***Name : Sarosh Gohar***

***ID: 13436***

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Q1. How will you detect that a person is having diabetes? What will be………………

***Ans***

***Diabetics***

 Diabetes is a condition that impairs the body’s ability to process blood glucose

Or

Is a disease in which your blood glucose or blood sugar levels are too high.

***Types***

Type1

Type 2

Gestational DM

Other types include Neonatal and Mody

***Type1 (IDDM)***

IID is called as insulin dependent diabetes mellitus: In the type 1 are insufficient insulin. The type 1 can develop any time in any age but more in the children and adolescents.

***Type 2 (NIDDM)***

This is also called as non-insulin dependent diabetics mellitus. A buildup of glucose in the blood is more common in adults and accounts for 90% of all diabetes cases.

***Gestational DM***

They occur during pregnancy. It means person as high blood sugar levels. The glucose intolerance with onset.

***Detection***

* The blood tests show if your blood glucose also called as blood sugar is too high.
* We use different equipment’s, machines.
* If the blood sugar level is less than 100mg idl is normal
* If the blood sugar level is high than 100-125 mg idl. So is called diabetes.
* Different tests used for the diabetes
	1. The type 1 and type 2 diabetes
	2. Fasting plasma glucose( FPG test)
	3. Random plasma glucose (RPG test)
	4. Glycated hemoglobin (AIC test)
	5. Oral glucose tolerance test.

***Signs and Symptoms***

1. Weight loss
2. Frequent urination
3. Fatigue
4. Irritability
5. Blurred vision
6. Slow healing source
7. Always hunger
8. Always tired
9. High blood sugar
10. Tingling limbs
11. Skin itchy
12. Numbness

***Guidelines and Management from diabetes***

***Healthy eating***

We eat different types of fruits and vegetables and lean proteins and whole grains.

We eat fresh fruits, water, green juice, sugar free biscuit, ice cream, real meat, vegetable Pasta.

***Insulin***

If person type 1 diabetes need insulin therapy to survive. Many people with type 2 diabetes also need insulin therapy.

***Physical activity***

Everyone needs regular aerobic exercise. Daily exercise can control blood sugar level. Exercise also increase your sensitivity to insulin.

***Physical therapy management***

Physical therapist help people with diabetes participate in safe, effective exercise programs to improve their ability to move, perform daily activity, reduce their pain and physical therapist also examine your record of blood glucose level and also check wounds in the skin. They can assessment of your strengthening exercises, flexibility , stability, endurance and balance.

1. ***Pain levels***

Physical therapist treat also chronic pain. They use different type of treatment and technologies and choose specific and best exercises and safe and control body pain.

1. Home exercise

Physical therapist also teaches you strengthening and also perform aerobic exercises. Which exercises are specific for your needs.

1. Healing of sores

Physical therapist can use different bandages, dressings and treatments to help sores heal faster than they wound on their own. They also check the fort and wounds, sores and blisters.

***Q2:*** How can you distinguish between UTI and Renal failure?

***Ans***

***UTI***

* A urinary tract infection is any part of your urinary system such as kidneys, ureters, bladders and urethra. Most of the infection involves the lower urinary tract the bladder and urethra.
* It is symptomatic presence of any microorganisms within the urinary tract.
* If any inflammation in urinary tract

***Bacterial entry***

Ascending infection

Blood bones spread

Lymphatogenous spread

Direct extension from other organs

***Ascending infection***

The organisms which ascends through urethra into bladder

***Hematogenous spread***

They are spread to kidneys

***Lymphatogenous spread***

In men through rectal and colonic lymphatic vessels to prostrate and bladder. In women through peri uterine lymphatics to urinary tract.

Direct extension from other organs

Pelvic inflammatory disease

***Symptoms***

1. Strong smelling urine
2. Pelvic pain
3. Urine that appears cloudy
4. A burning sensation

***Diagnosis***

1. Uri analysis
2. Imaging techniques
3. CT scan and MRI
4. Blood test

***UTI Management***

* Antibiotic therapy
* More water intake
* Maintain acidity like cranberry juice

***Prevention***

* Drink plenty of liquids
* Drink cranberry juice
* Wipe from front to back
* Empty your bladder

***Renal failure***

Renal failure is defined as a loss of renal function in both kidneys where as 10-20% GFR is remained.

***Five stages of Renal Failure***

Stage1….. normal

Stage 2….. mild CKD

Stage 3 A….. moderate CKD

Stage 4B……severe CKD

Stage 5…….. End stage CKD

**Types of renal failure**

**Acute renal failure**

The renal function is slow. There are pre-natal, intra- renal or post renal in nature.

The acute renal failure is not permanent injury.

They are recovered after long time

***Pre Renal Failure***

Reduce blood flow to kidneys after shock, hypotension

Intra Renal Failure

Results from damage renal structure after acute tubular neurosis.

***Post renal failure***

Block of urine outflow after calculi, tumors

***Chronic renal failure***

The function of kidney damages and also loss of function

***Stages***

1. Diminished renal reverse
2. Renal insufficiency
3. Renal failure
4. End stage renal disease

***Signs and Symptoms***

1. Reduce of urine
2. Swelling of your legs, ankles and feet
3. Shortness of breath
4. Nausea
5. Comma
6. Seizures
7. Back pain

***Treatment***

* Careful management of fluids and electrolytes
* Use of directives
* Restriction of protein intake
* Renal dialysis
* Renal transplantation.