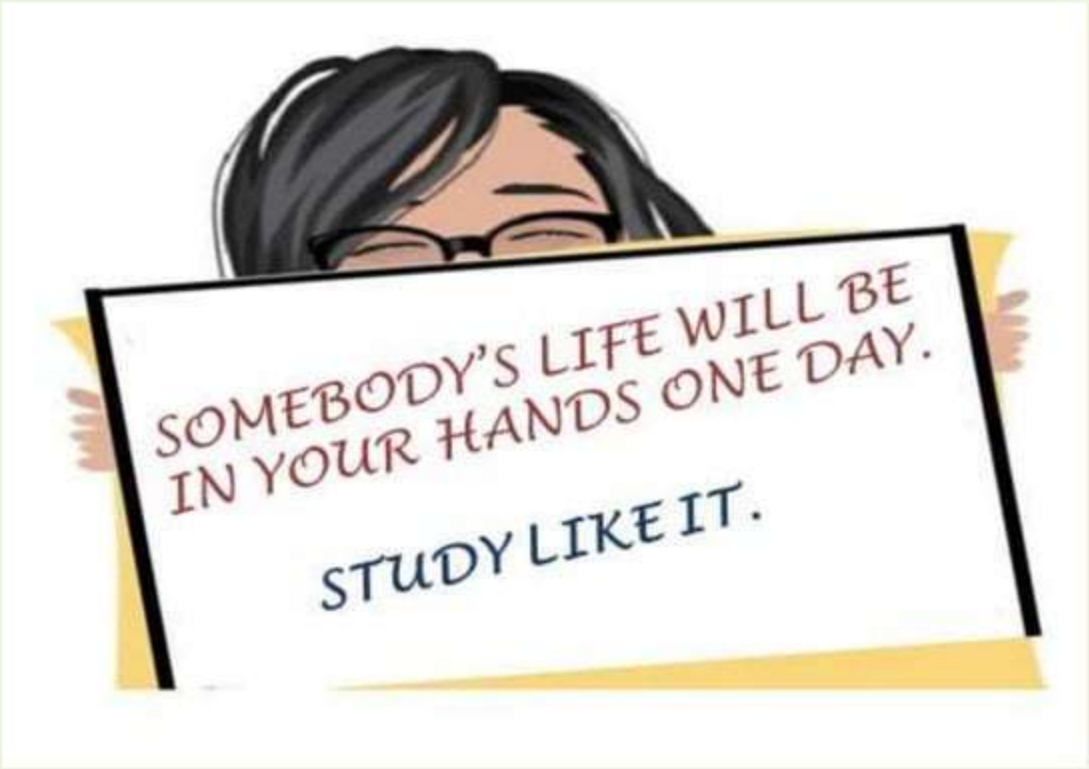

SOMEBODY'S LIFE WILL BE
IN YOUR HANDS ONE DAY.
STUDY LIKE IT.

Unit 1

Introduction

Presented by,
Pooja Barapatre

INTRODUCTION

- Health is very important for every individual for living on this earth. In the society, it is not only issue of doctors, nurses, social services and hospitals, it is also an issue of social justice. A most common aspect in every culture is health.
- Some older definitions stated health as "**Absence of disease**". No one having same viewpoint on the health aspect. The ancient Indians and Greeks consider health as normal body equilibrium and disease as disturbance in body equilibrium.

- Every person is free to live by his/her own ways. But sometimes people adopt many irregular ways of living life, that they do not understand the value or health until it is lost.
- As per the advancement of technology people as come to know that health is a fundamental human right and is essential for the satisfaction of basic human needs and for the improvement of life, that is why it is a world wide social goal.

DEFINITION OF HEALTH



❑ DEFINITIONS OF HEALTH:

- Health is a state of well being of individual and community. For an individual, health is the optimal functioning of the individual, absence of disease/illnesses/impairment or injury.

- **WHO:** defines, "Health is a state of complete physical, mental, social and spiritual well-being and not merely absence of disease."

- **Pericles:** Health is that state of moral, mental and physical well being which enables a person to face any crisis in life with utmost grace of God and facility.

- **H.S. Hayman:** Health is a state of feeling sound in body, mind and spirit with sense of reserve power.

