

# Chapter 2

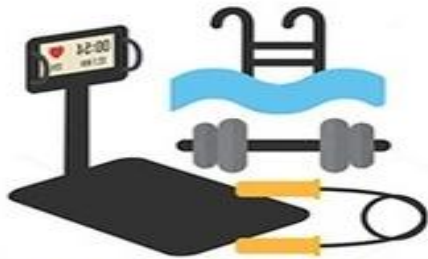
**Health Related concepts**

**Health, Wellness, and Illness**

**Healthcare delivery system**

**2021**

# HEALTHY LIFESTYLE



**FITNESS & EXERCISES**



**HEALTHY FOOD & WATER**



**REGULAR MEASUREMENT**



**MEDICAL EXAMINATION**



**ACTIVE LIFESTYLE**



**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).



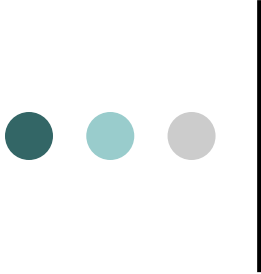
# Personal Definition of Health

## ○ 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**

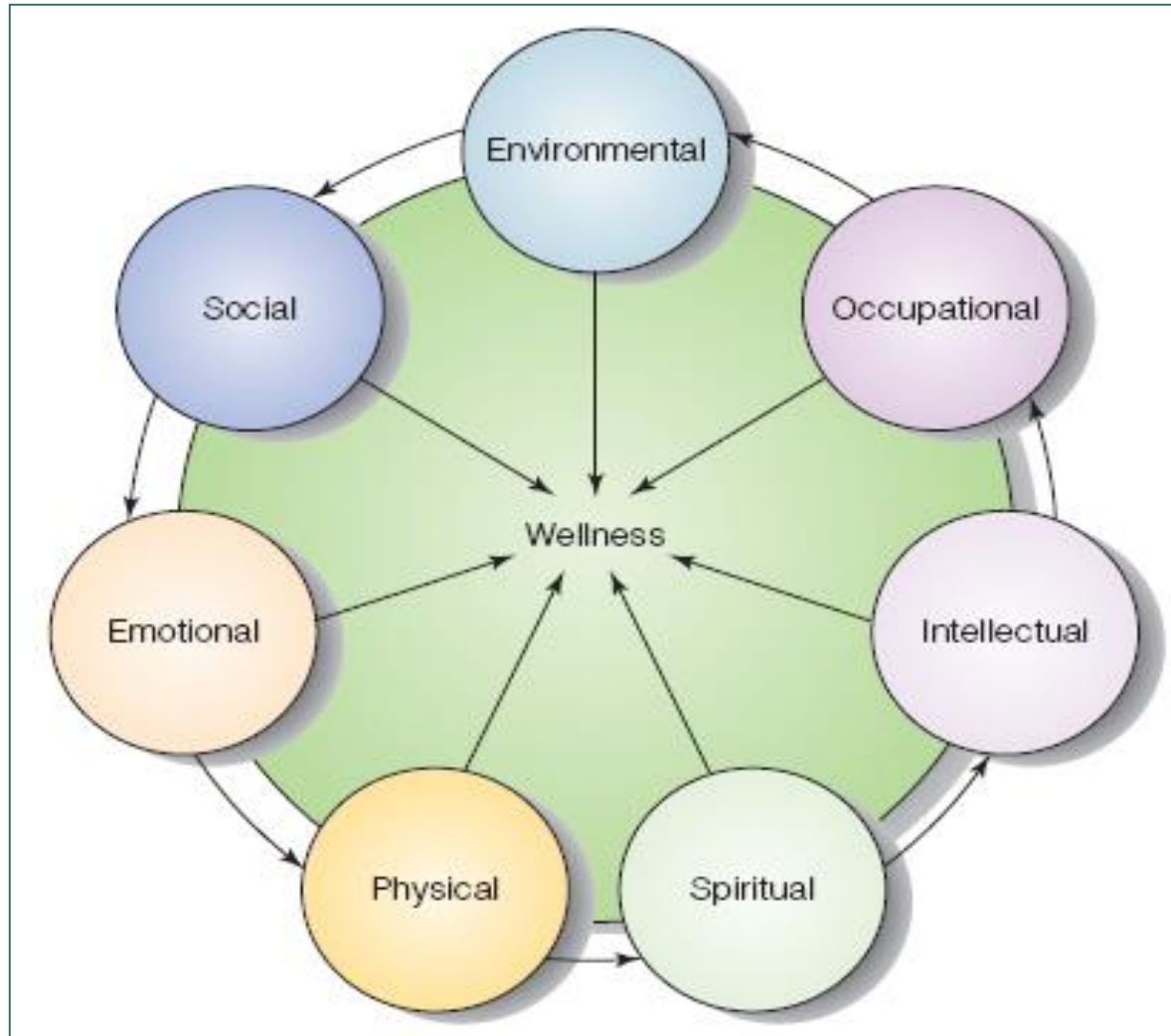


# Wellness

- 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

