Health and Illness

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Definition of Health

A “STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING, NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY.”

WHO (1947)

Variables influencing health status, belief, and practices

Internal Variables

- Genetic makeup
- Age

- Developmental level
- Race
- Gender

- **Psychologic or Emotional**
  - Mind-body interaction
- **Cognitive or Intellectual**
  - Cognitive abilities
  - Educational background
  - Past experiences

- **Spiritual**
  - Spiritual and religious beliefs and values
- **Environmental**
  - Housing
  - Sanitation
  - Climate
  - Pollution of air, food, water

- **Sociocultural**
  - Economic levels
  - Lifestyle
  - Family
  - Culture

Health Care Adherence

Adherence

- Extent of which an individual's behavior coincides with medical or health advices

Factors influencing Adherence

- Client motivation to become well
- Degree of lifestyle change necessary
- Perceived severity of the health care problem
- Value placed on reducing the threat of illness
- Complexity, Side effects, and duration of the proposed therapy

- Degrees of satisfaction and quality and type of relationship with the health care providers
- Overall cost of prescribed therapy

Nursing action on Non Adherence

- Establish why the client is not following the regimen
- Demonstrate caring
- Encourage healthy behaviors through positive reinforcements
- Use aids to reinforce teaching

Illness and Disease

Disease

Pathologic change in the structure or function of the body or mind.

Illness

The response a person has to a disease; it is an abnormal process in which the person’s level of functioning is changed compared with a previous level.

Types of illness

Acute illness

Has a rapid onset of symptoms that lasts for a limited and relatively short period of time e.g., typically less than six months .

Features

- Potentially life-threatening
- Short duration
- Severe
- Abrupt onset

Chronic illness

- Has a gradual onset of symptoms that lasts for an extended and relatively long period of time
  - e.g., typically six months or longer
- Characterized by periods of remission and exacerbation

  Remission
  - symptoms disappear without cure
  - **Exacerbation**
  - symptoms reappear

Suchman 5 Stages of Illness

Suchman describes five stages of illness:

- Stage 1 symptoms experiences.
- Stage 2 assumption of the sick role confirmation from family and friends.
- Stage 3 medical care contact.
- Stage 4 dependent client role.
- Stage 5 recovery or rehabilitation.

Stage 1: Symptom Experience

At this stage the person comes to believe something is wrong. Either someone significant mentions that the person looks unwell, or the person experiences some symptoms such pain, rash, cough, fever or bleeding.Stage 1 has 3 aspects

1. The physical experience of symptoms.
2. 2.The cognitive aspect (the interpretation of the symptoms in terms that have some meaning to the person)
3. 3. The emotional response (e.g. fear or anxiety)

- “During this stage, the unwell person usually consults others about their symptoms or feelings, validating with the spouse or support people that the symptoms are real. At this stage the sick person may try home remedies. If self-management is ineffective, the individual enters the next stage.

- **Stage 2: Assumption of the Sick Role**
- The individual now accepts the sick role and seeks confrmation from the family and friends. ‘Often people continue with self treatment and delay contact with the health care professionals as long as possible.

- “During this stage people may be excused From normal duties and role expectations. Emotional responses such as withdrawal, anxiety, **Fear and depression** are not uncommon depending on the severity of the illness perceived degree of disability, and anticipated duration of the illness.
- When symptoms of illness persist or increase, the person is motivated to seek professional help.

- **Stage 3 Medical care contact**
- Sick people seek the advice of a health care professional either on their own initiative or at the urging of signifcant others. When people seek professional advice they are really asking for 3 types of information!

  1.Validation of real illness

  2.Explanation of the symptoms in understandable terms

  3.Reassurance that they will be alright or prediction of what the outcomewill be

Stage (4) Dependent Client role

- After accepting the illness and seeking treatment, the client becomes dependent on the professional for help. People vary greatly in the degree of ease with which they can give up their independence, particularly in relation to life and death.