- **R. Dubiois :** Health is an adaptation and function of adjustment.
- **Liverpool school of Tropical Medicine**: Health is the achievement of a state of harmony between man's internal and external milieu.
- **Duhl**: Health is a state of competence of emotional, mental and physical strength enabling to set goals, investigate alternatives, make decisions and take actions to control environment.

❑ Signs of Good Health:

To look for signs of good health, we must examine all the **three aspects:**



1. Physical

1. **Mental**
2. **Social**



1.Physical health:

A person who enjoys good physical health is one who

- is energetic
- has good posture
- weighs normal for age and height
- has all body organs functioning normally
- has a clear and clean skin
- has bright eyes
- has good textured and shining hair
- has a clean breath
- has a good appetite
- gets sound sleep



2. Mental health:



Mental health implies -

- control on emotions
- sensitive to the needs of others
- confidence in one's own abilities
- freedom from unnecessary tensions, anxieties and worries
- A person is mentally healthy if he or she is relaxed and free from any worries

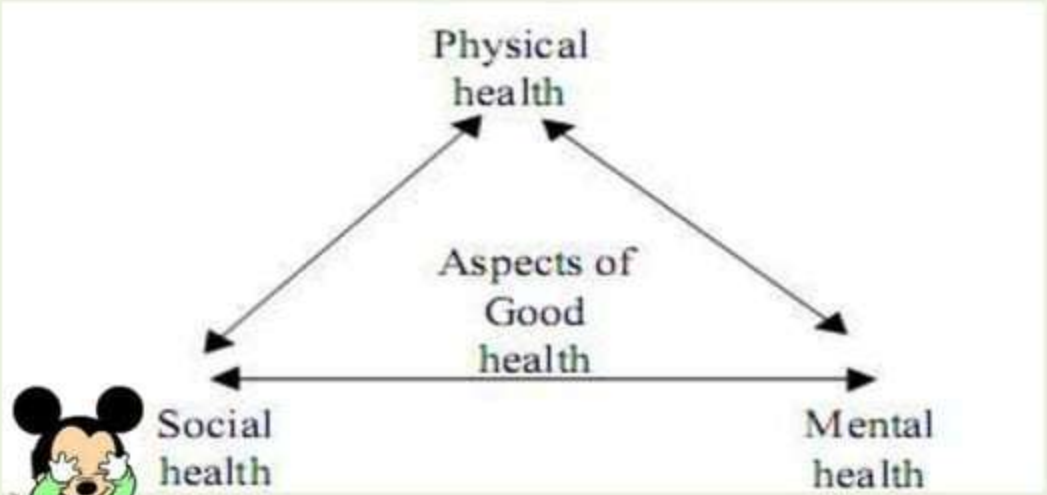


3.Social heath:

A person with good social health -

- gets along well with people around
- has pleasant manners
- helps others
- fulfills responsibility towards others
- A person is socially healthy if he or she can move in the society confidently with others.

