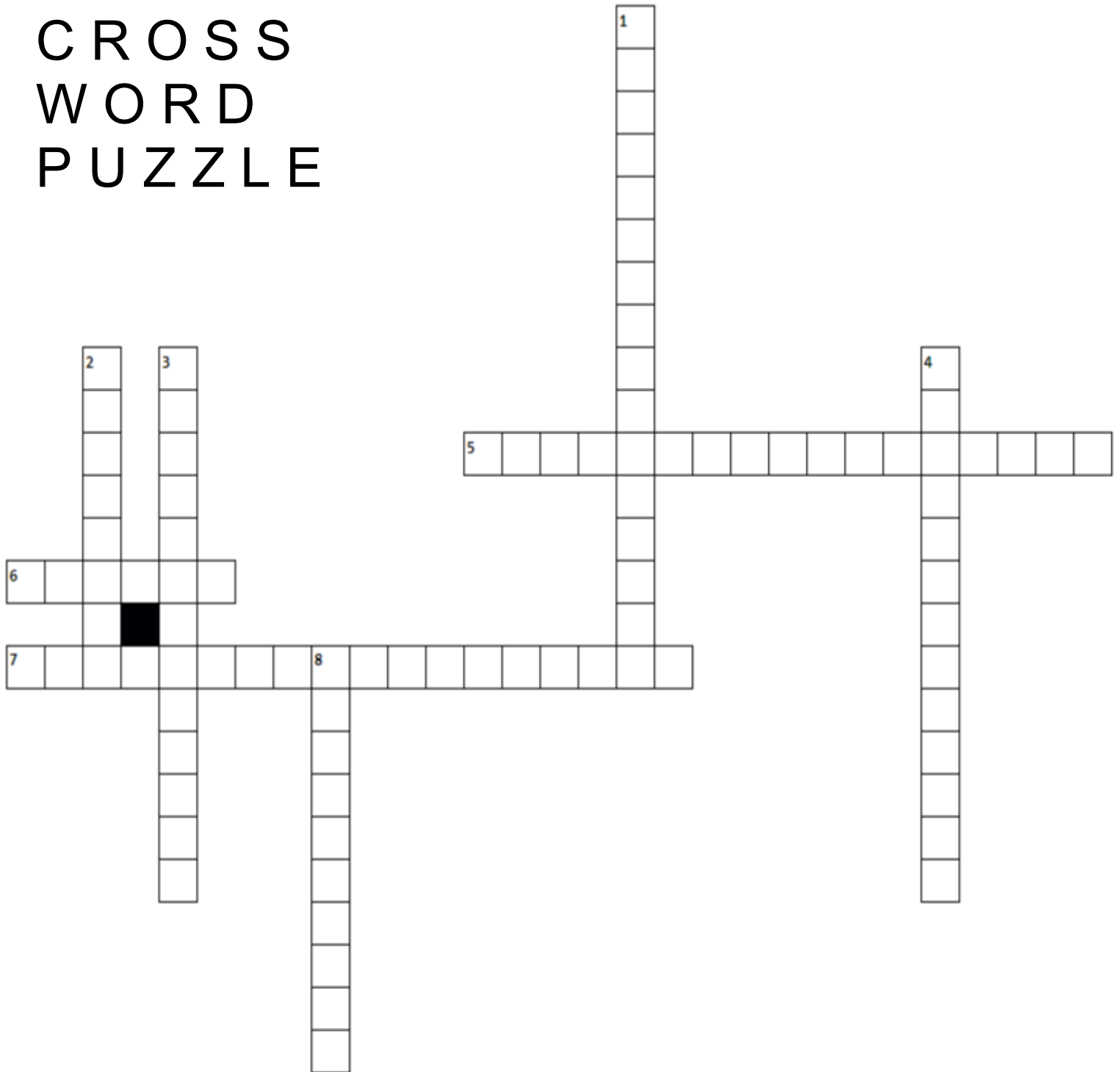
F- the face may have fallen to one side.  
A- the person may not be able to raise both arms and keep them there.  
S- speech may be slurred.

