

# L03

What you are learning about:

*The difference between birth defects and non-birth medical conditions that may affect individuals progress through the life stages*

## Learning Outcome 3: Know which medical conditions may affect progress through the life stages

Learners must be taught:

- an overview of conditions which may affect progress through the life stages:
  - birth defects (e.g. genetic, sensory problems, down's syndrome)
  - non-birth medical conditions (e.g. anorexia, mental ill health, coronary heart disease<sup>1</sup>, paralysis, epilepsy, loss of senses)
  
- the effect of these conditions on health and social well-being, i.e.:
  - financial
  - social
  - emotional
  - physical.

### LO3: Know which medical conditions may affect progress through the life stages <sup>3</sup>

MB1: 1 - 6 marks	MB2: 7 - 11 marks	MB3: 12 - 15 marks
<p>Provides a <b>basic</b> overview of a <b>limited</b> range of conditions which affect the transition through the life stages.</p> <p>Provides a <b>basic</b> description of the chosen conditions with a <b>basic</b> discussion of how they might effect the health and social well-being of the individual and their family.</p> <p style="text-align: right;">[1 2 3 4 5 6]</p>	<p>Provides a <b>clear</b> overview of a <b>range</b> of conditions which affect the transition through the life stages,</p> <p>Provides a <b>detailed</b> description of the chosen conditions with a <b>detailed</b> discussion of how they might effect the health and social well-being of the individual and their family.</p> <p style="text-align: right;">[7 8 9 10 11]</p>	<p>Provides a <b>detailed</b> and <b>coherent</b> overview of the effect of a <b>wide</b> range of conditions which affect the transition through the life stages.</p> <p>Provides a thorough description of the chosen conditions with a <b>thorough</b> discussion of how they might effect the health and social well-being of the individual and their family.</p> <p style="text-align: right;">[12 13 14 15]</p>

**Starter:** *In groups mind map what you already know about Birth defects....  
this maybe a little or a lot.*

Examples of conditions?

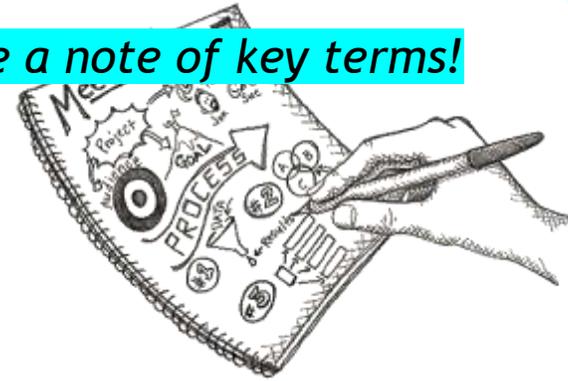


Impact on P.I.L.E.S

Treatment possibilities



*Make a note of key terms!*



## Key Terms

**Birth defects** - problems that occur in the body from birth

**Genetics**- the traits that you inherit from your parents

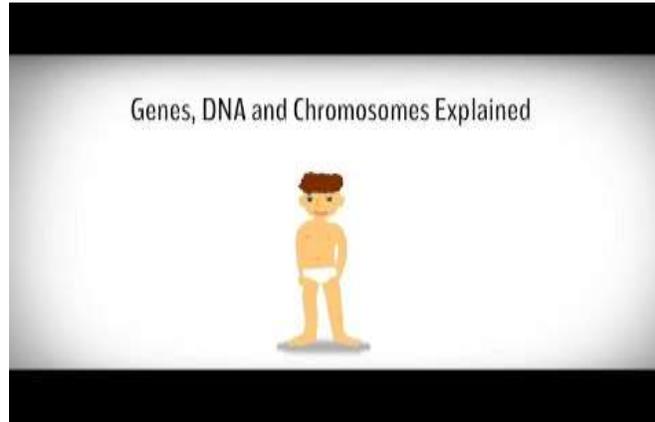
**Spina bifida** - birth defect that occurs when the bones of the spine (vertebrae) don't form properly

# L03 part 1 Birth Defects

- ▶ Give an introduction of what birth defects are...
- ▶ How common is it to have one?
- ▶ Can it be avoided?