- **Stage 5: Recovery or Rehabilitation**

  “During this stage the client is expected to relinquish the dependent role and resume former roles and responsibilities. For people with acute illness, the time as an ill person is generally short and recovery is usually rapid.

- Thus most find it easy to return to their Former lifestyles. people who have long term illness and must adjust their lifestyles may find recovery more difficult./or clients with permanent disability, the final stage may require therapy to learn how to make major adjustments in Functioning.

Effects of Illness

Impact on Client

- Behavioral Changes
- Emotional Change
- Physical Changes
- Lifestyle Changes

Impact on the Family

Factors:

- Member of the family who is ill
- The seriousness and length of the illness
- Cultural and social customs the family follows

Changes in the family:

- Role Changes
- Task reassignments and increased demands on time
- Increased stress
- Financial problems
- Loneliness as a result of loss and separation
- Change in social customs

Wellness

- Wellness has been defined as being equivalent to health.
- Wellness involves being proactive and being involved in

  self-care activities aimed toward a state of physical, psychological, and spiritual well-being.

Components of Wellness

Physical

- Ability to carry out daily tasks
- Achieve fitness
- Maintain nutrition and proper body fat
- Avoid abusing drugs, alcohol, or using tobacco products
- Generally to practice positive life-style habits

- **Social, e.g.:**
  - Ability to interact successfully with people and within the environment of which each person is a part.
  - Develop and maintain intimacy with significant others.
  - Develop respect and tolerance for those with different opinions and beliefs .
- **Emotional, e.g.:**
  - ability to manage stress and express emotions appropriately
  - ability to recognize, accept, and express feelings
  - ability to accept one’s limitations

- **Intellectual, e.g.:**
  - ability to learn and use information effectively for personal, family, and career development .
  - striving for continued growth and learning to deal with new challenges effectively .
- **Spiritual, e.g.:**
  - Belief in some force (nature, science, religion, or a "higher power") that serves to unite human beings and provide meaning and purpose to life
- Includes a person’s morals, values, and ethics

Occupational

- ability to achieve a balance between work and leisure time
- beliefs about education, employment and home influence personal satisfaction and relationships with others

Environmental

- ability to promote health measures that promote the standard of living and quality of life in the community

- influences include:
  - food
  - water
  - air

Health promotion

- Health promotion is any activity undertaken for the purpose of achieving a higher level of health and well-being .

Two goals

- Help individuals of all ages increase life expectancy and improve the quality of life.
- Eliminate health disparities among different segments of the population.

Levels of Health Promotion(Leavell and Clark)

Primary Prevention

- **Primary prevention** aims to limit the incidence of disease and disability in the population.
- It does this by eliminating or reducing factors that reduce good health, and promoting factors that are protective of health.
- Examples of primary prevention include programs to discourage the uptake of smoking, immunisation programs and increasing opportunities for physical activity and healthy eating.
- Primary prevention targets whole populations, including healthy individuals.

Secondary Prevention

- **Secondary prevention** aims to prevent the progression of disease. It does this through early detection and/or intervention.
- Examples include breast cancer screening programs and regular hearing tests for workers exposed to industrial noise.
- Secondary prevention targets individuals who may show no symptoms, but are exposed to or have known risk factors for a particular condition.

Tertiary Prevention

- **Tertiary prevention** aims to reduce the consequences of established disease.
- It does this by reducing the progression of the disease and improving the individual's quality of life.
- Tertiary prevention targets those individuals with diagnosed illness and disease.
- Examples of tertiary prevention include self-management programs for those with chronic illness, or rehabilitation programs for those recovering from accident or illness.

