

ISLAMIA UNIVERSITY OF BAHAWALPUR

NAME:Sultan Ali.

Roll no.:07

SEMESTER:6th

SUBJECT: Health Psychology

Submitted to:Mam Samar Fahad

CHAP #11 LIVING WITH CHRONIC ILLNESS

1:THE IMPACT OF CHRONIC DISEASE:

It involves,

>IMPACT ON PATIENT:

- Usually affects self perception and patients revalute their lives.
- They move towards positive sides in the epidemic situation.
- Patients feel deprived for their rights and privileges
- Being ill leads to feelings of vulnerability and loss of control
- Major impact is how they feel about themselves,it changes self perception i.e HIV or cancer changes patient lives.
- Most people adopt coping strategies to deal with illness by focusing positive aspects of disease.
- People usually have hopeless and helpless attitude towars their condition
- Negative emotions are common among the chronically ill due to uncertain course of chronic disease
- Healthy relation with health providers,involves questions from health providers and physicians are not ready for negative reactions
- Patients undergo a redefinition of identity



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>IMPACT ON FAMILY:

- Parent support indicated as invisible support was more effective in relieving stress than support that was obvious.
 - Ill parents have also problems in relation with their children, they lose authority, are protected from misbehavior of child
 - Couple with flexible roles shows better adaptation
 - Feeling of being misunderstood and abandoned.
 - For adults changes can alter their relations.
 - Families of sick children face problems similar to couples.
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- Families should find ways to express their negative emotions i.e, anger and frustration over the situation.



2:ADJUSTING TO DIABETES

>THE PHYSIOLOGY OF PATIENT:

- Pancreas,located below the stomach produce different types of secretions
- The islet cells of the pancreas produce several hormones
- Two hormones,glucaon and insulin are present
- Glucagon stimulate the release of glucose blood sugar levels
- Insulin decrease the level of glucose in blood
- **TYPES: 1: IDDM 2:NIDDM**

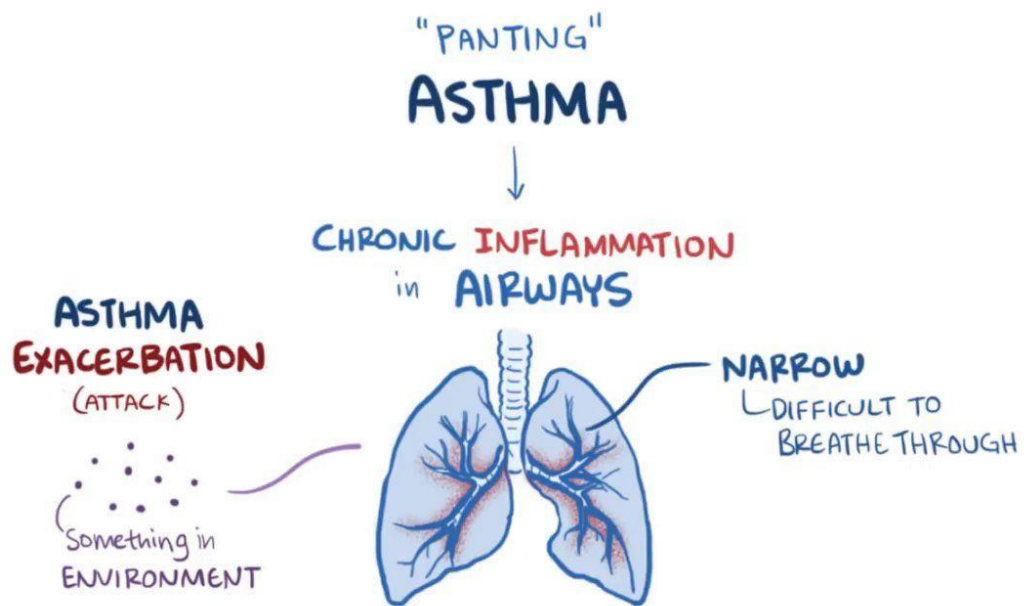
>IMPACT OF DIABETES:

- Produce impact on patients for two reasons,emotional reaction having life long incurable disease,and if it occurs in childhood it causes health problems in later life.
- Type 2 diabetes don't need insulin injections .



>IMPACT OF ASTHMA:

- It grew in 1980s, 10% of adults have asthma but is highest in children .
- Asthma is chronic disease that cause destruction of bronchial tubules, it prevent air to pass freely, people have breathing problem, cough, wheeze etc
- **MANAGING ASTHMA**, it requires variety of medicines , mostly use inflammatory corticosteroid, this decrease the inflammation



>DEALING WITH HIV AND AIDS:

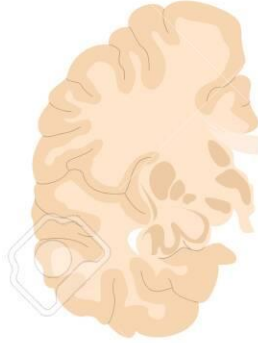
- Acquired immune deficiency syndrome(AIDS) is a disease caused by Human immune deficiency syndrome.It damages your immune system ,symptoms include:Fatigue,weightloss,forgetfulness etc
- **TRANSMISSION OF HIV:**
- Male-Male sexual contact
- Injection Drug use
- Heterosexual contact.



>LIVING WITH ALZHEIMERS DISEASE:

- Difficulty remembering newly learned info.
- Due to brain changes as age changes
- Slow thinking
- Memory loss
- Confusion
- Affects learning part of brain
- Mood behavior also changes
- Signs of dementia may be more obvious to family and friends

SYMPTOMS OF ALZHEIMER'S



HEALTHY BRAIN



ALZHEIMER'S BRAIN



CONFUSION WITH
TIME OR PLACE



TROUBLE FOLLOWING
CONVERSATION



MEMORY LOSS



TROUBLE WITH
FAMILIAR TASKS



MISPLACING THINGS



CHANGES IN MOOD
OR PERSONALITY