



COMMUNICATION STUDIES



Caribbean Advanced Proficiency Examination

This I.A was submitted to the C.X.C. as a sample.

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General Introduction

This portfolio was based on the disease “Diabetes: Living with an illness and its effects.” Diabetes is a chronic disease depicted by high blood sugar levels and occurs as a result of problems with the manufacture or action of Insulin in the body.

In the Expository section, which was an eight-minute speech presented to my teacher in which the effects of Diabetes on the welfare of humans and how it can be controlled was presented. In this aspect of the portfolio, primary and secondary sources were gathered from interviews and articles to emphasize and evaluate the context of my exposition.

The second section which included the Reflective piece, a drama skit entitled “A Doctor’s Visit”, was composed which entailed a young teenager making the changes to control this disease. This skit was preceded by a preface which outlined the purpose, the intended audience and the context of the skit. The researcher has chosen to analyse the skit in terms of dialectal variation and language registers.

I am currently pursuing biology at advance level which deals with the health of an individual and this will aid the academic learning process of the researcher.

This topic appealed to me because I wish to pursue a career as a Paediatrician and this has stirred my interest.

This was also personal because my grandmother suffers from Diabetes and learning about the disease will help me to understand more of her situation.

Preface

For my reflective piece I have chosen a drama skit entitled “A Doctor’s Visit.”

I have chosen this genre because of the incline of health conditions in Trinidad and Tobago related to Diabetes and I believe this piece can be the appropriate medium in which many people can use to change their lifestyle by becoming aware of the threat Diabetes pose to their health.

The purpose of this reflective piece is to highlight the effects of Diabetes on the welfare of humans and how it can be controlled.

My intended audience is the youth of Trinidad and Tobago since Diabetes is a lifestyle disease and can be obtained at a young age.

This drama piece is an effective way to convey the effects of Diabetes to influence the youth of Trinidad and Tobago to take the necessary changes to control this disease. Furthermore, this drama skit would also be acted out by a group of teenagers in front of the school assembly to maximise the amount of students that would acknowledge the importance of the information.

Reflective

Characters:

Daniel – Teenager, Kyle’s best friend

Dr. Wyatt – Halliwell – Diabetic Specialist

Paige – Kyle’s mother

Kyle – Main character; Teenager with Diabetes

Jeff – School Cafeteria Attendant

“A Doctor’s Visit.”

Scene: *The 12:30 school bell rang to signal the start of lunch. Daniel and Kyle leaves the Biology lab headed to the school cafeteria.*

Jeff: Yeah fellas, *[looking at Daniel and Kyle]*

Kyle: Ah chicken burger, Coca cola and two chocolate cakes.

Daniel: *[Looks at Kyle in shock]* Kyle, Watch what you eating? Ent your father and grandparents have diabetes?

Kyle: Nah man, small thing I cyah get dah. Nothing to worry about.

Jeff: \$20.00 Kyle *[handing Kyle his order]*

Kyle: Thanks Jeff.

Both Daniel and Kyle head back to class.

Daniel: You really should get a check-up from a doctor. You are already at risk for diabetes

Kyle: Alright, alright. Tomorrow my mother will take me. *[Finishes his lunch]*

Daniel: Good. Let me know the outcome.

Kyle: No scene.

Lighting goes off. Scene changes to Kyle and his mother Paige heading to the doctor's office.

Paige: Kyle, time to go. We go be late.

Kyle: Yeah mom, ah coming. *[Heads into car and they drive off]*

[Enters doctor's office and meets receptionist.]

Receptionist: Good Day, May I help you?

Paige: Yes, my son Kyle Turner has an appointment to see Dr. Halliwell.

Receptionist: Yes, Have a seat and he'll be right with you. *[Smiling and pointing to waiting room.]*

[Dr. Halliwell exits his office with other patient and into the waiting room.]

Dr. Halliwell said to other patient "Remember to take the medication twice daily and get regular exercise," as he exited the office. *[Dr. Halliwell turned and called Kyle's name.]*

[Paige gets up and walks into office with Kyle.]

Dr. Halliwell: Good day Mrs. Turner, what's seems to be the problem?

Paige: My son is here for a check-up doctor.

Dr. Halliwell takes Kyle blood pressure, blood glucose and takes some of his blood for a blood test, as well as his temperature.

Dr. Halliwell: Is there any history of diseases in your family?