T- it is time call 999 immediately if you see these signs and symptoms.

Other symptoms may include, dizziness, communication problems, severe headaches, difficulty swallowing, numbness, weakness and loss of consciousness. The two most common ways of diagnosing a stroke are computer technology, scan and a magnetic imaging scan. Most known as CT and MRI. Other tests which can be used are a blood pressure test or an echo cardiogram test ECG. They can be lots of problems after a stroke which include, balance, walking, standing up and sitting down, getting in and out of bed, getting in and out of a chair and moving whilst in bed and these are the sort of things which will affect day to day life and will therefore struggle because they usually are able to do this perfectly fine before they had the stroke. Although they is several professionals which can help with these and these are physiotherapists, occupational therapists and speech and language. People who have had strokes also may have struggle swallowing, this can be in the mouth or in the throat. You may know that these people have swallowing problems as they may cough whilst eating or drinking, they may drool, they may suffer recurrent chest infections, they may be reluctant to eat or drink and may pocket food in the mouth. Some people who have these problems may be so severe and they may have to have food and nutrients in different ways, so they can use things such as a peg tube and a nasogastric tube. You can assist people with swallowing difficulties, you should make sure their posture is correct, relax and give time, quietness, sometimes may need to be soft, poured and liquidised and fluids may need to be thickened. You could start to have psychological issues, memory, attention, perception, intellect, touch and emotions. People may start to struggle with these once they have had their stroke. Some people also may have bladder and bowel control. Overall strokes can have a impact on people's after life's although they is lots of different ways that you can over come these with a wide range of different help provided.



# CROSS WORD PUZZLE



## Across

5. The partial loss or total loss of hearing meaning the individual cannot hear any noise or spoken words.
6. Is a disorder which makes it hard for an individual to communicate and understand other people feelings.
7. Reduced ability to understand new or complex information and it maybe difficult to learn new skills with a reduced ability to cope independently.

## Down

1. The partial loss or total loss of sight which means the individual has lost their vision.
2. Is a disorder which an individual's memories, language, personality are affected by the disorde.
3. Is a disorder which create a learning disability for that individual.
4. Is a disorder caused by a brain injury which happened before, during or just after birth which then cause a learning disability for that individual.
8. Is having a speech disorder which makes it difficult for an individual to use spoken words and it makes it difficult for other to understand this speech disorder is caused by muscle weakness in the face.

A social worker is there to provide advice, support and resources to individuals or families which will help them solve any problems they might have. Social workers will work with specific groups of people, for example, children, elderly and families. The social worker will help its clients by helping them to solve any problems which they might be facing. They aim to help improve their patients lives. Social workers will work in a wide range of settings with a wide range of situations. There is several different types of social workers. One example of a social worker is a substance abuse social worker. These social workers work in hospitals and rehabilitation facilities to help and support those who are struggling with addiction, substance abuse or mental health problems. They will work with the client to meet their needs, they will provide short term and long term solutions which could include discharge plans or medicinal options.

asks that social workers will typically do are conducting interviews with eh individuals and families to assess and review their situation. They are in place to offer information and support for individuals who need it. And they will undertake and write up assessments, and sometimes this can be done in collaboration with other professionals. They will make decisions with the individuals best interests at heart.

A social workers salary will change as there is no fixed national salary scales. A newly qualified social worker, can be expected to be earning £22,000 per annum. As the social worker gets more responsibilities and gains more experience, there salary can rise to around £40,000 per annum. Social workers who work for the NHS would start on Band 6 on the pay scale which is £26,565 - £35,577. Most local authorities will pay travel expenses for journeys made for business purposes. Many authorities are also happy to negotiate flexible working hours and will have family-friendly policies and childcare voucher schemes. (These salary figures are only a guide as the salary depends on the employer and the employee.)