# Genetics



- <https://www.youtube.com/watch?v=hywRdDVR76Am>-genetics 2.15 mins
- When an egg is fertilised it receives chromosomes from both the mother and the father, sometimes the incorrect number of chromosomes are passed on and the baby can be born with a birth defect or through genetic inheritance where the parents may be perfectly healthy but they may carry faulty genes that can cause conditions
- Genetic disorders include spina bifida and Down syndrome which we will look at later in this unit
- These defects can impact on all areas of PILES and affect individuals through their life stages as we will see on the next slides

## Genetic conditions

- ❑ **Sensory problems** – this affects the development and function of sight and hearing and are caused by syndromes or inherited conditions
- ❑ **Down syndrome** – this is caused by a chance event during conception when an extra chromosome occurs. It is a lifelong condition and impacts on the individuals physical and mental development. Individuals with Down syndrome share characteristics such as a flat face and short neck. The level of intellectual impact varies from individual to individual
- ❑ <https://www.youtube.com/watch?v=5M--xOyGUX4>– Just like us Down Syndrome 13.37 mins



# Down Syndrome - introduction

Down's syndrome, also known as trisomy 21, is a genetic condition that typically causes some level of learning disability and certain physical characteristics.



- What is downs syndrome?
- How does it affect PILES
- How does it affect them/family friends
- How does it affect people financially?

Research into Down Syndrome -  
Think about P.I.L.E.S - How might this effect the person with it & the family/friends surrounding them? Financially?

Remember to reference if using information from the internet.



*Key points* you could include in your paragraph:

- ▶ Most babies born with Down's syndrome are diagnosed soon after birth
- ▶ May have floppiness, eyes that slant upwards and outwards, a small mouth with a tongue that may stick out , a flat back of the head , below-average weight and length at birth, their palm may have only one crease across it
- ▶ Can take longer to learn basic skills (Most children with Down syndrome struggle with basic number skills and their number skills are typically some 2 years behind their reading skills)
- ▶ Motor skills can develop at a slower rate (crawling, walking, running).
- ▶ May need to go to a special school.
- ▶ Babies with Down syndrome look at faces and smile only a week or two later than other children and they are usually sociable infants. Infants with Down syndrome enjoy communicating and make good use of non-verbal skills including babbling and gesture in social situations.
- ▶ Most children and adults with Down syndrome continue to develop good social skills and appropriate social behavior, though a significant minority may develop difficult behaviors, particularly those with the greatest delays in speech and language development.

