

RECOGNISE HEALTHY BODY SYSTEMS HLTAAP001

WELCOME TO INTERCARE

UNIT OVERVIEW

- Basic knowledge of healthy body systems
- How to recognise changes



ELEMENTS

1. Work with information about the human body
2. Recognise and promote ways to support healthy functioning of the body

INTERESTING FACTS

- Humans shed 18kg of skin in their lifetime, completely replacing their outer skin every month
- A condition called synaesthesia can cause senses to overlap. In other words, some people can taste words or hear colours



INTERPRET TERMINOLOGY

- Interpret
- Understand
- Relates to which body system



INTERPRET TERMINOLOGY

PREFIX	MEANING
Arthro	
Brady	
Cardio	
Tachy	
Gastro	
Hyper	
Hypo	
Neuro	

INTERPRET TERMINOLOGY

Prefix	Meaning
Arthro	Joint
Brady	Slow
Cardio	Heart
Tachy	Fast
Gastro	Stomach
Hyper	More than normal
Hypo	Less than normal
Neuro	Nerve

INTERPRET TERMINOLOGY

Suffix	Meaning
-ectomy	
-aemia	
-phagia	
-phasia	
-sclerosis	
-ostomy	
-oma	
-ology	

INTERPRET TERMINOLOGY

Suffix	Meaning
-ectomy	Surgical removal
-aemia	Blood
-phagia	Swallowing
-phasia	Speech
-sclerosis	Hardening
-ostomy	Surgical opening
-oma	Tumour
-ology	Study of

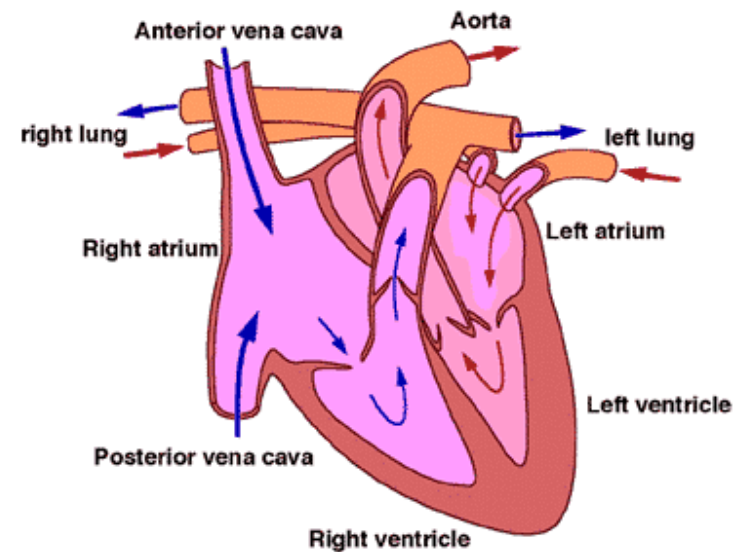
INTERESTING FACTS

- With the 96,500kms of blood vessels inside the average human body, you could circumnavigate earth two and a half times.
- Inside your belly button are thousands of bacteria that form an ecosystem the size of an entire rainforest



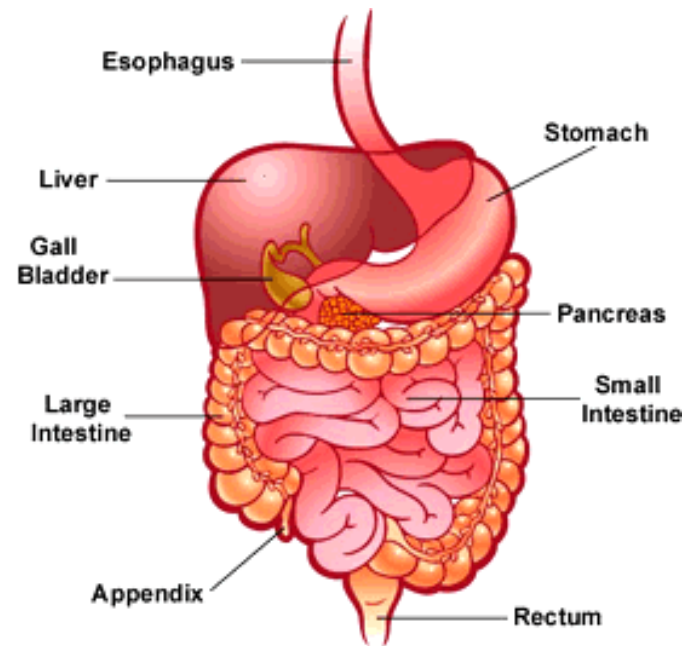
BODY SYSTEMS

- Skeletal system
- Muscular system
- Nervous system
- Respiratory system
- Cardiovascular system
- Lymphatic system