The working hours for a social worker are normally around 37 hours per week. Some social workers can be expected to work occasional evening and week-end work if they are working in child protection or fostering and adoption teams.

#### What to expect if you are wanting to be a social worker?

People want to go into the social worker job without actually knowing what the job includes. Here you can find some expectations of the job.

- The work is office based but has frequent visits to service users.
- Travelling within a working day is frequent. Absence from home at night is occasional
- It can be emotionally rewarding and demanding at the same time.

Qualifications: social work is a graduate profession and you will need either an honours or a postgraduate degree in social work in order to find employment.

A minimum of 2:2 honours degree is needed for entry to the postgraduate professional training. Applicants will also need to have passed GCSE maths and English with a C grade or above.

Applications for most courses are made through UCAS.

Before individuals are accepted onto a postgraduate course, they will need to have relevant work experience in a social care setting. It is best to get as much work experience as possible.

SOCIAL WORKER  
WHO IS HE & WHAT HE DOES?



SOCIALWORKER

# LADY GAGA: FIBROMYALGIA



Lady Gaga is a celebrity who suffers from a medical condition. She has a condition which is called fibromyalgia. Fibromyalgia is a condition which causes widespread pain and extreme tiredness. Symptoms of this condition vary from person to person, so some symptoms that one person experiences, another person might not experience. Lady Gaga first spoke about having fibromyalgia in 2017, but she had previously mentioned about a condition in 2013 and didn't put a name to it. There is not medication that can get rid of fibromyalgia but there is medicine that can help ease the pain.

## What is fibromyalgia?

Fibromyalgia is a medical condition where people feel chronic pain in their muscles and tendons, which is often along side other symptoms such as headaches, sleep problems or mood disorders.

## What does fibromyalgia feel like?

Fibromyalgia will feel different for all people as symptoms vary from person to person, some symptoms may include, fatigue, irritable bowel syndrome, migraines. However, all people who suffer from this condition have something in common, this is pain.

## What causes fibromyalgia?

Medical experts are unsure as to what the exact cause is but the illness can often be tracked back to a traumatic event.

“For more than 30% of people with fibromyalgia, even just a gentle touch and stroking of the skin is perceived as being unpleasant.” Dr Mary-Ann Fitzcharles said.

## Why is fibromyalgia hard to diagnose?

Fibromyalgia is hard to diagnose as there is not just one test to identify the condition. And there is no test to confirm the diagnosis. Peoples symptoms can change frequently and people living with fibromyalgia can often look healthy.

In 2017, Lady Gaga announced that she had cancelled her European tour because of severe physical pain that has impacted her ability to perform. This pain was caused by fibromyalgia. Lady Gaga has spoken out about people who don't think that her medical condition is real. “I get so irritated with people who don't believe fibromyalgia is real” she said. She then went on to say, “People need to be more compassionate. Chronic pain is no joke. And its every day waking up not knowing how you're going to feel.” The singer is wanting to raise awareness so more people understand about this condition.

Lady Gaga on 12<sup>th</sup> September 2017 tweeted “I want to help raise awareness & connect people who have it”. The singer spoke about this condition and how it affects her in her documentary, five foot two.

Lady Gaga was once in so much pain for the condition she was hospitalised due to severe pain. However, many people believe that the symptoms of fibromyalgia were all in the head as people dealing with the condition often look healthy. When it comes to the illness fibromyalgia, there is a lot of confusion around it, this is because the condition wasn't widely accepted as a real illness, this was said by Dr. Mary-Ann Fitzcharles who is an associate professor of medicine in the Division of Rheumatology at McGill University. However, Fitzcharles later went on to say, “It is now a completely recognised condition, no question. We've moved away from the notion that all patients have mental illness.”