Programs for health promotion

Information dissemination

- Health promotion programs that use a variety of media to offer information to the public about the risk or particular lifestyle choices and personal behavior, as well as the benefits of changing that behavior and improving the quality of life
- e.g., billboards, posters, brochures, newspaper features, books, health fairs

Health risk appraisal/wellness assessment programs

- Health promotion programs that appraise individuals of the risk factors inherent in their lifestyles in order to motivate them to reduce specific risks factors and develop positive health habits

e.g., tools such as Health-Style: A Self-Test

Lifestyle and behavioral change programs

- Health promotion programs geared toward enhancing the quality of life and extending the lifespan through implementation of a healthy lifestyle or behavioral change in the individual.

Environmental control programs

- Health promotion programs developed in response to the recent growth in the number of contaminants of human origin that have been introduced into our environment

illness

Clinical model

- The narrowest interpretation of health occurs in the clinical model.
- Peoples are viewed as physiological systems with related functions and health is identified by the absence of signs of symptoms of disease or injury.
- It is considered the state of not being “sick”. In this model the opposite of health is disease or injury.

Role performance model

- Health is seen as the ability to fulfill societal roles
- Illness is seen as the inability to fulfill societal roles

- According to this model, people who can fulfull their roles are healthy even if they have clinical illness. For example, a man who works all day at his job as expected is healthy even though an x-ray of his lung indicates a tumor.
- It is assumed in this model that sickness is the inability to perform one’s work role.

- **Adaptive model**

  Ability to adapt to the environment and interact with it to maximum advantage essential to the model

  - Health is seen as adaptation
  - Illness is seen as a failure of adaptation, or maladaptation