BODY SYSTEMS

- Endocrine system
- Digestive system
- Urinary system
- Integumentary system
- Reproductive system



INTERESTING FACTS

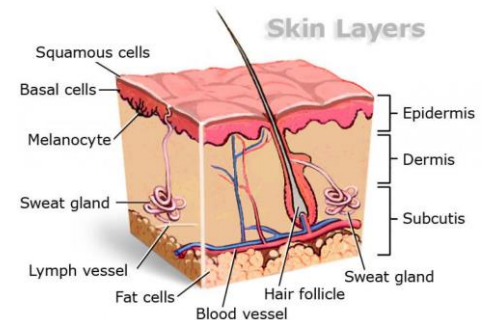
- A full head of human hair is strong enough to support 12 tonnes
- In 30 minutes, the human body gives off enough heat to bring 4L of water to the boil
- Human bone is as strong as granite. A block of bone the size of a matchbox could support nine tonnes of weight



BODY SYSTEMS

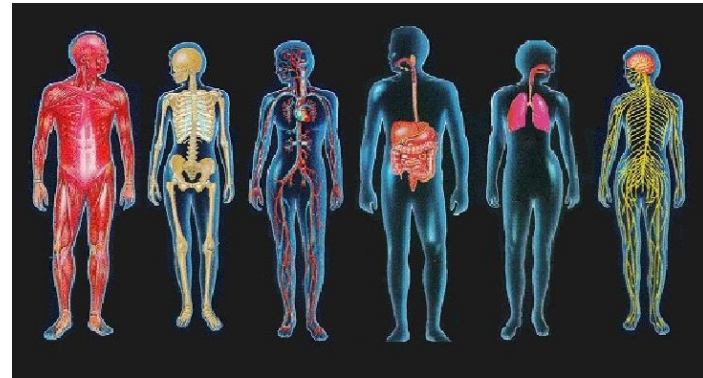
What are the function and location of the major body systems?

- e.g. integumentary system: protects the body from invaders by providing a tough protective barrier. Also warms and cools the body.



WHAT IS A HEALTHY BODY?

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease
- All systems work together



COMMON DIAGNOSIS

- Osteoarthritis
- Heart disease
- Diabetes
- Cancer
- Hypertension
- Dementia
- Stroke
- Parkinson's



FUN FACT

- Your nose and ears continue growing throughout your entire life
- Crying alleviates stress and allows humans to decrease feelings of anger and sadness. It physically does help to let it out



HEALTHY FUNCTION

What is a healthy bodily function?

What happens if some system are only working at 50%?

If you have heart disease, what does this mean?



QUALITY OF WORK

How can staff stay informed about how to keep healthy?

- Share information
- Stretching and exercising together
- Walking groups
- Newsletters



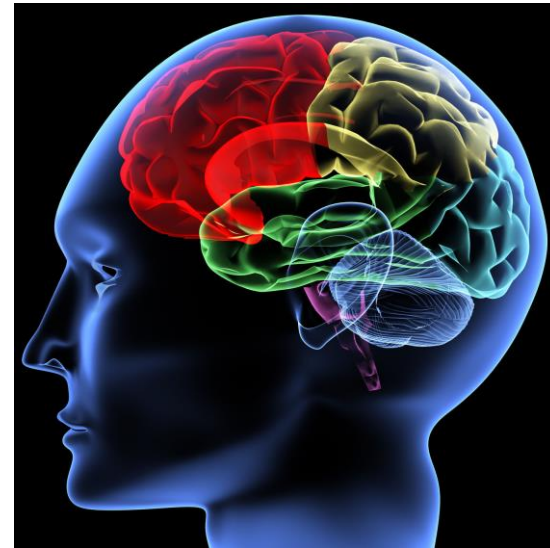
HOW TO MAINTAIN A HEALTHY BODY

- Exercise
- Nutritious food intake
- Keep hydrated
- Mental state



FUN FACT

- The left side of your body is controlled by the right side of your brain while the right side of your body is controlled by the left side of your brain



QUESTIONS?



NEXT SESSION!

Provide support to people living with dementia

CHCAGE001

1. Prepare to provide support to those affected by dementia
2. Use appropriate communication strategies
3. Provide activities for maintenance of dignity, skills and health
4. Implement strategies which minimise the impact of behaviours of concern
5. Complete documentation
6. Implement self care strategies

REMINDER

- Have you applied for your police check yet?
- Go to Intercare website, click on 'courses' and scroll down – easy!



MANUAL HANDLING SHORT COURSE

- Some jobs require you to have a Manual Handling certificate when applying
- Did you know Intercare run this course every 4 weeks?



ARE YOU MANAGING YOUR HOMEWORK?