Kyle: Yes, my father and grandparents have diabetes.

[A worried look comes over Dr. Halliwell's face]

Dr. Halliwell: Well, your blood glucose is high, but I will need to see the results of the blood test before I can confirm Diabetes.

[Kyle starts to get scared while Doctor gets blood test.]

Dr. Halliwell: [With a sad look on his face] Son, I'm afraid I have some bad news. Your blood test came back and it looks like you have diabetes.

Kyle: Are you sure doctor?

Dr. Halliwell: Yes son, I'm sure.

[In background a projector comes on and displays articles for Kyle and his mother to see in doctor's office with headlines that includes: "Man dies from Diabetes", "Woman loses both feet because of Diabetes." Kyle begins to look terrified.]

Dr. Halliwell: On the bright side you don't have to be afraid. It can be controlled by eating healthier, regular exercise and taking medication. The blood work shows it's still early so I will prescribe something that's mild but will help.

[Kyle's facial expression changes and portrays Hope.]

Paige: Thank you doctor.

[Paige and Kyle leaves the doctor's office.]

Two weeks later.

[Spotlight comes on and focuses on Stage right.]

Scene begins with music in background while Kyle starts his weekly exercise schedule.

[Spotlight comes on and focuses on Stage left.]

Scene shows Kyle making changes his diet style which includes fruits, vegetables and other healthier varieties.

[Spotlight comes on and focuses on Centre Stage.]

Scene shows Kyle starts making smart decisions and tests his blood sugar and blood pressure regularly.

Analysis

I have chosen to analyse my reflective piece “A Doctor’s Visit” in terms of Dialectal variation and language registers.

Dialectal variation refers to spoken and written difference in the use of language within a speech community. With respect to this reflective the variation of Creole and Standard English. Dialect is determined by factors such as background, emotional state, status and attitude to the dialect. In this skit, there were instances where both the Creole (Basilect) and Standard English (Acrolect) were used by the characters. When Kyle was speaking to Daniel about Kyle’s family, he used Creole, “Nah man, small ting, I cyah geh dah.” This may have been influenced by his perception that Creole could have been used since he wasn’t in a formal setting.

However, there was code-switching from basilect to acrolect when Kyle visited the doctor to show authority, “Are you sure doctor?” and also the doctor used acrolect when he was instructing Kyle to take precautions to control his disease “On the bright side you don’t have to be afraid. It can be controlled by eating healthier, regular exercise and taking medication. The blood work shows it’s still early so I will prescribe something that’s mild but will help.” This was to show the importance of these measures and because the doctor was knowledgeable.

Furthermore, language registers refers to the kinds of English that is appropriate for a particular situation. It also refers to the level of formality and tone for a specific context. A register can either be written or spoken language. Informal/Casual register was used when Kyle and Daniel was speaking during lunch time, “Kyle, Watch what you eating? Ent your father and grandparents have diabetes? ” because it was two close friends engaging in a conversation in a non-formal setting. Formal register was also used by Kyle’s mother and the receptionist at the doctor’s office, “Good Day, May I help you?” “Yes, my son Kyle Turner has an appointment to see Dr. Halliwell,” This register was used because it was a conversation between two strangers in a formal setting.

Moreover, Consultative register was used by Dr. Halliwell and Kyle because Dr. Halliwell was expected to give feedback based on the information provided by Kyle and based on the results of the blood test.

All the dramatic elements of the skit combine effectively to highlight effects of the disease and to emphasize strategies that could be used to control it.

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Conclusion

The topic diabetes is a very pertinent subject matter that must be discussed in order to sensitize and warn the public on the negative effects it will have on our standard of living and quality of life if the issue is not dealt with. If diabetic people don't take measures to either prevent the disease or control it, it could lead to very devastating effects on human health and on the economy.

As a result, it is essential for people to take these measures to ensure the standard of living and quality of life is maintained.

Appendix

Diabetes: living with an illness and its effects.

“After my grandmother was diagnosed with diabetes, it took some time to reflect and realized that between her work and hobbies, she would put in 14-16 hours a day with unpredictable meal schedules. She decided that no matter how much her life was centred on eating unhealthy foods, it wasn't worth dying for and it was time to make a change. She consulted with her doctor, who taught her how to monitor her blood pressure and blood sugar. It took time to get used to, but she has learned the importance of focusing on a healthy lifestyle which included daily monitoring of blood pressure and blood sugar, taking medication and regular exercise and now her diabetes is under control.”

