

Chapter 2

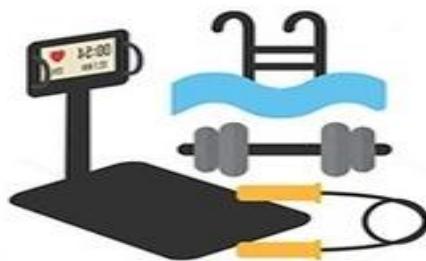
Health Related concepts

Health, Wellness, and Illness

Healthcare delivery system

2021

HEALTHY LIFESTYLE



FITNESS & EXERCISES



REGULAR MEASUREMENT



ACTIVE LIFESTYLE



HEALTHY FOOD & WATER



MEDICAL EXAMINATION



RELAXATION & SPA

Intended learning outcomes

- Define health-related concepts
- Describe the health care delivery system in Jordan
- Explain Primary Health Care/health promotion model



Health

- Presence or absence of disease
- State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity (WHO)
- Ability to maintain normal roles and performance
- Process of adaptation to physical and social environment
- Striving toward optimal wellness

Concept of health

- Health: its achievement a state of harmony between internal and external milieu.
- Health: is a holistic state of wellbeing (mind body and spirit).



Personal Definition of Health

- Examples

- Free of symptoms of disease and pain
- Being in a good spirit
- Being active

Individual definitions (depends on our perception, experiences, etc.)

What is
your
personal
definition
of health

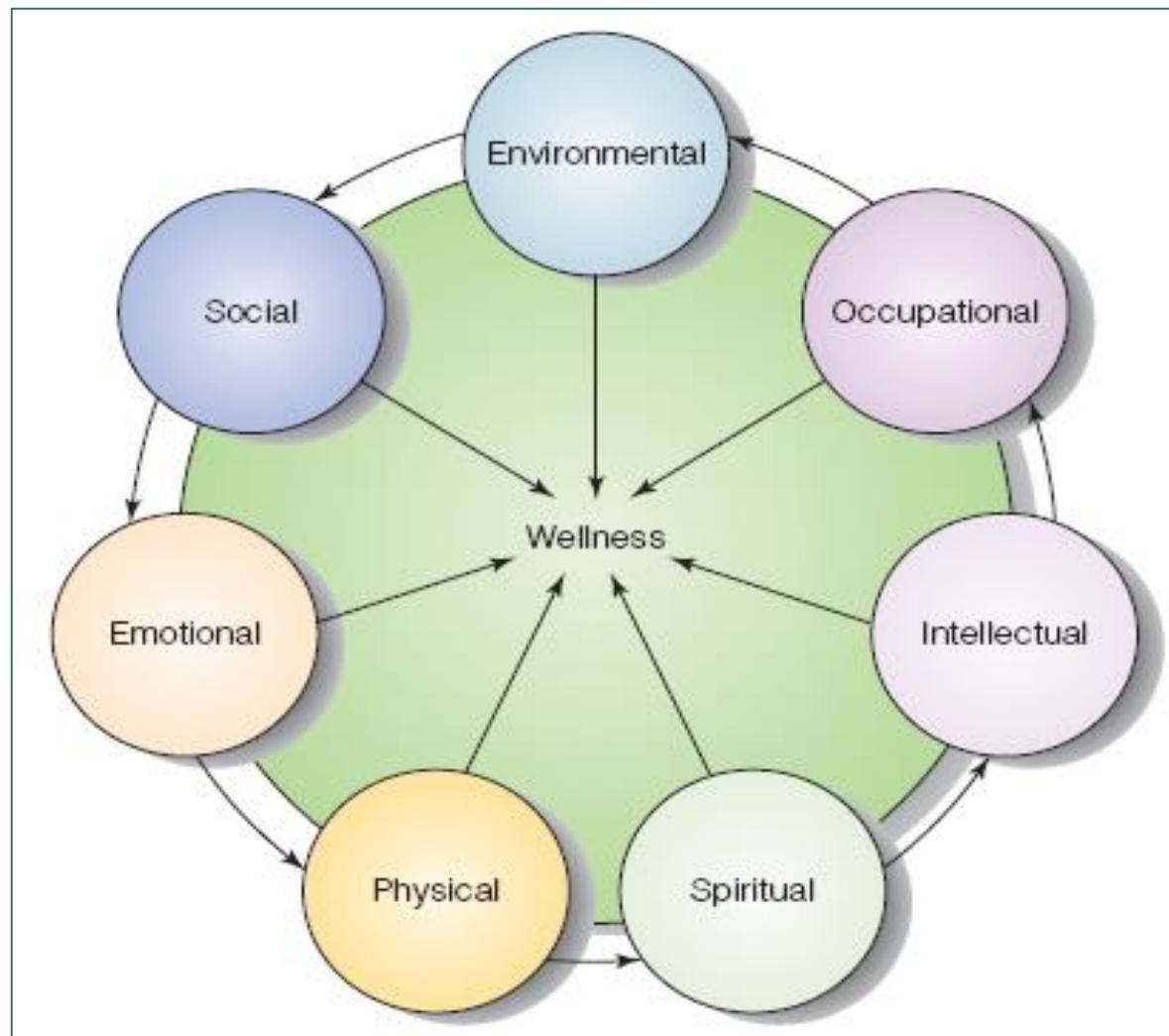
- Wellness is **subjective** perception of the vitality and feeling well.
- Wellness includes health plus capacity to develop a person's potentials to lead a fulfillment and productive life