Lady Gaga uses warm heat, an electric heated blanket, an infrared sauna and Epsom baths to help with her fibromyalgia. These things will help her with the pain but will not totally take it away.

Medical treatments that will help with fibromyalgia are a combination of medicines such as antidepressants and pain killers. Going to a talking therapist. And making some life style changes such as exercise programs and relaxation techniques





Paramedics have the job of looking after individuals who've become sick extremely quickly, their job is to assess them for what it could be, assess if the matter is big enough to go to hospital and if so, take them to the nearest hospital for care and perhaps treatment.

The public have started to leave notes on the windows stating the paramedics are "selfish" and "don't think about the public" or even harassment when they are out in the street by the public on a previous incident. All services for healthcare receive grief and harassment every day without fail even though they are trying to save people's lives.

Paramedics being called out to resident homes, nursing or care homes put themselves as well as the elderly people at risk for many reasons. Children and elderly are known to be more prone to this virus than anyone else due to how much well their immune system works when fighting off illnesses. Walking into residents homes could inevitably give them the virus if its on the paramedics gloves or apron or even being carried on their clothing. If the elderly then catch it but the symptoms don't appear into a few days after, the whole home will catch it along with many of the staff members meaning a lot do individuals will die within the same time period due to the virus. As well as this, the paramedics could catch the disease just from observing someone with the virus within a home. If the individual coughs or sneezes and the germs aren't caught they will spread and be inhaled by anyone around them. The virus is early caught and spread by anyone whether you have old or young however it's the immune system that is able to either fight it or fail.

A way that paramedics have always dealt with stress or grief after an incident is through either writing it down, talking to another co-worker or having a therapist. These all get the thought off of their chest and onto someone else instead, the ways around how to stop and carry on the job however aren't as simple. The main way to get around the issue is by recapping it but thinking of ways to improve instead of the negative aspects all the time. Us being human remember all the negative aspects of something as they are what we always carry around with us however we never refer to the positive things that happened as they aren't things we need to improve on. For paramedics; the training the receive for dealing with stress/worries/harassment are taught earlier in so it can begin to happen straight away if necessary. Keeping confidentially close to them, paramedics themselves may find talking to a partner or someone they live with every night about the positives and negatives of their day an easy way to reflect and then start fresh the next however not going into detail about personal information is for confidentiality purposes as it's illegal to share information that ain't necessary for that individual to know.

Change wise; for paramedics their work shifts and their working hours will not. The amount of people they see every day will not change. Their responsibility on the nation and the patients they pick up every single day will not change. The nation will change. The nation will realise how much they do for the health of the country and hopefully appreciate them more. The harassment paramedics as well as other health care workers get is terrible, however things can be changes and made better if everyone co-operates at the same level. The change with equipment that is needed for all healthcare workers for their safety may loosen up after a certain period of time however for their own safety it will never be exactly how it used to be. A lot of the time paramedic use gloves or masks when an incident has happened that may be a lot more serious or harmful for themselves, the PPE for them will always be provided however that doesn't mean there is enough of it to go around everyone and that is an ongoing issue for healthcare its self. It is not safe to work without protection as it's a risk being taken on their health as well as the patient, more is needed every day and the pandemic isn't making that easier for anyone.

PARAMEDICS

If you haven't heard already, a care worker is someone who has the ability to support individuals who are vulnerable in this world. These vulnerable individuals are unable to fend for themselves, and they would need constant care with their personal care requirements; such as their hygiene or mobility issues. Individuals are reassured by care workers that they are safe and well protected from any harm, this could either be their physical or mental health.

#### Qualifications:

Within this role the qualifications that you need are only the basic GCSE's and A-Levels as the employers wishes to see the Maths and English grades, if they are a passing grade then you should have no trouble becoming a care worker. Also, there are grades that will help you stand out from the other candidates such as having a qualification in health and social care diploma. As this isn't necessary it will make you stand out over the others who wish to be in the same position. Fortunately, even if you don't have a diploma in this, then an apprenticeship will also help if its within this role. However, if you prove to be enthusiastic and show that you really care about this job then showing the type of skills that you have will definitely be beneficial.

