

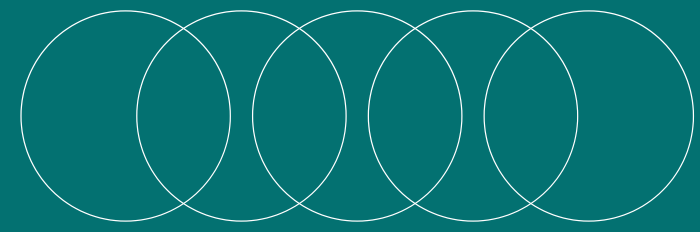


Health Assessment:

Medicine & Health Conditions Assessment

Rhianna Rose Austria





Western Scientific Medicine (WSM)

Western Scientific Medicine, also known as WSM are proven and tested drugs that are used to treat and diagnose health conditions and diseases, usually done by a trained medical health care professional. This type of medication uses and requires scientific methods and advancements to improve our overall health condition.

Examples:

- Over the counter drugs
- Imaging scans (x-rays)
- Chemo and radiation therapy
- Surgeries





Complementary and Alternative Medicine (CAM)

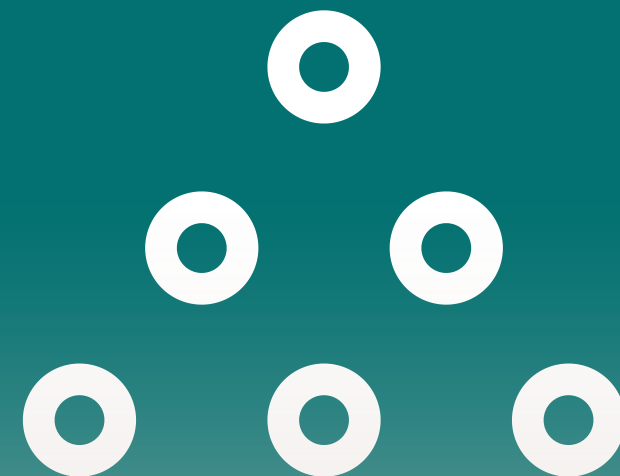


Complementary Alternative Medicine refers to the medical products, procedures, and strategies that are not part of the standard care; Standard care is what health care professionals practice. These are the medicines that are not related or close to the normal and professional medical practices.



Examples:

- Acupuncture
- Meditation
- Massage
- Herbal Medicine
- Yoga






Traditional Maori Medicine (TM)

Traditional Maori Medicine are the practices and medical products used by traditional Maori people to heal and cure their illnesses. Traditional Maori Medicines are composed of herbal plants, massages and incantations, which are passed to the next generations.

Examples:

- Kawakawa/Maori Pepper Tree
- Karamu/Coprosma
- Mahoe/Whiteywood
- Tutu
- Harakeke/Flax





Health Issue: “Diabetes”

Diabetes is a chronic disease that occurs when the pancreas lacks the ability to produce insulin; Insulin is what moves glucose from our bloodstream into the body's cells to make energy. Diabetes usually happens when there is too much sugar in the bloodstream.

Treatments:

- **Balanced diet and exercise** – Having a healthy diet less in sugar and high in fiber, along with regular exercise helps improve insulin sensitivity and can lower blood sugar according to medical research.
- **Insulin** – Insulin can be either taken by injecting or using an insulin pump to regulate the sugar level by delivering insulin to the body
- **Continuous Glucose Monitoring (CGM)** – A continuous glucose monitor is a device that can help a diabetic person by reading their real-time blood sugar. This helps alert the person if their blood sugar is low or high by tracking it.

“Diabetes Treatments”

A balanced diet and healthy exercise are considered part of WSM, for it is scientifically proven that certain diets such as fruits, vegetables, protein, low fat foods and physical activities like aerobics can help manage and control our blood sugar that would definitely help people with diabetes

Balanced Diet and Exercise

Insulin injections and pumps are also considered as part of WSM. This is because scientific research was used in the development of this treatment. Insulins are also proven and tested by the Food and Drug Administration (FDA), meaning that taking insulin will help diabetic people manage their sugar level.

Insulin

CGM is also part of WSM. The reason why is because these monitors uses scientific technology to track a person's sugar level. By simply attaching it to your skin, it goes under it and a sensor measures the glucose level in your interstitial fluid

Continuous Glucose Monitoring

Effects of Diabetes Treatments in Hauora



Physical

- **Balanced Diet and Exercise** – It would make us physically fit and healthy from other diseases.
- **Insulin** – It manages and controls our sugar level.
- **CGM** – Although, CGM can help us track our sugar level, this device can also cause scarring and discomfort.

Mental & Emotional

- **Balanced Diet and Exercise** – Practicing these habits can improve our thinking and emotions, it can also improve our confidence and perspective.
- **Insulin** – By taking insulin, it gives people a positive idea that their blood sugar is well maintained

Social

- **Balanced Diet and Exercise** – We can get connected with people by sharing our experiences and tips on how to stay healthy even with diabetes
- **Insulin** – Diabetic people can participate in social activities with their blood sugar controlled.

Spiritual

- **Balanced Diet and Exercise** – By taking care of our body, we promote self love and acceptance. With this we can reconnect and get closer to practicing our faith.