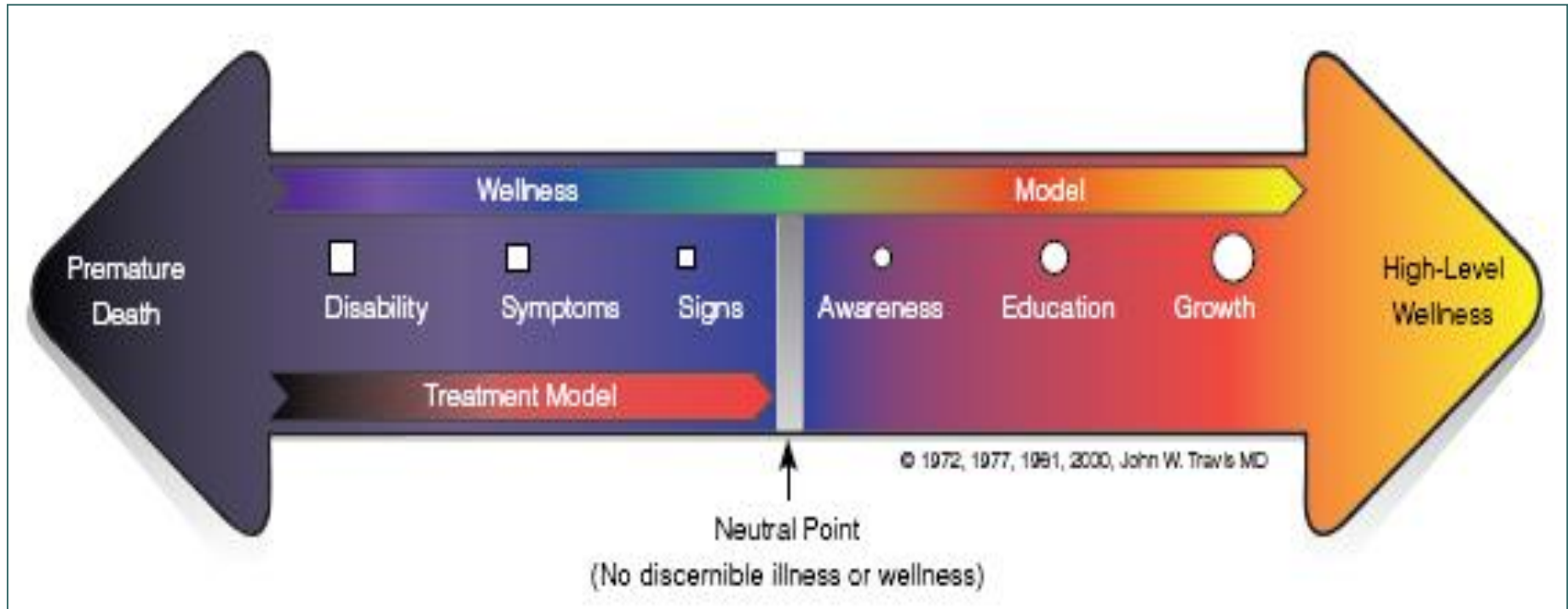


# Health-Illness Continuum

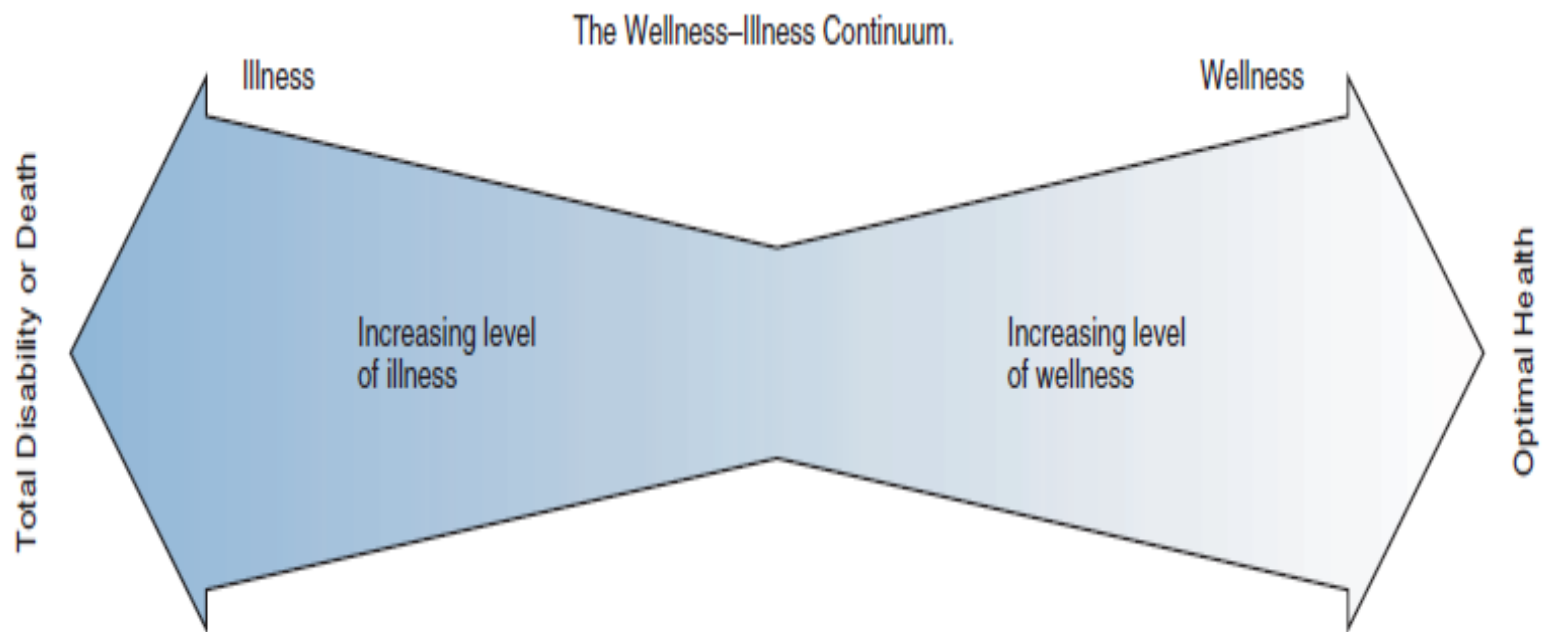
- Measure person's perceived level of wellness
- Health and illness/disease opposite ends of a health continuum
- Move back and forth within this continuum day by day
- Wide ranges of health or illness