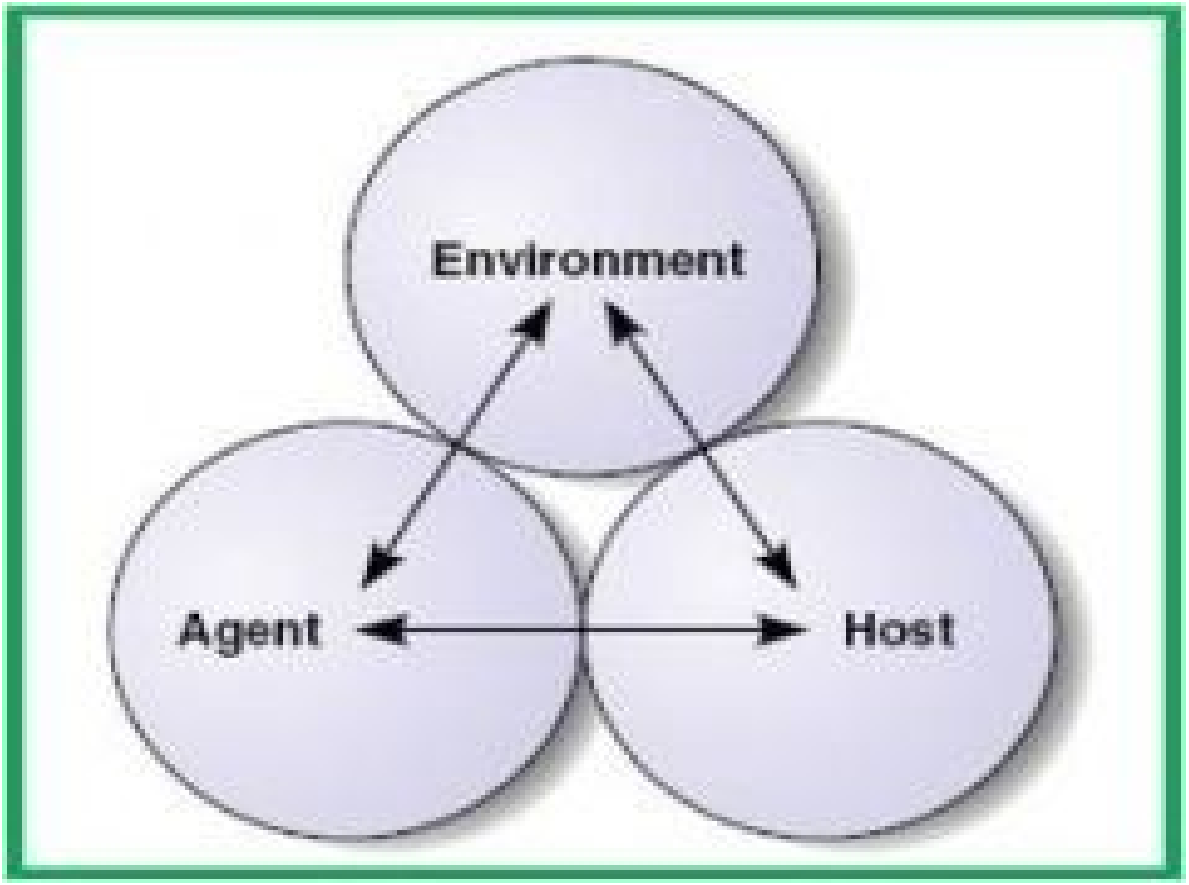
  Eudaemonistic model

  - Health is actualization or realization of one’s potential
  - Illness is seen as the failure to actualize or realize one’s potential

Agent-Host-Environment Model

Leavell and Clark's ecologic model (agent-host-environment model)

- Model is composed of three dynamic, interactive elements
    - The agent
        - a factor (biologic, chemical, physical, mechanical, psychosocial) that must be present or absent for an illness to occur, e.g.:
            - presence of the legionella bacillus


Environment
Agent
Host

The host

Living beings (e.g., human or animal) capable of being infected or affected by the agent.

Environment

All factors external to the host that may or may not predispose the person to the development of disease. Physical environment includes climate, living conditions, sound levels, and economic level.

Health, illness continuum

Dunn's High-Level Wellness Grid

Composed of two axis's

- A health axes which ranges from peak wellness to death.
- A environmental axes which ranges from very favorable to very unfavorable.

The two axis's form four quadrants

High-level wellness in a favorable environment

- e.g., a person who implements healthy life-style behaviors and has the bio-psychosocial spiritual resources to support this life-style

Emergent high-level wellness in an unfavorable environment

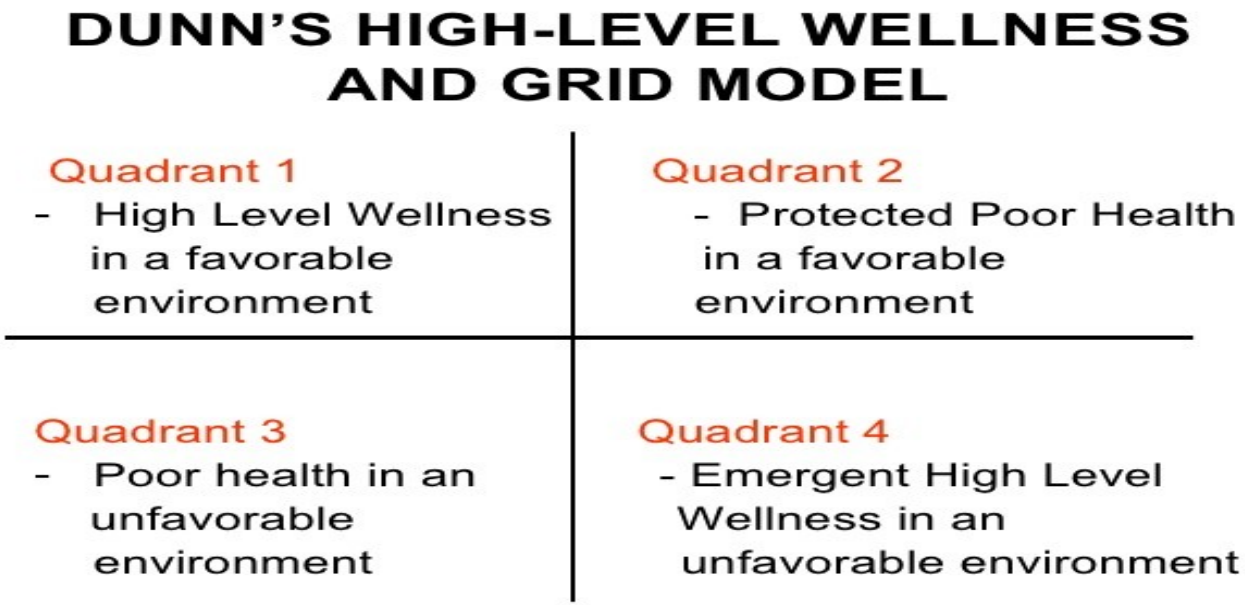
e.g., a woman who has the knowledge to implement healthy life-style practices but does not implement adequate self-care practices because of family responsibilities, job demands, or other factors

