

ELECTIVE (SSC5b) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

Describe the pattern of illness in the multicultural society of Waltham Forest and compare this with the rest of the UK

According to the office of National statistics, In 2015 it was shown that Waltham Forest was amongst the most deprived boroughs in the UK. The population number that outweighs the available housing in the borough is a reflection of the overcrowding in each residence. The majority of the population are of asian and afro-caribbean ethnicity. The majority (nearly 50%) of Waltham Forest population are in the age group of 25-49. Waltham Forest health profile has shown in 2014 that breast-feeding is above and beyond average in comparison to the UK. The number of women who smoke in pregnancy are much lower in addition to the rates of obesity in adults, malignant melanoma, injuries and deaths being lower. Although Waltham Forest seems to be doing well in these areas, it is known for its poor infant mortality, obesity in children and ofcourse being a largley population area of ethnic minority, the prevalence of Diabetes and TB is very high. Another down fall is the high number of sexually tranmitted diseases which can also be linked with the largest group of people being between 25-49. Cardiovasuclar disease is the main cause of death in under 75's of Waltham Forest (London Borough of Waltham Forest, 2017).

Describe the pattern of health provision within Waltham Forest and with the rest of the UK.

The NHS is struggling to fund health improving campaigns. There has been huge cut backs on promoting good health due to funds available. The waiting time to see a GP is long let alone to see a specialist. Most disease/cancer screening tests are still available. As a Borough, some of the services including fitness and community led activies are either free or subsidised for patients with disabilities or difficulties in learning/interacting. Another benefit in this borough would include the home visit blood taking service. As a part of reducing sexually transmitted diseases, the borough provides free condoms under the Come Correct scheme. There is focus on Quit smoking, alcohol and drug support Health checks and child measurement themes in partnership with schools and health professionals. With all of these facilities and services available, the most recent initiative has been to introduce more information on leaflets and social media, to educate the public on increased risks of diseases and how to prevent or screen for the disease. These comprehensive guides are thought to prevent patients from living with conditions without knowing and seeking medical advice at late stages or to prevent further spread of any contractable diseases such as sexually transmitted diseases.

Learn the variances of genetic and environmental influences on endocrine disorders.

As we have noted in the first objective, there is a large population of asian and afro-caribbean people. We know from studies that diabetes is found to have a genetic inheritance amongst these ethnic minorities in particular. As the population of these ethnic minorities within waltham Forest is large, so is the prevalence of Diabetes. Some of the environmental influences on this endocrine disorder is the number of unhealthy fast food restaurants within the borough. We know that foods high in bad cholesterol and fat leads to obesity which is a risk factor for diabetes. Diabetes has many serious complications that affect mulitple organs in the blodly including the eyes, the kidneys and the feet. During my time on this elective, I have come across many diabetic patients who presented acutely

and chronically. I was able to see that majority of the patients did not exercise and put it down to being too overcrowded in the gyms or the cost of joining up to the gym. Whilst on my elective, I noticed that there were a few healthy restaurants in the locality of the hospital but the price of the food was much dearer. So I identified a few issues in this borough as environmental influences to this endocrine disorder. The borough and NHS have been working very tirelessly to provide healthier options of food at lower prices but these are still not relatively as cheap as unhealthy options. The limited number of healthy restaurants and the increasing number of unhealthy food is an indication of the demand and also the need to tackle this problem on an educational/awareness level. Exercise can be expensive if membership at a gym is required, maybe the need of more local activities run through the local council would help address this issue and target more people.

Explore the difficulties surrounding compliance and ability to manage illness amongst patients from low to middle socioeconomic background

I have noticed that patients from a lower socioeconomic background tend to be less compliant to their management plan. Some of the possible reasons on observation seem to include external stressful factors in the patients life that cause them to become less attentive towards themselves. Another observation was that some of the patients have become depressed and lost hope in their lives due to their housing situation or funding for their childrens meals and necessities have become very difficult. Being from a low socioeconomic background also indicated that these patients either had no jobs and were on benefits or had jobs with very low pay. This could be leading them to be working lengthy hours and not having time to give their own health attention and care. As we identified, a large population of the borough are from those minor ethnic backgrounds. Some of these people struggle with English and find communication another reason not to take their management plan seriously and therefore not being compliant. Majority of the times an interpreter is not present because the patient does not want one. This is usually resolved by explaining to the patient slowly and getting the patient to repeat the key points back to you. However, time is of essence in todays busy clinics and patients are being advised on appointment letters to arrange for an interpreter to be present if required in advance.