PHYSICAL, SOCIAL AND MENTAL HEALTH ARE INTER RELATED

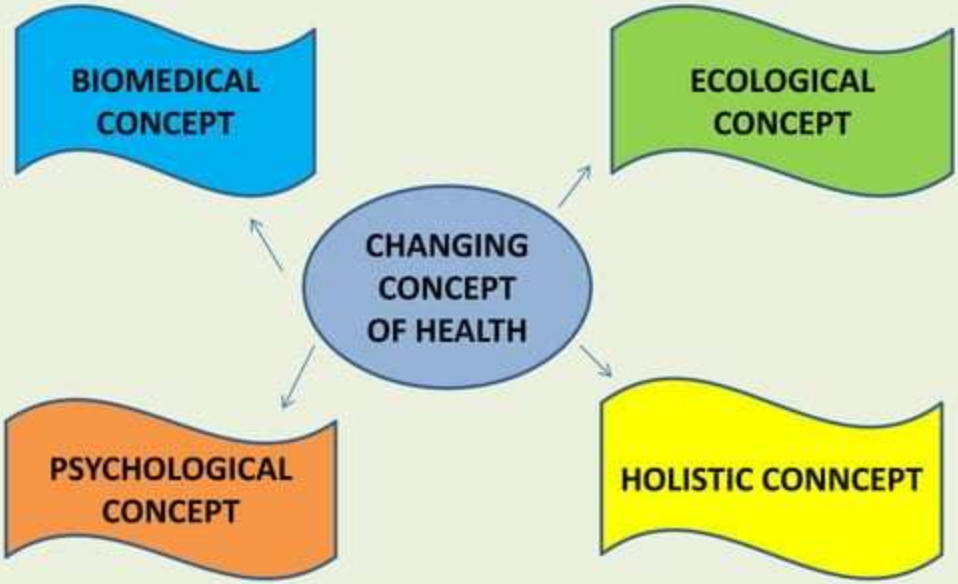



GOOD
HEALTH
SLEEP
OUTDOOR LIFE
PREVENTION
RELAX
PERIODIC MEDICAL CHECKS
GOOD HYGIENE
NO DRUGS
SPORTS ACTIVITY
NO SMOKING
EXERCISE
HEALTHY DIET

CHANGING CONCEPTS OF HEALTH



CHANGING CONCEPTS OF HEALTH



1) Biomedical concept-Germ theory of disease has given the biomedical concept health i.e. the absence of disease. But as per the advancement of technology and this concept is considered as inadequate as it was considered as not merely absence disease but the good health status of an individual.



2) Ecological concept-This concept concentrates around two aspects that are man/human being as well as environment. It states that sometimes man is not able to adapt/fit himself in a good physical environment and sometimes the environment is not feasible for the human living. But it is not an adequate concept as per the modernization.



3) Psychological concept -This concept has not considered health as only a physical or only a biological phenomenon. Because there are a large number of factors that effect life in different ways, such as cultural factors, social factors, economic factors, psychological factors etc. Hence, we do not take it only a bio-medical phenomenon.



4) Holistic concept- This concept has given more weightage on the promotion of health, prevention of disease, alleviation of sufferings and we consider all aspects of health as sound mind, sound body, sound family as well as sound environment. As all the factors like physical, social, economic, cultural etc. are included in the dimensions of health, that is the reason it is considered as a holistic concept.

DIMENSION OF HEALTH



DIMENSION OF HEALTH



DIMENSIONS OF HEALTH

- Specific dimensions of Health as per WHO are as follows.

1)The Physical Dimensions : For the physical dimension, we consider the accurate functioning of body, from the smallest unit like cell to the functioning of a largest organ of body and well-coordination of all the body organs. The signs of physical health are as:

- a good complexion, bright eyes, moderate body build a good
- appetite, regular activity of bowels and bladder,
- smooth, easy co-ordinated bodily movements, organs functioning
- normally, special senses like hearing, vision, smell, taste are intact,
- Normal pulse, B.P. and exercise tolerence, considering age and sex.

2) Mental Dimension : It is ability to deal with every situation of life whether it is favourable or unfavourable intelligentlly and logically or we can say that it is a balance between the individual and its surrounding world, living harmoniously in the society, accepting reality of situations and adapt himself according to the situation.

Characteristics of Mental Dimension :

- Strong sense of self-esteem, Well-adjusted Get along with others
- Accepts criticism.
- Free from internal conflicts.
- Self-actualization
- knows needs, problems and goals. , Good self-control; balances rationality and emotionality.
- Cope with stress and anxiety. Searches for identity.

- **3) Social Dimension-** Social well-being implies harmony and integration within the individual as well as within the society. Social health takes into account the individual as an integral part of the family, community and the whole world. It also accounts on the social and economic factors of a person.
- **4) Spiritual Dimension** :- This is that part of individual which reaches out and strives for meaning and purposes in life. It includes integrity, principles and ethics, the purpose in life and commitment to some higher being.

- **Spiritual Health: According to Fridemonn, Mounch and Racey :** Spirituality is the act of connecting to systems such as God, nature, or other people to find meaning through relationships. Spirituality can be the important factor that helps individuals to achieve the balance needed to maintain health and well-being and to cope with illness.