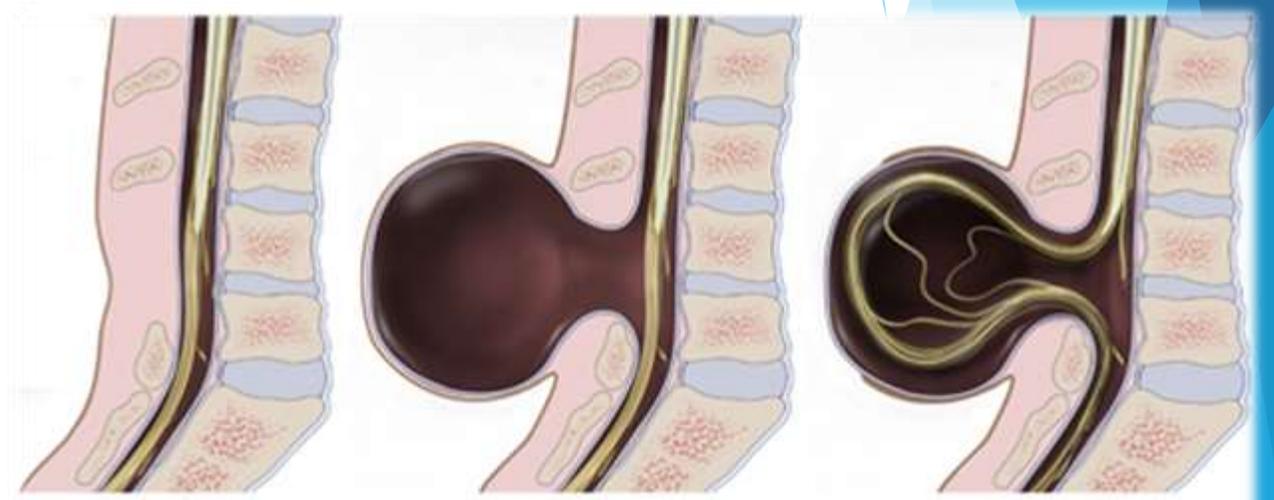
# Spina Bifida - introduction

Spina bifida is when a baby's spine and spinal cord don't develop properly in the womb, causing a gap in the spine.



*Research into Spina Bifida thinking about P.I.L.E.S - How might this effect the person with it & the family/friends surrounding them?  
Financial?*

*Remember to reference if using information from the internet.*



Spina bifida occulta

Meningocele

Myelomeningocele

# Spina Bifida information

- ▶ Spina bifida is a type of neural tube defect.
- ▶ The neural tube starts to form in early pregnancy and closes about four weeks after conception.
- ▶ In spina bifida, part of the neural tube doesn't develop or close properly, leading to defects in the spinal cord and bones of the spine (vertebrae).
- ▶ It's not known what causes spina bifida, but a lack of [folic acid before and in the early stages of pregnancy](#) is a significant risk factor.
- ▶ There are different types of spina bifida:
- ▶ myelomeningocele - is the most severe type of spina bifida; the baby's spinal canal remains open along several vertebrae in the back, allowing the spinal cord and protective membranes around it to push out and form a sac in the baby's back
- ▶ spina bifida occulta - is the most common and mildest type of spina bifida; one or more vertebrae don't form properly but the gap in the spine is very small; spina bifida occulta doesn't usually cause any problems and most people are unaware that they have it

Remember to reference if using information from the internet.



Important

Key points you could include in your paragraph:

- ▶ Can be paralysed from waist down affecting their **physical development**, also effects bladder and urine
- ▶ Can be wheelchair bound, due to weakened muscles - however being in a wheelchair can make muscles weaker
- ▶ Large bump in back - **physical disability**
- ▶ Minor or No **intellectual** issues
- ▶ There are many **emotional and social** effects on a person with spina bifida, this is because they may have low self-confidence and low self-esteem.
- ▶ Lack of independence is frustrating which can impact their **social** life. May be limited to do activities with friends.
- ▶ May have a frame or wheelchair and feel self-conscious about it.
- ▶ Cannot do what 'normal' people do their age.
- ▶ May need 24/7 care which could **financially** impact the family if parents cant work.
- ▶ Have to have access arrangements for school or if going to a public place.
- ▶ Their condition could limit them to what career they have which can impact them **financially**.

# Cleft Lip/Palate - introduction



A cleft is a gap or split in the upper lip and/or roof of the mouth (palate). It is present from birth.

The gap is there because parts of the baby's face didn't join together properly during development in the womb.

A cleft lip and palate is the most common facial birth defect in the UK, affecting around one in every 700 babies.

In a few cases, cleft lip and palate is associated with:

- the **genes** a child inherits from their parents
- smoking during pregnancy or drinking alcohol during pregnancy
- obesity during pregnancy
- a lack of folic acid during pregnancy
- taking certain medicines in early pregnancy, such as some anti-seizure medications and steroid table.
- <https://www.youtube.com/watch?v=IUr-5Rwy8VY>



Remember to reference if using information from the internet.



Important

## Possible impacts:

- ▶ Upset if people are looking at their mouth.
- ▶ Can emotionally feel upset that they are different
- ▶ Low self esteem and confidence.
- ▶ If they have an operation may need to stay in hospital to recover.
- ▶ Operation could make face/mouth sore. Need to eat different foods.
- ▶ May need time off school/miss social events such as birthday parties.