Protected poor health in a favorable environment

An ill person whose needs are met by the health care system and who has access to appropriate medications, diet, and health care instruction.

Poor health in an unfavorable environment

e.g., a young child who is starving in a drought ridden country



Travis' Illness-Wellness Continuum

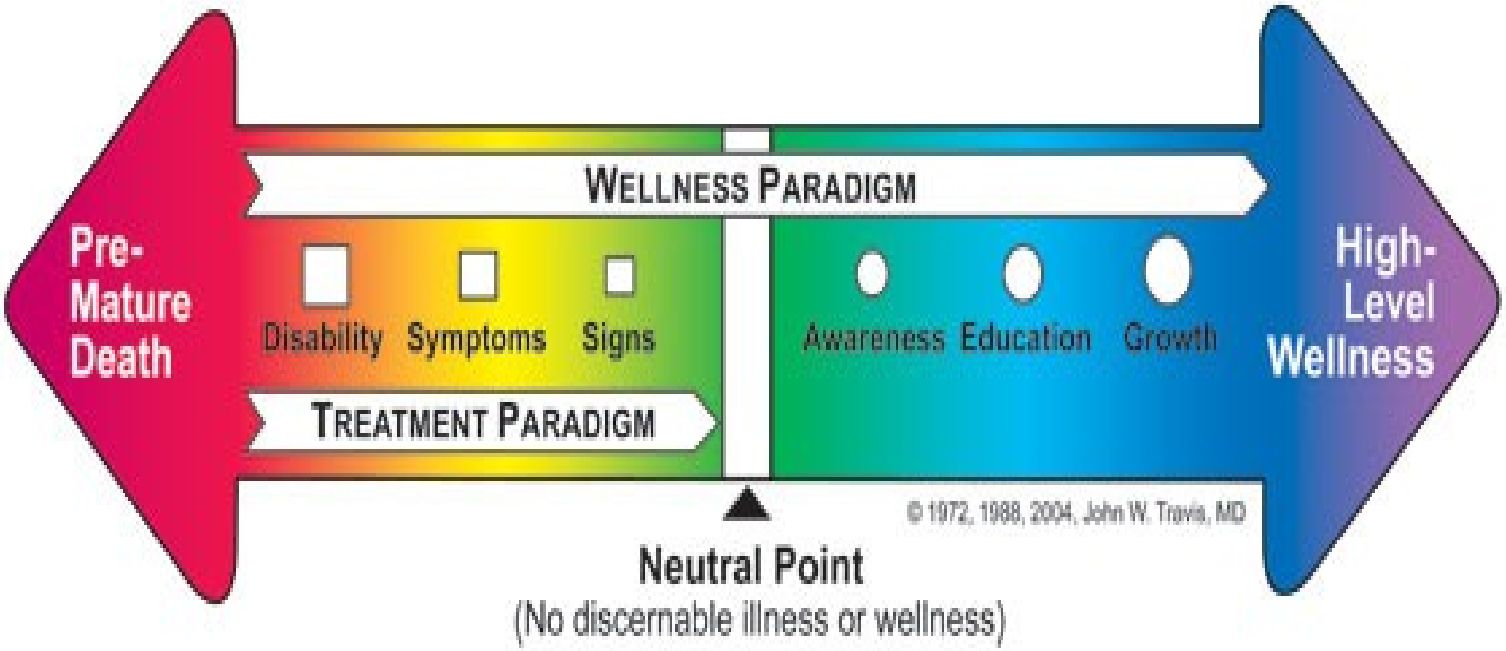
Composed of two arrows pointing in opposite directions and joined at a neutral point