Wellness

- State of well-being
- Basic aspects include:
 - Self-responsibility
 - An ultimate goal
 - A dynamic
 - growing process
 - Daily health-related decision-making
(ex. nutrition, stress management, physical fitness, preventive health care)
 - Whole being of the individual

Dimensions of Wellness





Illness and Disease

- A highly personal state
- Person's physical, emotional, intellectual, social, developmental, or spiritual functioning is diminished
- Not synonymous with disease
- May or may not be related to disease
- Only person can say he or she is ill



Disease

- Alteration in body function
- It is reduction of capacities or a shortening of the normal life span.
- Causation of disease called Etiology.
- Classification of illness
 - Acute illness
 - Chronic illness

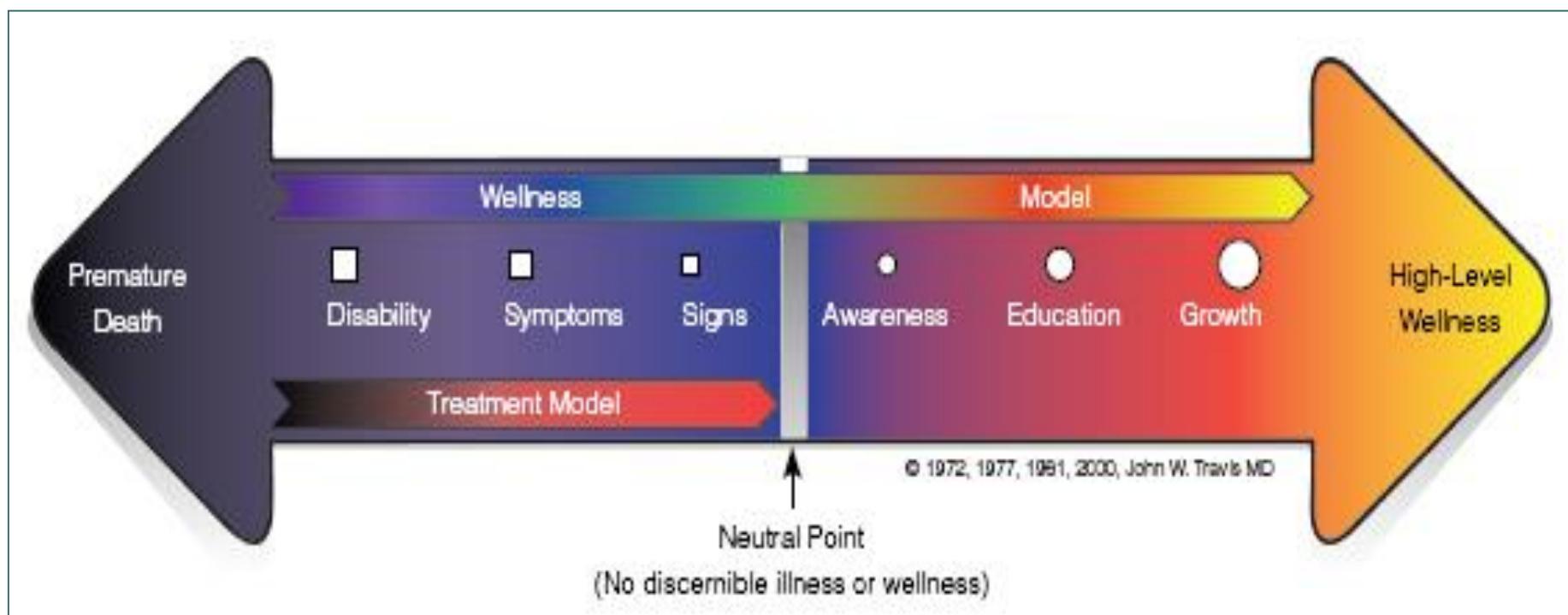


Health-Illness Continuum

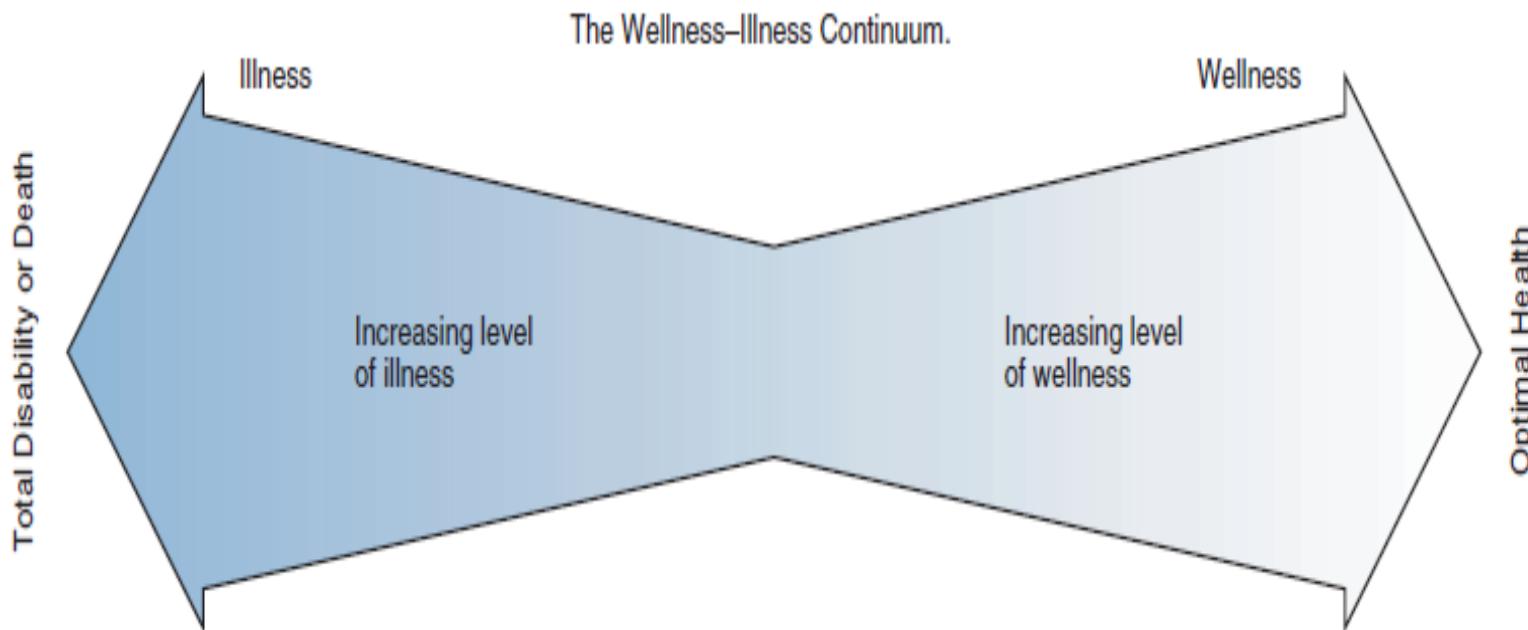
- Measure person's perceived level of wellness
- Health and illness/disease opposite ends of a health continuum
- Move back and forth within this continuum day by day
- Wide ranges of health or illness