# Task 3 part 1

- ▶ Provide an overview of conditions which might affect progress through life
- ▶ **Birth defects**
- ▶ Introduction
- ▶ Down Syndrome- what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ Spina Bifida- what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ Cleft Lip/Palette- what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ Discuss how the condition can impact on the individual and their family
- ▶ Discuss how the condition can affect them as they move through the life stages

# L03

## Part 2

### None Medical Conditions

- **Mental ill-health**
- **Coronary Heart disease**
- **Paralysis**
- **Epilepsy**
- **Loss of senses**

*These are conditions that can happen as a consequence of lifestyle, accident, incident or external factors including:*

***Anorexia nervosa** - a psychological issue that affects an individual's perception of themselves that leads them to obsessive behaviour regarding food and exercise. This condition affects all areas of PILES and can be fatal if supportive and intervention are missing*

# Non-birth medical - Anorexia information



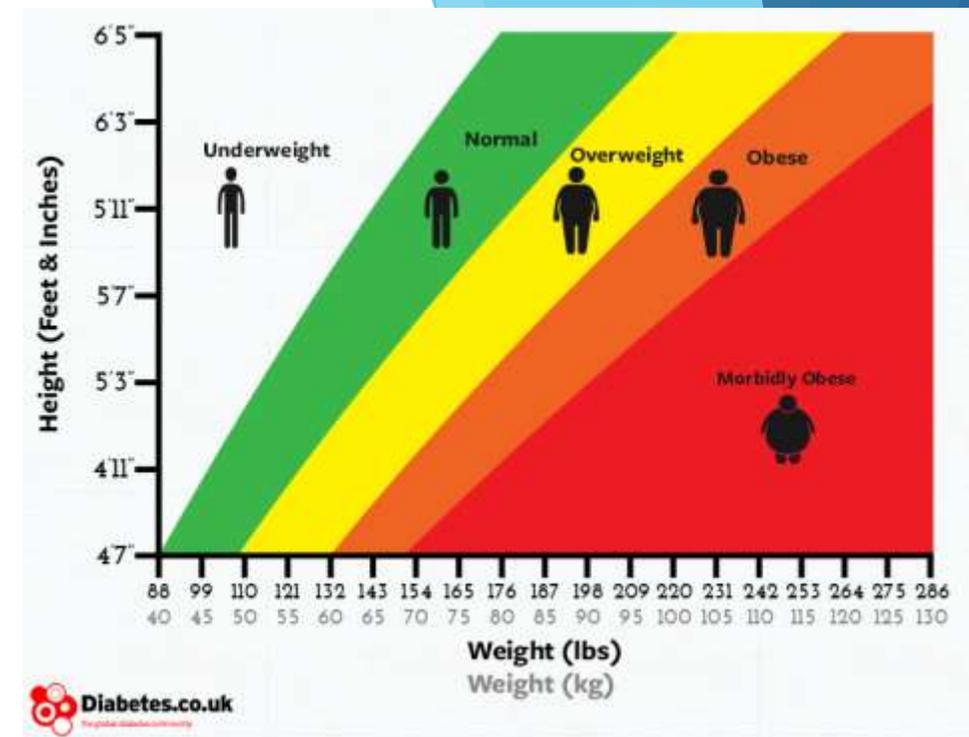
- ▶ Anorexia is an eating disorder and serious mental health condition.
- ▶ People who have anorexia try to keep their weight as low as possible by not eating enough food or exercising too much, or both. This can make them very ill because they start to starve.
- ▶ They often have a distorted image of their bodies, thinking they are fat even when they are underweight.
- ▶ Men and women of any age can get anorexia, but it's most common in young women and typically starts in the mid-teens.