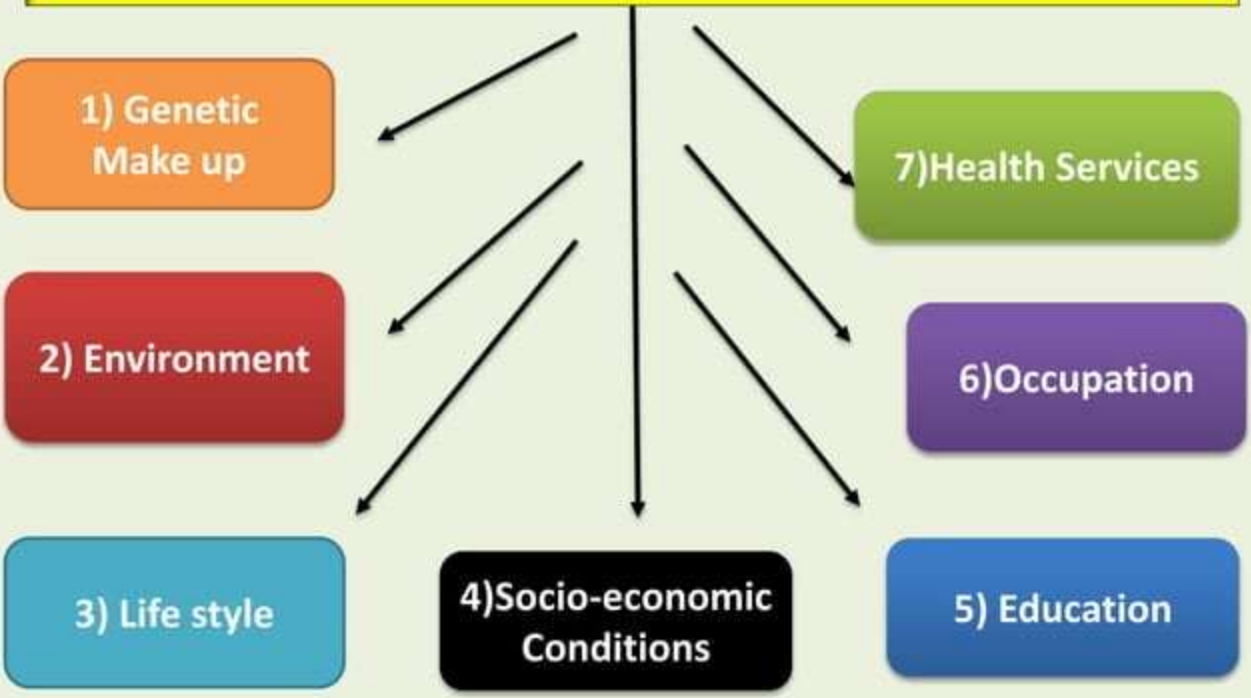
5) Emotional Dimension : Emotional dimension of health is related to 'feeling'. Assess the needs of love, affection and any other.

- **6) Vocational Dimension**: Work/job often plays an important role in promoting physical and mental health. When a person suddenly loses his job, it affects his psychology and mental status. When mental health is impaired, physical health gets automatically affected.
- **7) Other Dimensions**
- Philosophical dimension,
- Cultural dimension
- Socio-Economic dimension
- Environmental dimension
- Educational dimension
- Nutritional dimension
- Curative dimension
- Preventive dimension

DETERMINANTS OF HEALTH

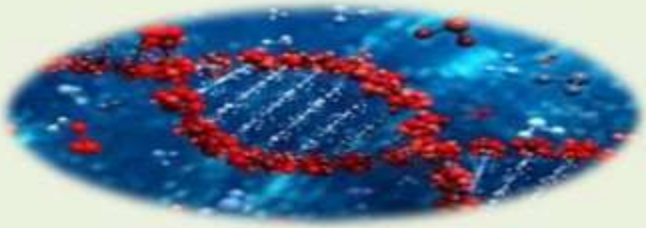


DETERMINANTS OF HEALTH



1. **Genetic Make up** : The physical and mental traits of human being are to a large ex determined by the nature of genes that are generally transferred from the parents to the offsprings. A number of diseases that results due to transportation of genes or irregular genes

   - Eg,Chromosomal anomalies, Errors of metabolism, Mental Retardation, Some type of diabetes etc.