Movement to the right on the arrows (towards high-level wellness) equals an increasing level of health and well-being.

Achieved in three steps:

- awareness
- education
- growth

Illness-Wellness Continuum



Movement to the left on the arrows (towards premature death) equates a progressively decreasing state of health

Achieved in three steps:

- Signs
- Symptoms
- Disability

Most important is the direction the individual is facing on the pathway

- If towards high-level health, a person has a genuinely optimistic or positive outlook despite his/her health status
- If towards premature death, a person has a genuinely pessimistic or negative outlook about his/her health status

Holistic Health

Holistic health is your overall state of wellness on all levels of your being: physical, emotional, mental and spiritual. It encompasses the health of your entire being and extends to everyone and everything that affects you in any way. That includes your resources, your environment, and your relationships.

- Being healthy means having a balance of the dimensions of health. This result in attaining holistic health.

Dimensions of Holistic Health

Mental health

Challenge yourself: ask questions, be open to new ideas, learn new skill, be imaginative and do interesting mental activities these help us to have a healthy and young at mind.

Means being a lifelong learner by continuously wanting to learn new things and improve one’s kills. A mentally healthy person is open to new ideas and experiences that can improve personal, family, and community life.

Moral-spiritual –

Spiritual wholeness is an important contributor to good health, it brings harmony, focus, direction, and balance to our lives. This principle in which we believe drives the essence of our being.

- Telling the truth and showing respect.
- Seeking guidance from parents, teachers, religious leaders, and other responsible adults will help you in making difficult choices.

Social

Refers to how well you get along with other people.

- Make and keep friends
- Play/work well with a group
- Give and get help from others when needed
- Communicate well and show respect and care for yourself and others.

Physical

Best physical health occurs when our bodies are functioning at their highest potential. This results from healthy habits such as good nutrition, an active lifestyle, regular sleep pattern, and avoiding harmful habits such as smoking, drug use, or heavy drinking.

- Keeping your body fit by exercising and participating in active games
- Eating a well-balanced diet
- Getting adequate sleep and rest
- Drinking enough water

- Practicing cleanliness and good grooming habits.
- Getting regular medical and dental checkup and treatment.
- Avoiding harmful substances, such as tobacco, alcohol and drugs of abuse.

Emotional health

Involves understanding and liking yourself as well as accepting and learning from your mistakes. It refers to how well you meet the demands of daily life and how you adjust to new situations.

- Face life’s problems in good balance.
- Handle stress and seek help, if needed.
- Express your emotions in positive ways.
- Deal with life’s pressures and stresses in positive ways.

Signs of Holistic health

- Healthy teeth
- Fast healing wounds
- Clear vision and hearing
- Soft, flawless skin
- Shiny hair

- Positive outlook in life
- Can handle stress well
- Full of energy in all activities
- Can face life's trials and difficulties

SYSTEM

- The Health Care Delivery System model puts the patient and family at the center of the car



Hospital care

- Hospitals vary in size from the 12-bed rural hospital to the 1,500-bed metropolitan hospital.
- Hospital can be classified according to their ownership or control as government or nongovernmental.
- In the united states, government hospitals are either federal, state, city or country hospitals.
- Private hospitals are often operated by churches, companies, communities, and charitable organizations.
- Private hospitals may be for-profit or non –profit.
- Although hospitals are chiefly viewed as institutions that provide care, they have other functions, such as providing sources for health-related research and teaching.

