Health Care: Nervous & Digestive System, Heart & Lungs, Endocrine & Bones

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Nervous System and Digestive system

There are several diseases that can impact the nervous system, including "Parkinson's disease, Epilepsy, Alzheimer's disease, Multiple sclerosis, and Meningitis" (Australia, 2023). Alzheimer's disease is known as a progressive disorder that impacts behavior, memory, and thinking ability. Parkinson's disease affects the body's movement and can cause trembling, difficulty in coordination, and stiffness. Multiple sclerosis is a disease that damages the protective covering of the nerve cells, leading to a number of indicators including coordination problems, muscle weakness, and vision problems. Epilepsy is a brain disorder that instigates seizures due to irregular electrical movement in the brain. (*Nervous System Diseases*, 2022).

The major diseases that can impact the digestive system include "inflammatory bowel disease, Celiac disease, Irritable bowel syndrome, Gastroesophageal reflux disease, and Peptic ulcer disease" (*Gastrointestinal Motility Disorders in Neurologic Disease – PMC*, n.d.). Inflammatory bowel disease (IBD) is a collection of disorders that instigates swelling in the digestive tract. Irritable bowel syndrome (IBS) causes abdominal pain, irregular bowel movement, and bloating, and impacts the large intestine. Gastroesophageal reflux disease (GERD) is a disorder in the digestive system in which stomach acid moves back into the esophagus which causes heartburn and other problems. (*Gastrointestinal Motility Disorders in Neurologic Disease – PMC*, n.d.)

A healthcare manager who has knowledge of diseases affecting the nervous system and digestive systems can use this information to implicate preventative measures, health promotion strategies, and informed decisions (Lomas, 2005). Furthermore, the healthcare manager can improve patient care and manage medical resources effectively.

Heart & Lungs

Some common diseases that have an impact on the cardiovascular system include "Coronary artery disease, Hypertension, Congestive heart failure, and Arrhythmias" (*Cardiovascular System*, n.d.). Coronary artery disease is a disorder in which blood vessels providing blood and oxygen to the heart become blocked or narrow. This causes shortness of breath, chest pain, and even heart attacks.

Hypertension is also known as “High blood pressure”. It is a condition in which the blood flow is too fast against the artery walls which can cause various heart diseases, stroke, or kidney failure. Arrhythmias is a cardiac problem with the rhythm of the heart, which can cause the heartbeat to be too slow, too fast, or irregular.

Some common diseases that have an impact on the respiratory system include “Asthma, Chronic obstructive pulmonary disease (COPD), Pneumonia, and Lung cancer” (*Respiratory System*, n.d.). Asthma is a chronic disease that negatively impacts the airways in the lungs, causing narrowing and inflammation, which leads to difficulty in breathing, wheezing, and coughing. Pneumonia is a lung infection caused by a virus, bacteria, or fungi, which can cause difficulty in breathing, cough, and fever.

A healthcare manager can develop strategies and policies to promote early detection, prevention, and timely treatment of these diseases. The knowledge of these diseases will help the healthcare manager to train and educate the staff accordingly and communicate effectively with patients and their families related to their medical care (*Anatomy*, 2017).

Endocrine & Bones

Some common diseases that have an impact on the endocrine system include “Diabetes mellitus, Thyroid disorders, Adrenal disorders, and Pituitary disorders” (*Endocrine Diseases – NIDDK*, n.d.). Diabetes mellitus is a group of diseases that negatively impacts the body’s function to normalize blood sugar levels. As a result, the blood sugar level gets high. Thyroid disorders consist of conditions that negatively impact the functioning of thyroid glands causing hormonal imbalances in metabolism, development, and growth. Pituitary disorders affect the pituitary gland, which produces hormones that regulate growth, metabolism, and other bodily functions.

Some common diseases that have an impact on the musculoskeletal system include “Osteoporosis, Arthritis, Fibromyalgia, and Scoliosis” (*Musculoskeletal Health*, n.d.). Osteoporosis is a disorder in which bones become weak and delicate, making them fragile/easy to break. Arthritis is a group of diseases that cause inflammation and damage to the joints, leading to pain, stiffness, and difficulty in moving. Scoliosis is a condition in which the spine curves sideways, which can cause back pain, breathing difficulties, and other problems.

As a healthcare manager, knowledge of diseases that impact the endocrine and musculoskeletal systems can be useful for understanding the latest research and treatment options for these diseases. It can help in the development of evidence-based protocols and guidelines for the diagnosis which can improve patient outcomes and quality of care.

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