2) Environment : This is composed of internal and external factors that determines the health. Internal environment implies to cells, tissues, organs and all the body system, External environment composed of all the physical, biological, social, cultural factors that affects the health both positively as well as negatively and makes a person more susceptible to illnesses.



3) Life style :



Life style is a very important determinant of health. It is composed of socio- economic status, habits of an individual, socio-cultural factors, customs, religion etc. The habits of smoking, alcoholism affect badly the health status of an individual. Good environmental sanitation, good nutrition, sound sleep, sufficient physical activities etc. denote the positive side of health status than the poor environmental conditions etc.

4)Socio-economic Conditions : In the developed country, there is very less percentage of morbidity and mortality cases. Now a days due to increase in economy of developing countries the morbidity and mortality cases gradually decrease. As the people with good socio-economic status can buy better nutritional component, have better sanitation conditions, that helps in improving the health status of an individual.



5) Education: Education too determines health status, as an educated person have more knowledge about the factors improving quality of life than an illiterate person.





6)Occupation: Occupation plays a very important role in determining health status. As the persons who are involved in the occupation that require only documentary work are more susceptible to get obese and hence develop heart diseases. And the persons who are involved in an occupation that require more physical activities are more active and healthy.



7)Health Services: Provision of health services too determines health status. As now a days the health services/facilities are provided better to the urban community than the rural area people that is why incidence of illness is low in urban areas. Examples of health services are;

- Immunization of children.
- Provision of safe water supply.
- Care of pregnant women and children.
- Primary health care.





Sick



Healthy









illness







Illness

- A disease or period of sickness affecting the body or mind.
- A specific condition that prevents your body or mind from working normally : a sickness or disease.
- A condition of being unhealthy in your body or mind.

Illness behavior

- It is any behavior undertaken by an individual who feels ill to relieve that experience or to better define the meaning of the illness experience.

Illness behavior

- Illness is a social state.
- It is not just a disturbance of body and has social meanings and impact
  - i.e. it is partially the result of disease but is also determined by social and cultural factors
- Sometimes a distinction is made between disease (medical definition) and illness (lay person's perception)
  - Can be sick but no symptoms
  - Can feel ill but no disease/condition

Sick role

- Two Rights
  - Sick people are exempt from performing their normal social roles
  - Sick people are exempt from responsibility for their own state
- Two Obligations
  - To get better as soon as possible
  - To consult and co-operate with medical experts whenever severity of condition warrants it

Stages of illness experience

- Edward Suchman (1965) devised an orderly approach for studying illness behavior with his elaboration of the five key stages of illness experience:
  - (1) symptom experience;
  - (2) assumption of the sick role;
  - (3) medical care contact;
  - (4) dependent patient role; and
  - (5) recovery and rehabilitation
- Each stage involves major decisions that must be made by the individual that determine whether the sequence of stages continue or the process is discontinued.

Impact of illness on patient and family

- **Impact of illness on patient**
- Short – term and minor illnesses awoke few behavioural changes in the functioning of the patient or family. Severe illness can lead to more extensive emotional and behavioral changes such as anxiety, shock, denial, anger and withdrawal.

Impact of illness on patient and family

- **Impact on family roles**
- When an illness occurs, the role of patients and family may change. This change may be subtle and short term or drastic and long term. The patient and family require specific counseling and guidance to assist them in coping with the role changes during illness.

Impact of illness on patient and family

- When serious illness or disability strikes a person, the family as a whole is affected by the disease process and by the entire health care experience.
- Patients and families have different needs for education and counseling. Because each person in a family plays a specific role that is part of the family's everyday functioning, the illness of one family member disrupts the whole family. When a family member becomes ill, other family members must alter their lifestyle and take on some of the role functions of the ill person, which in turn affects their own normal role functioning.

Impact of illness on patient and family

- Illness may cause additional strain as the result of economic problems and interruptions in career development. If the patient is a young child, there may be additional strain to the family if there are siblings whose needs must also be met.
- Illness in the middle stage of family life, when adolescents are trying to break away from family ties and parents are going through their own mid-life transitions, may put further strain on what is already a time of potential family turmoil.