- Hospitals are also classified by the services they provide.
- Genernal Hospitals admits clients requiring a variety of services, such as medical, surgical, obstetric, pediatric and psychiatric services.
- Other hospitals offer only specialty services, such as psychiatric or pediatric care.
- An acute care care hospital provides assistance to clients whose illness and need for hospitalization are relatively short term, for example, several days

- The variety of health care services hospitals provide usually depends on their size and location.
- The large urban hospitals usually have inpatient beds, emergency services, diagnostic facilities, ambulatory surgery centers, pharmacy services, intensive and coronary care services, and multiple outpatient services provided by clinics.
- Small rural hospitals often are limited to inpatient beds, radiology and laboratory services, and basic emergency services.

Home care

- Home care nursing is a unique component of community based nursing.
- Home care visits are made by nurses who work for home care agencies, public health agencies, and visiting nurse associations; by nurses who are employed by hospitals.
- Nurses from home care or hospice agencies make home visits to provide skilled nursing care, follow-up care, and teaching to promote health and prevent complications.

- Hospice nursing has become a specialty area of nursing practice in which nurses provide palliative care in patients' homes and within hospice centers, thus promoting comfort, peace, and dignity to patients who are dying.
- Holistic care is provided in the home through the collaboration of an interdisciplinary team that includes professional nurses; home health aides; social workers; physical, speech, and occupational therapists; and physicians.

- The elderly are the most frequent users of home care services.
- To be eligible for service, the patient must be acutely ill, homebound, and in need of skilled nursing services.
- The nurse instructs the patient and family about skills and self-care strategies and about health maintenance and promotion activities.
- Nursing care includes skilled assessment of the patient’s physical, psychological, social, and environmental status.

- Nursing interventions may include intravenous (IV) therapy and injections, parenteral nutrition, venipuncture, catheter insertion, pressure ulcer treatment, wound care, ostomy care, and patient and family teaching.

Preparing for a Home Visit

- Becoming familiar with these policies is essential before initiating a home visit.
- Before making a home visit, the nurse should review the patient's referral form and other pertinent data concerning the patient.

- The first step is to call the patient to obtain permission to visit, schedule a time for the visit, and verify the address.
- It is important to keep the bag properly supplied and to

  bring any additional items that might be needed for the

  visit.

Conducting a Home Visit

Personal Safety Precautions

- Environments must be proactively assessed for safety by the individual nurse and agency.

- Whenever a nurse makes a home visit, the agency should

  know the nurse's schedule and the locations of the visits.
- If a dangerous situation is encountered during the visit, the nurse should return to the agency and contact his or her supervisor or law enforcement officials, or both.

Initial Home Visit

- The nurse informs the patient of the agency's practices, policies, and hours of operation.
- The initial assessment includes evaluating the patient, the home environment, the patient's self-care abilities or the family's ability to provide care, and the patient's need for additional resources.

- Identification of possible hazards, such as cluttered walk areas, potential fire risks, air or water pollution, or inadequate sanitation facilities, is also part of the initial assessment.
- Documentation considerations for home visits follow

  fairly specific regulations.
- While conducting an assessment of a patient’s situation, the home care nurse evaluates the need for future visits and the frequency with which those visits may need to be made.

Hospice services

- Originally, a hospice was a place for travelers to rest.
- Recently the term has come to mean interdisciplinary health care service for the dying, provided in the home or another health care setting.
- The hospice movement subsumes a variety of services given to the terminally ill, their families, and support persons.
- The central concept of the hospice movement, as distinct from the acute care model, is not saving life but improving or maintaining the quality of life until death.
- Hospice nurses serve primarily as case managers and supervise the delivery of direct care by other members of the team.

- The place of health care delivery may vary as the client’s condition declines or the ability of the family to care for the client changes.
- The hospice nurse does ongoing assessments of needs of the client and family and helps to find the appropriate resources and additional services for them as needed.