# Continued...

## Signs and symptoms of anorexia

- ▶ if you're under 18, your weight and height being lower than expected for your age
- ▶ if you're an adult, having an unusually low [body mass index \(BMI\)](#)
- ▶ missing meals, eating very little or avoiding eating any foods you see as fattening
- ▶ believing you are fat when you are a healthy weight or underweight
- ▶ taking medication to reduce your hunger (appetite suppressants)
- ▶ your periods stopping (in women who have not reached menopause) or not starting (in younger women and girls)
- ▶ physical problems, such as feeling [lightheaded or dizzy](#), [hair loss](#) or dry skin



Write a paragraph explaining what anorexia is.  
Remember to reference if using information from the internet.



Important

## Information possible impacts:

- ▶ Can effect them physically - may have dizzy spells/faintness, unable to do their normal day to day activities.
- ▶ Abdominal pains
- ▶ Muscle weakness
- ▶ Disrupted menstrual cycles or no periods
- ▶ Fertility issues - could have a negative impact on their emotional development. Upset that they are struggling to have a family.
- ▶ Physical development effected in a negative way as anorexia increases chance of Osteoporosis
- ▶ Severe anorexia may suffer nerve damage
- ▶ Negative emotional development - may have depression and low self esteem
- ▶ May withdraw from social situations especially if involves food.
- ▶ Depending on the age from 10 to 40 when the women developed anorexia, their life expectancy was reduced on average by **22 to 25 years.**

# Non-birth medical - Breast cancer information

- ▶ Breast cancer is cancer that develops from breast tissue
- ▶ Breast cancer is the most common type of cancer in the UK
- ▶ About 1 in 8 women are diagnosed with breast cancer during their lifetime.
- ▶ Signs of breast cancer may include a lump, change in shape, red or scaly patch of skin or fluid from the nipple.
- ▶ In rare cases men can also be diagnosed with breast cancer.



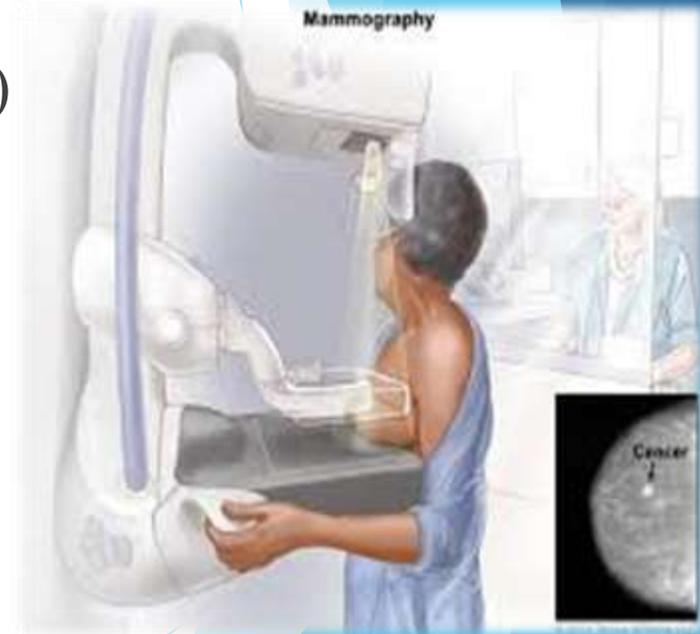
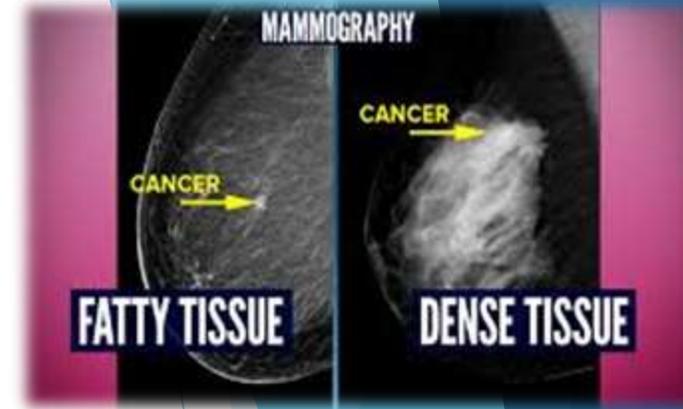
Breast cancer is often divided into two:

- 1) Non-invasive breast cancer - not developed and spread outside of the breast.
- 2) Invasive breast cancer - most common type of breast cancer. It can spread outside the breast.