Impact of illness on patient and family

- Illness in later age may have an impact not only on grown children but also on the older couple who had anticipated a time of enjoyment together and are less able to care for each other because of their own physical limitations associated with aging.
- The extent of family disruption depends on the seriousness of the illness, the family's level of functioning before the illness, socioeconomic considerations, and the extent to which other family members can absorb the role of the person who is ill.

Impact of illness on patient and family

- In some instances, a major illness brings a family closer together; in others, even a minor illness causes significant strain.
- It is important to identify what the illness means, not only to the individual but also to the family.
- Asking them what they consider major problems and how they plan to handle specific situations can help you assess the meaning of the patient's illness to the family.

Impact of illness on patient and family

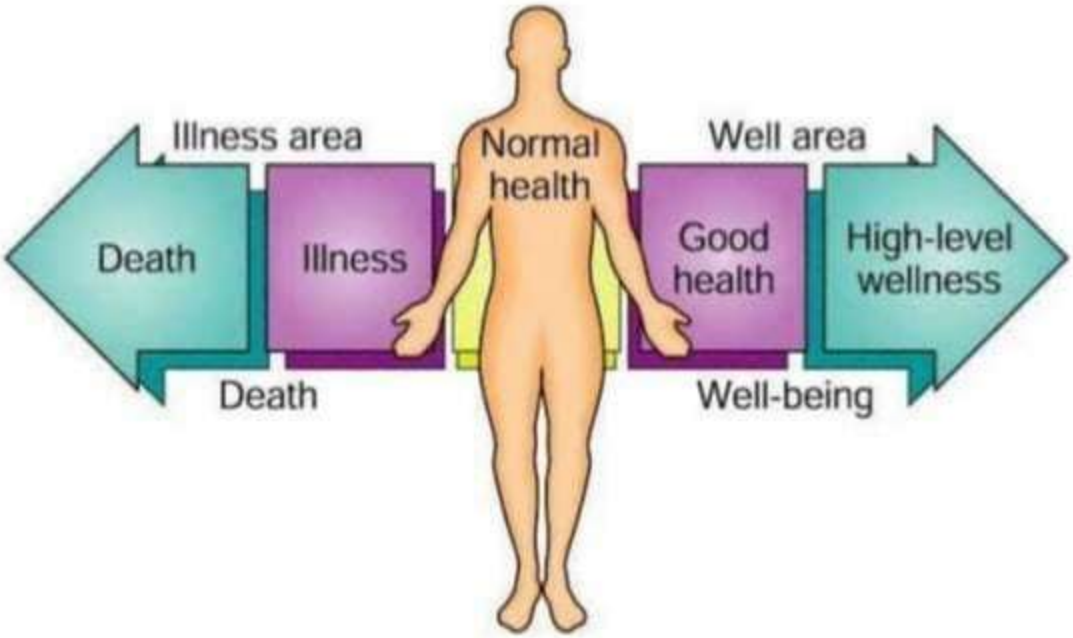
- To achieve effective patient teaching outcomes, you should make the family part of your teaching plan.
- For example, if your patient's wife does all the cooking in the home, it is vital to include her in diet teaching. Involving family members may be an important future source of support for the patient as he or she works at behavioral change.
- Obviously it will be difficult for a husband to be supportive of his wife's blood pressure treatment program if he does not understand the reasons for the recommendations and the consequences of not carrying them out.

Impact of illness on patient and family

- Long-term illness, even in the most stable and supportive families, brings changes in family relationships. Illness produces disequilibrium in the family structure until adjustments can occur.
- When teaching the patient and family, it is important to identify patterns of relationships and to be alert to attitudes of family members.
- Illness in a family member tends to raise the anxiety of all those close to the patient.