Positive Effects of Diabetes in Hauora

Majority may think that there is no good effects diabetes has on us, but there are actually a few that can help us understand it more and here are 3 positive impacts diabetes has on Hauora:

- Increased awareness and knowledge about diabetes (Societal)
- Growing community of people sharing their experiences and treatments for further learning (Societal)
- Positive point of view in life; Enjoying it to the fullest (Personal)

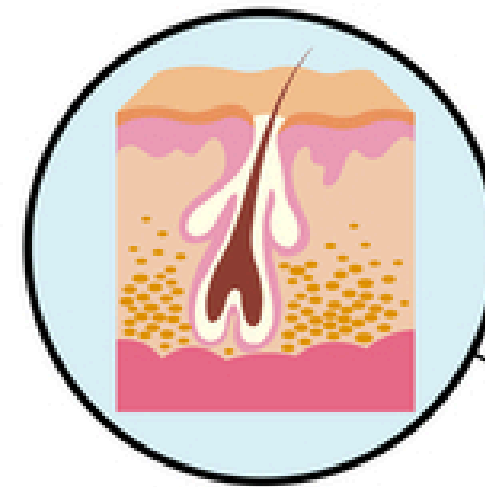


Negative Effects of Diabetes in Hauora

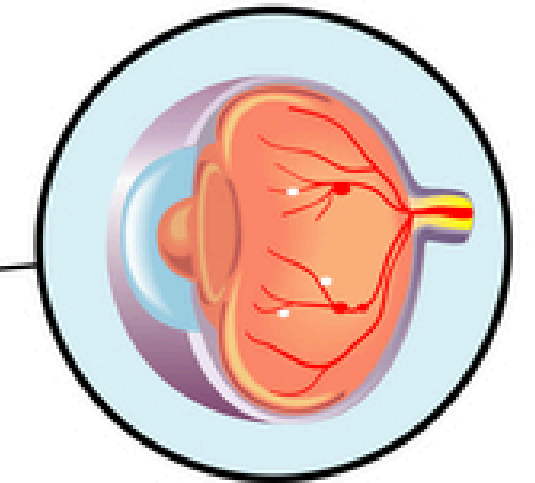
Though there are positives, there are also negative effects that diabetes has on a person's hauora and here are a few:

- Judgement, criticism and discrimination with people who have diabetes (Personal & Societal)
- Lack of self confidence and social interactions with other people; causing anxiety and depression (Personal)
- Physical impact such as diabetic foot, heart attack, permanent kidney damage and etc. (Personal)

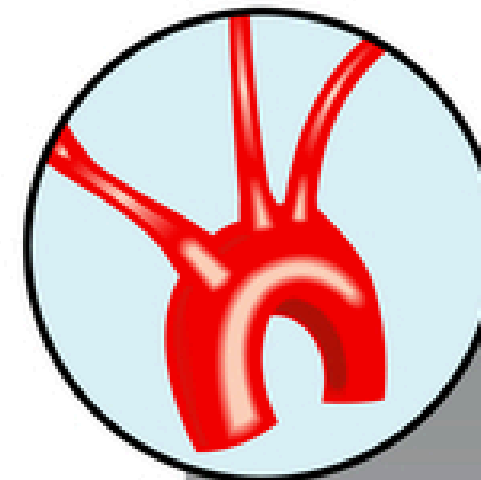
Diabetes Symptoms and complications



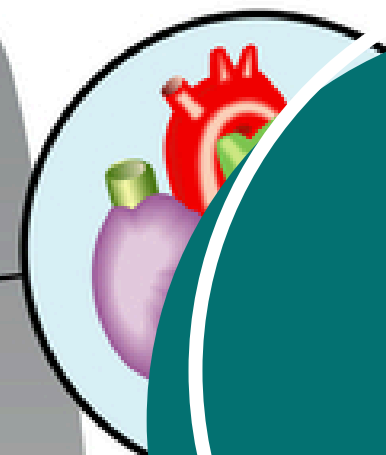
Skin infections



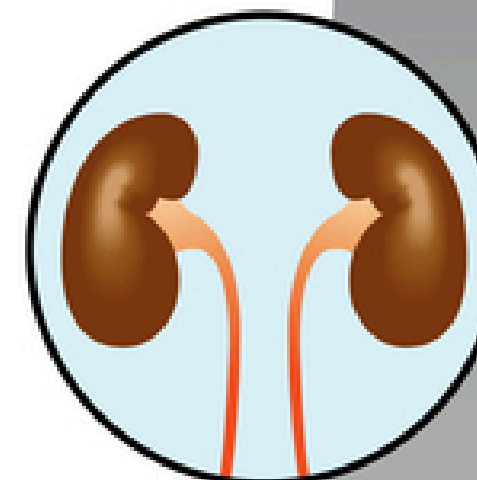
Diabetic retinopathy



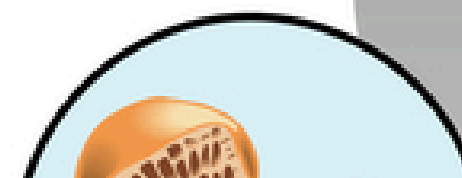
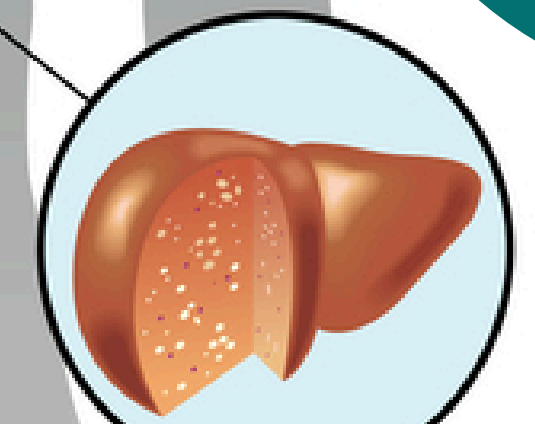
Arteriosclerosis



Heart disease



Permanent kidney damage





Thank You!