# Health-Illness Continuum

## Travis's model

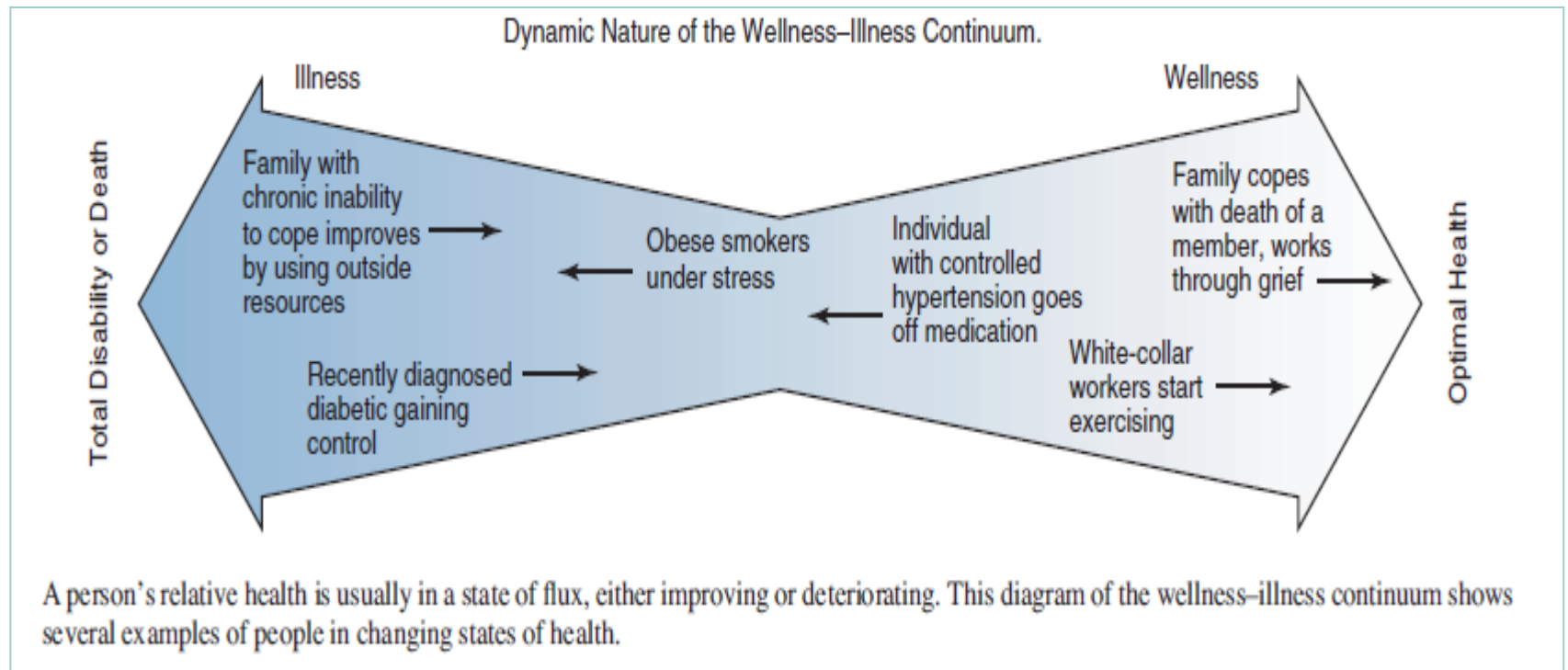


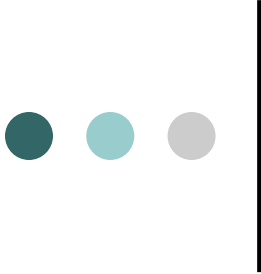
# Health-illness continuum for community



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 تُصَبِّكُ عدوى جماله

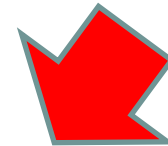


# Healthcare system

- 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 الأولية
- 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