HEALTH ILLNESS CONTINUUM

Health – Illness Continuum Model



HEALTH ILLNESS CONTINUUM

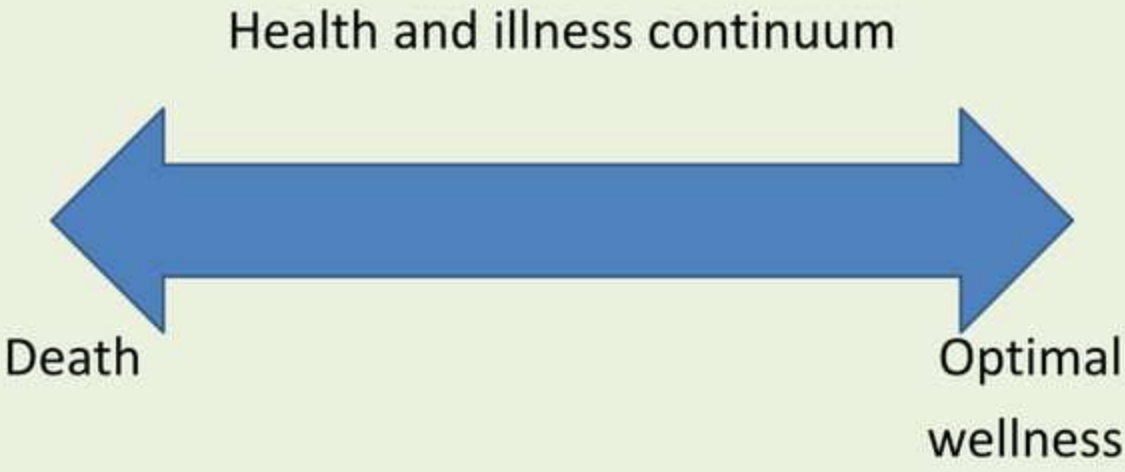
- **According to Neuman (1990)** "Health on a continuum is the degree of client wellness that exists at any point in time, ranging from an optimal wellness condition with available energy at its maximum to death, which represents total energy depletion."


Illness-Wellness Continuum
Wellness Paradigm
Pre-Mature Death
Disability
Symptoms
Signs
Awareness
Education
Growth
High-Level Wellness
Treatment Paradigm
Neutral Point
(No discernable illness or wellness)

