**Homeostasis Report Guidance sheet**

The purpose of this report is for you to demonstrate your understanding of how the body is always striving to rebalance itself.

Homeostasis is maintained in many ways with all systems of the body involved in returning the body to health after it has been affected in some way by an accident, illness or disease.

**The description sheet is asking:**

3.1 Explain the homeostatic principles of the body’s systems

* With the subject Tutor / Assessor, choose two pathologies.
* Research the pathologies chosen and identify which systems are most compromised.
* Compare and contrast the ways in which the relevant body systems return to homeostasis for both pathologies

**The evidence sheet needs the following:**

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| **Two pathologies agreed with subject Tutor** |
| **The two pathologies researched and outlined** |
| **Identified systems involved in the two pathologies** |
| **Compare and contrast how each pathology and relevant systems return to homeostasis** |

**So to break it down logically:**

1. Pick two pathologies (go for something that you have already done or something that interests you that has not been covered. Remember that it must be something that can demonstrate the body’s capability of balancing itself this means that diseases for which there is no cure (long term, chronic, degenerative disease are excluded).

Also because you are comparing and contrasting, choose pathologies that can demonstrate the activity of different systems. For example the common cold and a burn, a bee sting and a broken arm, influenza and stress, tonsillitis and sinusitis, constipation and an ear infection etc..

1. Check your chosen pathologies with me **before** you write anything. Email, text or ‘phone to check, this is important as I don’t want anyone wasting their time choosing something that won’t work!
2. Next research your chosen pathologies looking at the activity of the cells, tissues, organs, glands and parts of each system as it strives to balance.
3. You have only **1,000** words (plus or minus 10%) to write so do not copy and paste loads, think about what you are writing and putting together.
4. This report must be fully researched and referenced according to the Plagiarism and Referencing hand out, keep it next to you when you do it.
5. When you have chosen your pathologies start your report with a DEFINITION of them describing what they are and that you are going to explain the homeostatic principles of the body systems involved. Do not copy and paste in your pathology tables!
6. Then describe how these diseases disrupt the body’s homeostatic balance. What are the diseases, how do they affect the person (the symptoms), how do they affect the body, what changes occur in the body due to the disease (which gland secretions change, which organs might be involved, what damage occurs to the body). You are examining the physiological causes for this pathology and how they affect the body.
7. Then look at how the body strives to rebalance itself to achieve homeostasis again. Analyse how this happens through changes such as hormones, electrolytes, fluid, blood, organ function, metabolism, ph levels, temperature, glucose balance, vitamin and mineral absorption and utilisation; depending upon your chosen pathologies. You are analysing the body’s internal environment and describing its journey from a state of balance to imbalance to rebalance.
8. You can either: compare and contrast the two as you go through or you can do each one separately and then tie them together by comparing and contrasting at the end. Whichever works best for you!
9. Conclude your report with a brief overview of what you have learnt about the body in researching homeostasis in relation to this pathology.
10. Remember your alphabetical list of references at the end!
11. Please proof read your work before submitting or get someone to do this for you.
12. Finally enjoy the learning experience it is absolutely fascinating discovering how clever our body is. **☺**