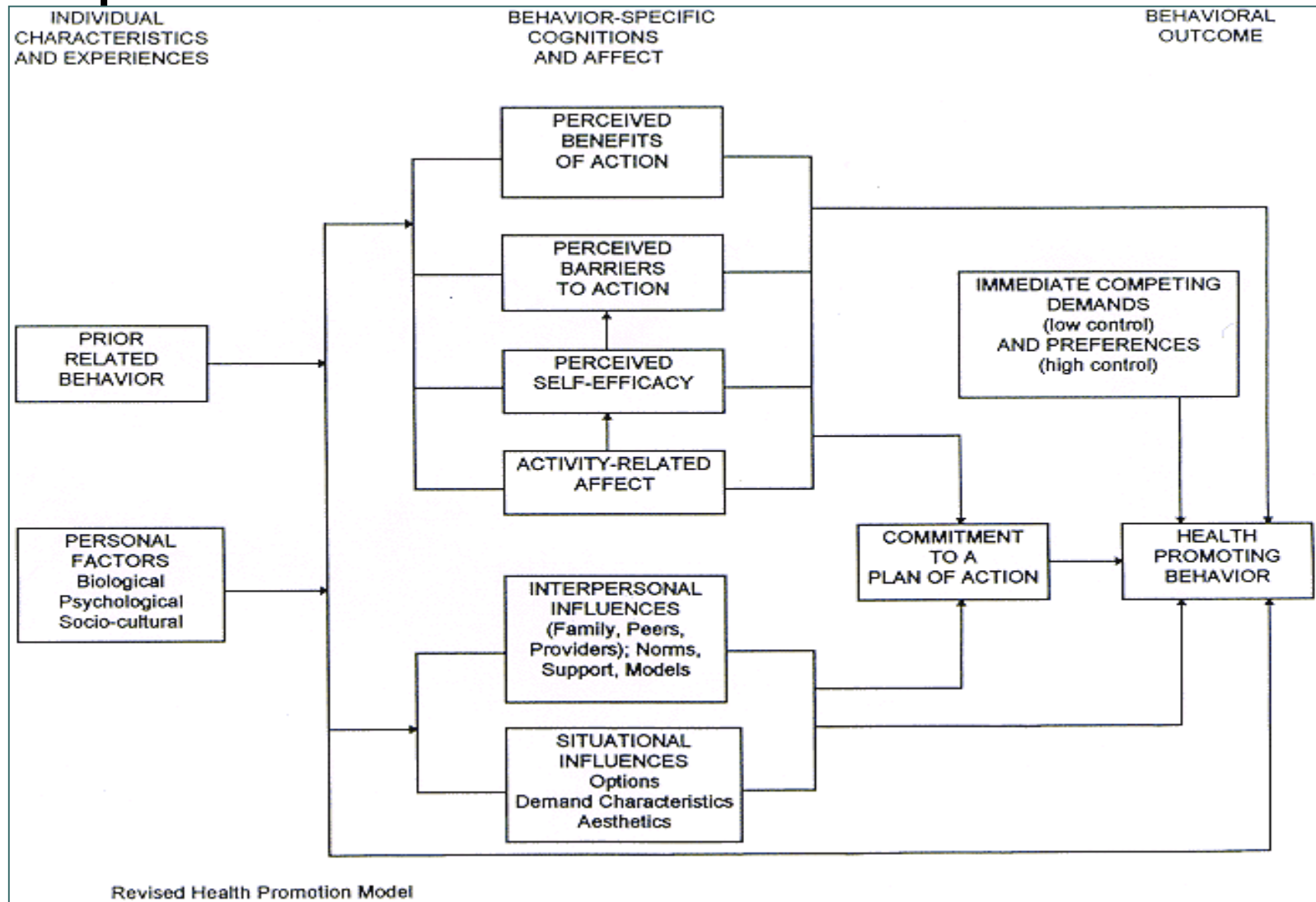
<https://www.healthypeople.gov/2020>



# 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