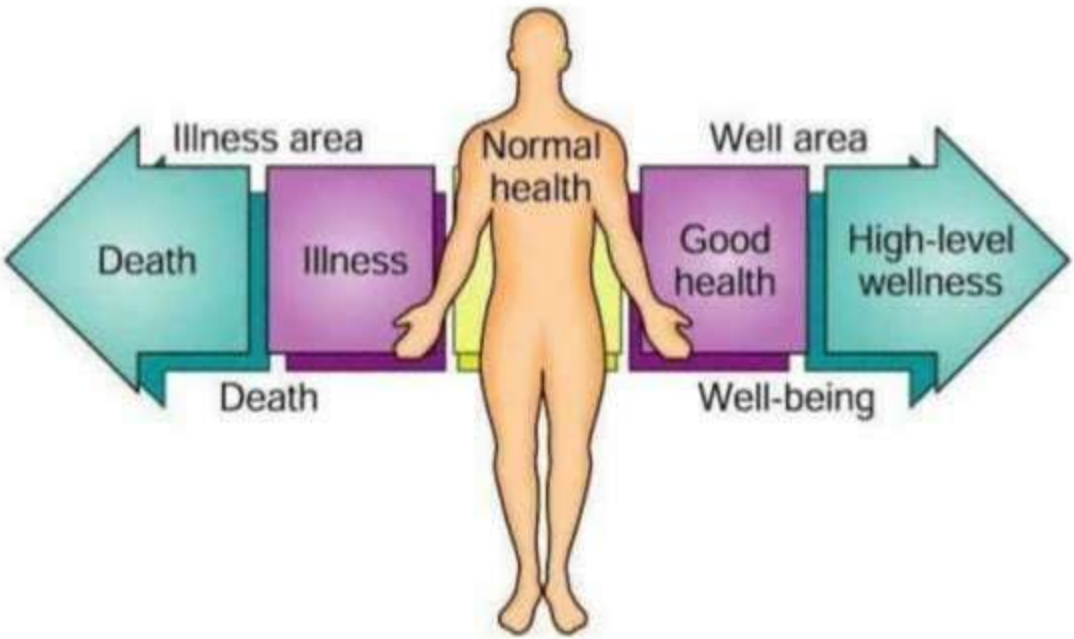


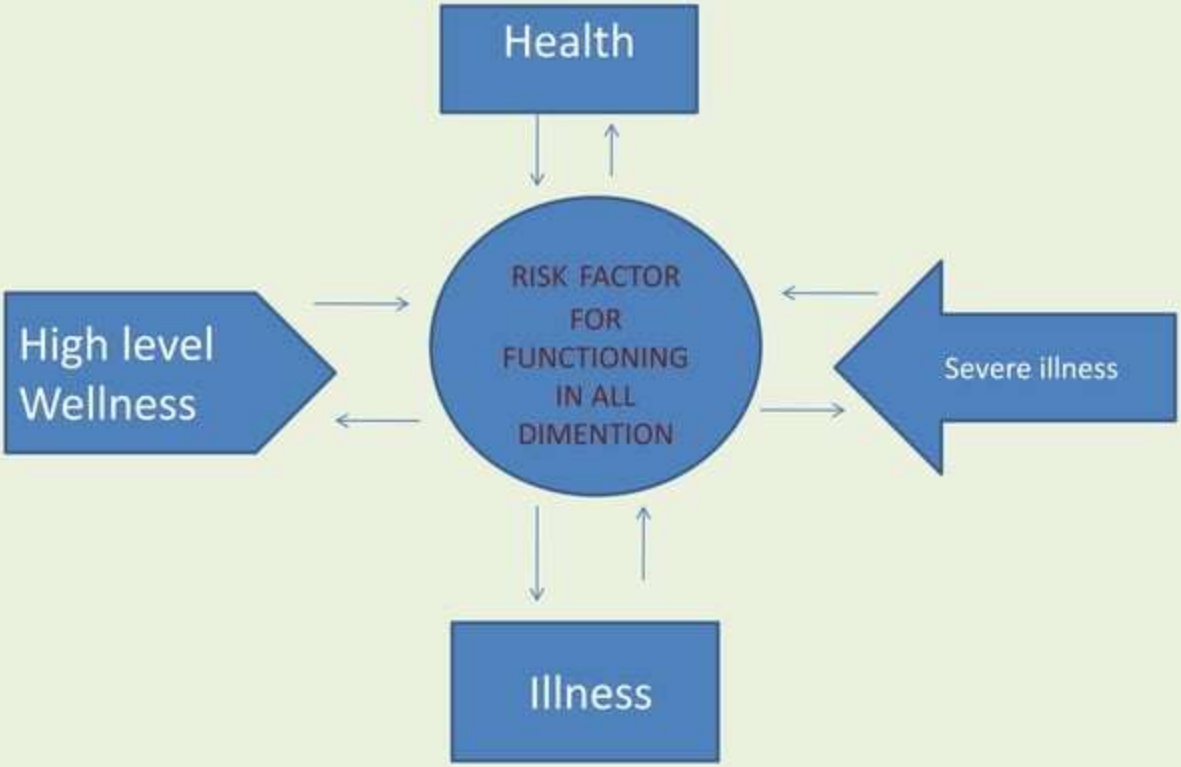
- **According to Health-illness continuum model,**
- Health is a dynamic state that continuously alters as a person adapts to Changes in the internal and external environments to maintain a state of physical, emotional, intellectual, social, developmental and spiritual well being.
- Illness is a process in which the functioning of a person is diminished or impaired in one or more dimensions when compared with the person's previous condition.

MODELS OF HEALTH AND ILLNESS



Health – Illness Continuum Model




Health
RISK FACTOR FOR FUNCTIONING IN ALL DIMENTION
High level Wellness
Severe illness
Illness

Spectrum of Health

Positive Health, Better Health

- Unrecognized sickness
- Mild sickness
- Severe sickness
- Death
- The spectrum indicates that health of a person is not a static condition, there are always continuous changes that come in the health status and it is not possible to attain health once and for all.
- The literature supports the view that health and its attainment is a central concept and a goal of nursing practice.

1) A nurse can determine a client's level of health at any point on the health illness continuum. A client's risk factors (variables) are important in identifying level of health. Risk factors include genetic and physiological variables.

2) As a person progresses through the developmental stages, certain risk factors are common than others, eg. Body image changes and self-concept.

3) To help clients set goals to reach an optimal level of health, the nurse helps them identify their positions on the health-illness continuum.