



# Grading Criteria

**P1** explain the nature of two named physiological disorders

**M1** assess possible difficulties involved in the diagnosis of the disorders from their signs and symptoms

**D1** evaluate the effectiveness of health and social care practitioners and agencies working together to deliver the care pathway for one of the chosen physiological disorders

# Causative factors in physiological disorders

**Aetiology** is the medical term for the causation of disease or conditions (from the Greek word '*aitia*' meaning 'a cause')

Physiological disorders can be caused by a variety of factors including:

- Inherited traits
- Lifestyle choices
- Diet
- Environment
- Socio-economic factors.

# Causative factors in physiological disorders

## ***Genetics and inherited traits***

Chromosomes contain the genes you inherit from your parents.

There are different forms of the same gene – called alleles, and some are more dominant than others. The different forms of genes are caused by mutations (changes) in the DNA code. For example, for the gene that determines eye colour, you may inherit a brown allele from your mother and a blue allele from your father. Then you will have brown eyes because brown is the dominant allele.

The same is true for medical conditions. There may be a faulty version of a gene that results in a medical condition, and a normal version that may not cause health problems.

Examples of physiological conditions that can be caused by an inherited trait include:

- Cystic fibrosis
- Sickle cell anaemia
- Thalassaemia.

# Causative factors in physiological disorders

## *Lifestyle choices*

Many physiological disorders can be caused or influenced by lifestyle choices. For example:

- Smoking cigarettes – associated with coronary heart disease (through **atherosclerosis**), lung cancer, chronic obstructive pulmonary disease (COPD).
- Alcohol misuse - associated with coronary heart disease, liver disease, breast and bowel cancer.
- Unhealthy diet (excess fat, salt and sugar) - associated with type 2 diabetes, high blood pressure, and coronary heart disease.

# Causative factors in physiological disorders

## *Environmental factors*

Many physiological disorders can be caused by or influenced by environmental factors. For example:

- Unprotected exposure to UV light (sunlight or sunbeds) – associated with melanoma (skin cancer).
- Overcrowded, cold or damp housing conditions – associated with respiratory conditions such as asthma.
- Working environment – associated with stress-related conditions, such as anxiety and depression.

# Physiological disorders

The types of physiological disorders that affect body system functioning include:

- **Endocrine system disorders**, e.g. type 1 and type 2 diabetes
- **Nervous system disorders**, e.g. Parkinson's disease
- **Musculoskeletal system disorders**, e.g. rheumatoid arthritis
- **Respiratory system disorders**, e.g. asthma
- **Circulatory system disorders**, e.g. coronary heart disease
- **Digestive system disorders**, e.g. Crohn's disease
- **Cancer**, e.g. bowel, prostate

# Signs and symptoms

Physiological disorders are usually identified through signs and symptoms.

**Signs** are objective indicators of a condition that can be actually observed. For example:

- blood in the stools, a skin rash, swelling, high blood pressure.

**Symptoms** are subjective indicators of a condition that are experienced by the individual. For example:

- pain, nausea, blurred vision, anxiety, disorientation.

# Over to you...

- 1) Complete the table on worksheet 14.2. This can form part of your introduction for your assignment when describing physiological disorders.
- 2) Read sheet 14.3 regarding the 5 different case studies. Highlight and identify the signs and symptoms you are presented with.

# Key Terms

- Find out a definition and example to include in your assignment.

Allele

Pain Threshold

Biopsy

Diagnosis

Clinical

Referral

# Referral Types

Self-Referral

Professional

Third Party

## Referral processes

- Referral refers to the process of applying for, or requesting, a care service.
- The three main types of referral are:
- 'Self-referral' – this involves a person directly requesting or purchasing a care service in person for themselves. Jane's self-referral to her GP is an example of this.
- 'Professional referral' – this occurs when a health or social care professional refers a person who has come to see them to another health or social care professional. Jane's GP makes a professional referral to midwifery services. The pain specialist consulted by Phyllis also indicates that he has received a referral from another doctor.
- 'Third party referral' occurs when a person (who is not a care professional) applies for a care service on behalf of someone else. For example, if Ada phoned the local hospital to request additional home care services for Phyllis, this would be a third-party referral.

# Assignment 14.1 Success Criteria

- You are required to research and produce a resource file, series of fact sheets, a report or webpage, which evaluates the impact of **four physiological disorders** on the health and wellbeing of service users. These should include a chronic, short-term, illness and disease.
- Your work must justify the potential benefits of different investigations and treatment options for service users diagnosed with the physiological disorders you have chosen.
- **Part 1**
  - The first part of your work must consider the following:
    - types of physiological disorders and the effects on body systems and functions
    - the causes, signs and symptoms of *four* physiological disorders.
- **Part 2**
  - The second part of your work must consider the following:
    - investigative and diagnostic procedures for *two* different physiological disorders
    - treatment and support, and types of carers and care settings, that would be available to two service users with different physiological disorders.
    - Referral process and NICE pathways.