

FUNDAMENTALS OF NURSING PRACTICE

5th Edition 2022-2023

HEALTH, WELLNESS, ILLNESS

HEALTH

- defined as the presence or absence of disease
- Striving toward optimal functioning

WHO - health means being holistically well and not just merely an absence of disease.

Talcot Parson - the ability to maintain normal roles

CHNN - not a condition but rather an adjustment. Not a state but a process and the process **adapts**.

ANA - Developmental and behavioral potential of an individual is **actualized and realized**

Laymen - free of disease and pain; being able to be active and in good spirit most of the time

WELLNESS

- state of well-being
- Is a dynamic, growing process
- We decide for our own selves (Decision making in regards to nutrition, emotional health, fitness, whole being, and health care)

★ 7 COMPONENTS/ DIMENSIONS OF WELLNESS

◆ Physical

- Having good nutrition, fitness and physical activities

◆ Social

- Good interaction or relationship with another individual

◆ Intellectual

- Expanding knowledge and having personal growth
- Using gathered information correctly

◆ Emotional

- being able to identify, process and express emotions as well as taking accountability.
- Having a good coping mechanism for stress.

◆ Spiritual

- exploring morals, beliefs and values that give meaning to our life.

◆ Occupational

- being able to balance work and leisure

◆ Environmental

- healthy relationship with the surrounding

- Ability to promote health measures that improve the way of living and the quality of life.

★ MODELS OF HEALTH AND WELLNESS

- Models or paradigms that help explain health and its relationship to illness.

1. Clinical model

- The narrowest interpretation of health
Health = no symptoms
Illness = has symptoms

2. Role performance model

- Ability to fulfill societal roles even if clinically ill
Health = able to function his roles
Illness = incapable of doing his roles

3. Adaptive model

- Health is a CREATIVE process
Health = able to extremely adapt
Illness = unable to adapt

4. Eudemonic model

- Comprehensive view on health
Health = realization of full potential = self-actualization
Illness = hindered to self-actualize

5. Agent-host-environment

- Well-being is maintained when each factor is balanced
Health = favorable environment, agent, and host
Illness = poor Agent - host - environment

6. Health-illness continua

- State of health is one of continual change. He moves back and forth along the continuum.
- Health and disease are at opposite end of health continuum
- Illustrates the process of going back and forth from health to illness

★ VARIABLES INFLUENCING HEALTH STATUS, BELIEFS, AND PRACTICES

- Composed of Internal and External variables.
- Controlled = We have the will to choose between healthy or unhealthy activities.
- Uncontrolled = genetic makeup, hereditary, age, sex, and culture.

Internal Factors:

- Biologic:
 - ◆ Genetic makeup
 - ◆ Gender

Fundamentals Of Nursing Practice

Yi-Tong Ma



Fundamentals Of Nursing Practice:

Fundamentals Of Nursing Practice Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Fundamentals Of Nursing Practice**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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