People will be offered a **mammogram** (X-ray images taken of the breast)

Breast cancer is treated using a combination of:

- ▶ Surgery
- ▶ Chemotherapy
- ▶ Radiotherapy



Remember to reference if using information from the internet.



Important

## Possible impact - cancer

- ▶ Emotionally may struggle to deal with the news of finding out they have cancer.
- ▶ May feel stressed - organise help for their children
- ▶ Physical changes - lump/hair loss depending on treatment (could effect their confidence and self esteem)
- ▶ Menstrual changes
- ▶ Possible weight gain
- ▶ Negative emotional development - effect confidence and self esteem
- ▶ Scarring
- ▶ Financial effect - unable to work during treatment
- ▶ May feel upset that they are having to spend time in hospital and away from family
- ▶ If having surgery or chemotherapy - can have a negative effect on their physical development. side effects could be very tired and feel sick.

# Non-birth medical - Epilepsy information

- ▶ Epilepsy is a common condition that affects the brain and causes frequent seizures
- ▶ Seizures are bursts of electrical activity in the brain that temporarily affect how it works.
- ▶ It can start at any age but typically children or people over 60 years old.



EPILEPSY  
AWARENESS



Seizures can affect people in different ways, depending on which part of the brain is involved.

**Possible symptoms can be:**

- ▶ Uncontrollable jerking and shaking “fit”
- ▶ Losing awareness and staring blankly into space
- ▶ Becoming stiff
- ▶ Strange sensations such as tingling feeling in your arms or legs
- ▶ Collapsing

**Possible treatments:**

- ▶ Medicines
- ▶ Surgery to remove small part of the brain causing seizures
- ▶ Procedure to put small electric device inside the body that helps to control seizures
- ▶ A special diet

Most people can live a normal life but may need to think about things such as driving, certain jobs, swimming, using contraception and getting pregnant.

Remember to reference if using information from the internet.

# Non-birth medical - Mental ill health

Mental illness refers to a wide range of mental health conditions - these are disorders that affect a persons mood, thinking and behaviour.

Examples can include:

- ▶ Depression
- ▶ Anxiety disorders
- ▶ Eating disorders
- ▶ Schizophrenia

Many people can have mental health concerns from time to time. Especially if going through a bereavement, stressful time at work etc.

Mental health is a concern when ongoing issues cause someone stress/anxiety and it effects them in their everyday life to function.

Write a paragraph explaining what mental ill health is.  
Remember to reference if using information from the internet.



Important

## Epilepsy possible impacts:

- ▶ possible delay in development at a young age.
- ▶ May not have same social opportunities due to anxiety or seizures out.
- ▶ Medication may give side effects - for example sleepiness/inability to concentrate which could effect their intellectual development in school.
- ▶ May be unable to do certain activities such as swimming or driving so may feel left out.
- ▶ Financial - may be unable to have certain jobs due to the chance of having a seizure.
- ▶ Some people with epilepsy can have a shorter life expectancy ranging from 2-10 years.

- ▶ might neglect themselves, not eat, not change their clothes, not shower and be clean
- ▶ may not be able to concentrate in school or work, feels confused anxious depressed
- ▶ may feel angry, might take it out on friends and lose friendships, self doubt
- ▶ may isolate themselves, may take out their aggression at friends so might lose friendships.
- ▶ Financial - may need time off work (sick pay)

## Task 3 part 2

- ▶ Provide an overview of conditions which might affect progress through life
- ▶ Anorexia - what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ Breast cancer - what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ Epilepsy - what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ Mental health- what is it? Types? How it affects development PILES & financial? Life expectancy.
- ▶ An explanation of what a non-birth condition is with examples
- ▶ Discuss how the condition can impact on the individual and their family
- ▶ Discuss how the condition can affect them as they move through the life stages