#### Skills:

Skills that you would need for becoming a care worker is:

Being able to work with you own initiative, shows that you can work without the help from you peers and that you are able to work on your own.

Prioritising your work load, this show that you can clearly identify what is more important to do within the day.

Good at listening, showing that your a good listener will not just help with your colleagues but also the service users. Showing the service users this skill means that they may trust and respect you slightly more then the other staff members.

Communicational skills, again showing that you can understand what has been said to you, and what is the best way to respond will get you a lot of respect.

Writing skills, the reason they look at you're English is because they need to know how good you're writing skills are in order to see if you'll be any good at writing out care plans or other type of paper work.

Having a great understanding of the policies and procedures and knowing how to work within them.

#### Get Started Today:

If you truly wish to become a care worker then this is now what you'll have to do, go look at your local paper, see if anyone is hiring a care worker within your area. If you don't have a local paper that advertises such things, then look online, search for your local area and see if any of the care homes are hiring a care worker. This can be done be looking at their websites, if it doesn't display any wanted help, then maybe try emailing or calling the care home. If the say no ask if they know anyone that would be hiring for a care worker. Once you find a place it's all in the process of interviews to see if you're up to the job.

Good luck and enjoy your new role.

# CARE WORKERS



There are “*approximately 1.5 million people in the UK*” (mentalhealth) who have a learning disability. Learning disabilities can affect the way an individual understands and processes information as well as how they communicate. There are various types of learning disabilities, some affects daily life of the individual and others affect them in aspects of their life. Some examples of learning disabilities are; autism, dyslexia, ADHD and many more. Many see learning disabilities as something bad, but actually having a learning disability makes you unique, it sets you apart from everyone else in life. Often enough individuals with learning disabilities take the most from life, enjoying the simple things that many others would take for granted. When you have a learning disability it enhances your other traits, you may not be seen as the most academic but you are the most creative, most thoughtful, there’s something that you excel in. Everyday life throws challenges to each person, everyone deals with their own battles in life, but we shouldn’t view learning disabilities as a battle we have to fight but a challenge that we accept and celebrate. In every aspect of life you will come across individuals who have learning disabilities, even in health care some practitioners will have learning disabilities, whether that’s a severe one or just a minor one. In healthcare especially there is a variety of support systems that can be accessed by individuals if they need advice or support. There are also organisations that can be contacted such as Mencap, these types of organisations really help and have an impact on peoples lives as they support and provide a safe space for individuals to be themselves and get the support that they might need. Individuals can have complex learning disabilities that might mean they don’t have the capacity to make certain choices for themselves, such as any medical choices, meaning they need an advocate who will speak on their behalf and make sure they get the things they need. Sometimes parents or family members are often their advocates but often enough there might be a carer who is paid to be with them all day, supporting them and getting their voice to be heard. Quite recently, learning disabilities have been spoken about more, bringing an acceptance and more knowledge and insight to what it is like to live with one. This is a huge milestone, as society used to overlook learning disabilities and people used to be ashamed to have them, now we accept them as a society of being unique and seeing the world in a different way. However, there can be some challenges along the way for individuals with learning disabilities, one being due to the current situation around COVID-19, it has hindered individuals access to support and guidance. They might not be able to get carers who assist them with daily activities (like shopping) or even help them with more serious things like their mental health. Very often individuals with learning disabilities might also have mental health problems, with the current situation of being on lockdown they might not be getting the social interaction that they need to keep in a positive mindset, making it harder for them daily. There are still support systems in place that have been adapted so they can be accessed at home and easily, organisations reach out to individuals who are apart of their care or attend their sessions, making them feel that little bit of normality that they might need to keep going during this time.

# LEARNING DISABILITY NURSE

