

Cambridge National

Unit 4: Responding to common Medical Conditions



ASTHMA

Coughing

Wheezing

Shortness of breath

Tightness of Chest

I can't huff
and puff and blow
your house down

SYMPTOMS



DIABETES

Increased thirst

Going to the loo lots

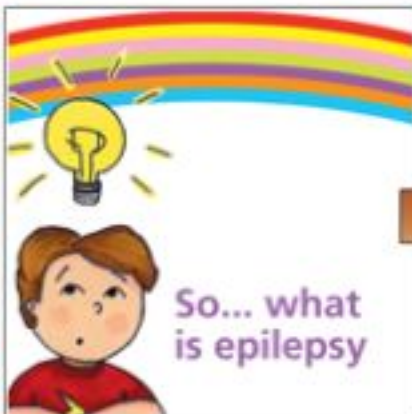
Extreme tiredness

Weight loss

There are TWO forms of Diabetes. Known as TYPE 1 & Type 2.

Wow

SYMPTOMS



EPILEPSY

Tonic phase



Clonic phase



NEONATAL SEIZURE

The main
symptom
for Epilepsy
is a
SEIZURE

SYMPTOMS

RESPONDING TO MEDICAL CONDITIONS



INSULIN dependant



Hyperglycaemia - Person has a **HIGH** blood sugar and needs insulin.

TYPE 1 DIABETES

This is often a **GENETIC** condition. Often starting as a youngster.

This is not caused by lifestyle and a person needs insulin to be injected daily.

Hypoglycaemia

Person has a **LOW** blood sugar and needs **SUGAR**, in the form of a drink or fruit ETC

TYPE 2 DIABETES

Caused by Lifestyle Factors

Lack of exercise
Poor eating habits
Bad diet



Non **INSULIN** dependant

EPILEPSY

When treating a seizure;

Remove any items that could hurt the person.

Call 999 if its the first ever seizure or its been going on for a long time (5 minutes or more).

Try and remain calm and reassure the person. When they come round they may be very disorientated.

Learn about Seizure First Aid



UNIT 1: Questions

1. Using the acronym E-ETC to talk about EXTRINSIC, what does E-ETC stand for? Give examples for each one.
2. What does PIP stand for when talking about INTRINSIC factors?
3. How might a PSYCHOLOGICAL factor cause an injury?
4. Identify 4 different causes of a POOR POSTURE.
5. There are 5 different sports injuries related to poor posture. What are they and can you define them?

UNIT 2: Questions

1. List the 5 KEY COMPONENTS of a warm up. You must be able to define each stage.
2. List 5 PHYSICAL BENEFITS of a warm up.
3. What are the PSYCHOLOGICAL benefits of a warm up and how may they prevent injury?
4. Name 5 PHYSICAL BENEFITS of a cool down. Try and link them to how they improve performance and prevent injury.
5. There are 3 things to consider when planning a warm up. Firstly, the sport. Secondly, the weather. And thirdly, the group. Can you identify 3 things to think about when considering the group or the individual?

UNIT 3: Questions

1. Define both CHRONIC and ACUTE injuries.
2. Can you list the 9 different types of common sports injury and give an example for each type.
3. SALTAPS is an ON FIELD assessment tool. What does it stand for?
4. What does RICE stand for. Think about each different part. What do you know about each part. For example how long do you do "I" for in RICE?
5. What are the 3 stages of the EMERGENCY ACTION plan? Give examples for each stage.

AWESOME!

UNIT 4: Questions

1. List the major symptoms for ASTHMA, DIABETES and EPILEPSY.
2. What are the major differences between TYPE 1 and Type 2 diabetes?
3. When would you refer someone to an EMERGENCY PROFESSIONAL.
4. How would you treat the 3 different medical conditions listed in question 1.
5. What is a "person's emergency care plan"?

Answering the 8 mark question.

1. Read the Question at least TWICE, slowly and carefully. What is it asking you? IF it asks for benefits don't talk about the negatives.
2. The question wants you to talk about the CONTENT of the course. Don't just waffle.
3. Use the PE terminology that you have learned. Things like Flexibility, pliability, extrinsic ETC
4. Organise your thoughts before you start. Briefly write a plan then cross it out when you have wrote your answer.
5. Write as much as you can not as little. An try and give examples. **SO WHAT!!!!!!!**

Blank Space to answer the Questions on Page 3

Good luck and never stop trying..... NC