Health-Illness Continuum

Travis's model

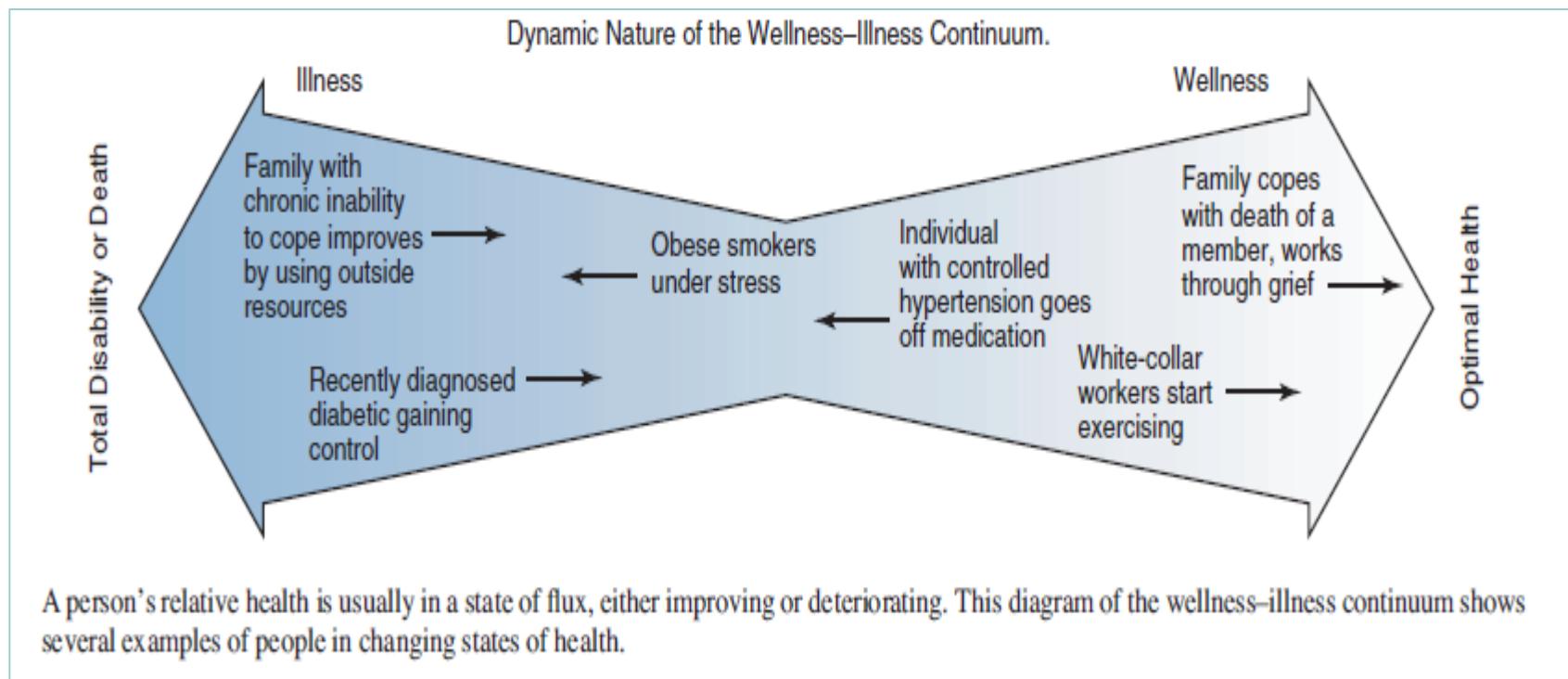


Health-illness continuum for community



The level (degree) of illness increases as one moves toward total disability or death; the level of wellness increases as one moves toward optimal health. This continuum shows the relative nature of health. At any given time a person can be placed at some point along the continuum.

Example of health-illness continuum





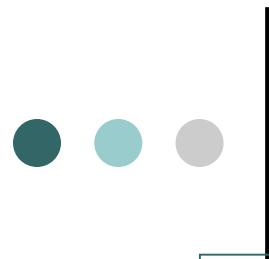
Factors Affecting Health Status, Beliefs, and Practices

- **Internal variables**

- Biologic dimension (genetic, age, sex, developmental level)
- Psychological dimension (mind-body interaction)
- Cognitive dimension (lifestyle, spiritual and religious practices)

- **External variables**

- Physical environment
- Standards of living (education, occupation, and outcomes)
- Family and cultural beliefs
- Social support networks



Impact of Illness

On the Client

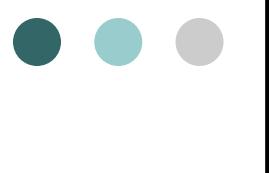
- Behavioral changes (change in self concept, body image, life style changes)
- Emotional changes: anxiety, fear, anger, hopelessness)
- Loss of autonomy
- Self-concept and body image changes
- Lifestyle changes

On the Family

- Role changes
- Increased demands on time
- Anxiety about outcomes
- Financial problems
- Loneliness as a result of separation and pending loss
- Change in social customs



و جالس جميل الروح تصبك عدوى جماله

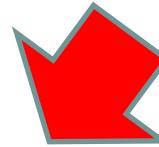


Healthcare system

- The way in which health care is furnished to the people.
- Classification of health care delivery system is by acuity of the client's illnesses and level of specialization of the professionals.
 - Primary care level
 - Secondary care level
 - Tertiary care level

Self reading

- Read about healthcare system in Jordan
- Types of healthcare services provided
- مديرية الرعاية الصحية الاولية
- Read this article <https://www.who.int/ar/news-room/fact-sheets/detail/primary-health-care>
- Visit this address :<http://www.moh.gov.jo/ar/Subsite/primaryadm>