Good day, my name is XXXXX XXX and my topic to be presented is Diabetes: living with an illness and its effects, I have chosen this topic because of the drastic incline of people living with diabetes in my country and also because it is my passion to become a medical doctor and this has stirred my interest. This topic was selected to inform my audience about the effects of diabetes on the welfare of humans and how it can be controlled.

Diabetes is a disease depicted by high blood sugar levels and occurs as a result of problems with the manufacture or action of insulin in the body. Coping with diabetes can be a demanding task for many individuals. However, the negative aspects of diabetes can be controlled and be easier for individuals living with this lifestyle disease. Unfortunately, there is no cure for diabetes but it can be supervised by the appraisal of the types of foods eaten along with exercise and medication. This will help to control the disease or prevent or delay the complications associated with diabetes. Many people with diabetes still live longer and wholesome lives because of the ability to keep the disease in check.

According to the World Health Organisation, which is the leading global institution for research in health, Diabetes is portrayed as a global pandemic, with 220 million people worldwide with the disease. Surveys done in Trinidad and Tobago insinuate there are as many as 175,000 persons with diabetes. In other words, it is a frequent condition affecting one in seven adults in the country. This illustrate that diabetes is a grave condition and comes with serious complications. However, diabetes doesn't have to constrain you from living the life

you desire. With meticulous supervision the condition can be controlled, rather than the condition controlling you and this will permit you to be in good physical shape, energetic and live a full life. Without taking these measures, you are putting yourself in an augmented risk of health problems.

Diabetes can include symptoms such as frequent urination, abnormal thirst and a dry mouth, extreme tiredness, lack of energy, constant hunger, sudden weight loss, blurred vision and recurrent infections. Diabetes can cause serious long- term complications with the most important being cardiovascular diseases which affect the heart and blood vessels and may cause fatal complications such as coronary heart disease and stroke. Diabetes has serious effects even though people can respond differently to making the changes in their life to control diabetes, it will be beneficial in the long run.

Diabetes represents an overwhelming burden of disease for the country's population. Recently released epidemiological information on diabetes in T&T is as follows: of 1.3 million people, an estimate 143,000 persons (11%) have diabetes, 1000 new cases have been diagnosed in persons aged 20 years or older in 2007. T&T has the most person with diabetes per capita in the western hemisphere. 1 in 4 hospital admissions is attributed to diabetes and is likely to be underreported as a cause of death. About 60 – 70% of people with diabetes are susceptible to other health concerns such as slow digestion, carpal tunnel syndrome and other degenerative disorders. Dr. Rosemarie Wright-Pascoe, a leading Caribbean endocrinologist and U.W.I Mona lecturer, said the oblique cost of diabetes to the state has been US\$246 million dollars. This overwhelming disease places an economic burden on the state which can lead to serious economic implications on a developing nation such as Trinidad and Tobago.

This high economic cost can also prove to be exhausting because of the loss of time due to illness. This time can be spent on a much more valuable aspect of life if individuals either control their disease or take measures to prevent it altogether. This loss of time also affects the workplace because of individuals having to visit doctors can significantly decline the rate of productivity.

The challenges faced in this exposition was the lack of information relating to Trinidad and Tobago, the information that were available were mainly about the biology of the disease and hardly about its effects. Also I had to overcome the fear of public speaking and the difficulty of memorising this exposition.

During the delivery of this exposition, both primary and secondary sources were consulted. The primary sources were obtained from Dr. Q of the El Socorro Health clinic and Dr. M of St. Clair Medical Hospital both of whom are specialist in the field. Also my grandmother was also interviewed since she is living with the disease. The secondary sources were obtained from a variety of well researched medical websites. The information from these sources were credible because it originated from well -rounded specialist in the field and was valid because of the recent attainment of the information.

In conclusion, I would like to emphasize the point that while diabetes is a lifestyle disease, its effects could be controlled. Managing this disease takes time, but it's important to keep your mind and spirit positive and hopeful but living a healthy lifestyle helps manage diabetes and reduce the risks of other complications. I end with this quote by Dale Evans, a diabetic specialist, "Life is not over because you have diabetes. Make the most of what you have and be grateful."

Name: [REDACTED]

School: [REDACTED]

Centre Code: [REDACTED]

Registration No.:

Purpose Statement: Diabetes: Living with an illness and its effects.

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