Health Promotion



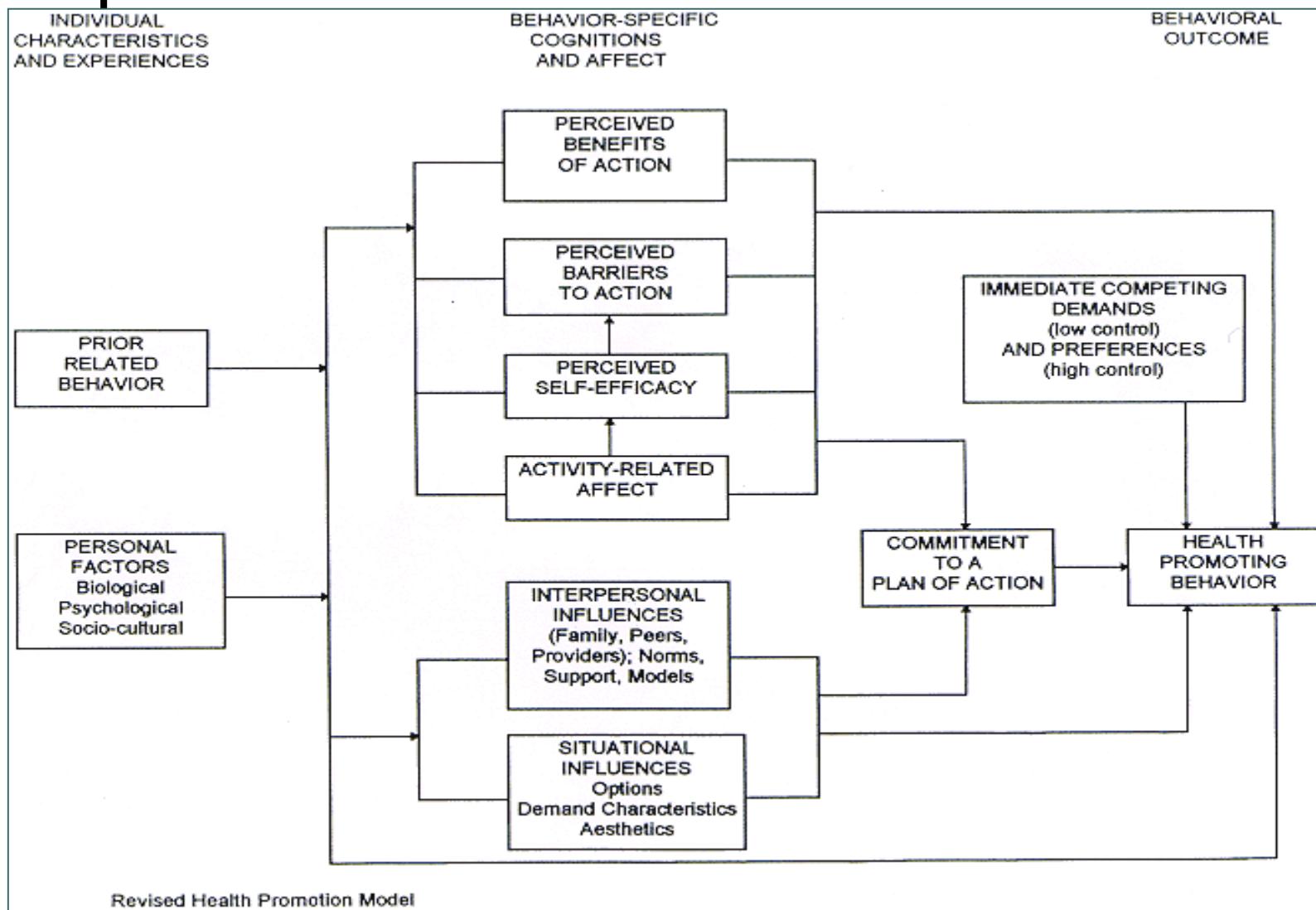
<https://www.healthypeople.gov/2020>



Health promotion

- Health promotion goals are
 1. Increase the span of healthy life for all citizens.
 2. Reduce health disparities among population groups.
 3. Achieve access to preventive services for everyone.

Health promotion model





Nurse's Role in Health Promotion

- Model healthy lifestyle
- Facilitate client involvement
- Teach self-care strategies
- Educate clients to be effective health care consumers
- Assist clients to develop and choose health-promoting options
- Guide development of effective problem-solving and decision-making
- Reinforce clients' personal and family health-promoting behaviors
- Advocate in the community for changes that promote a healthy environment