

## Unit 1

### INTRODUCTION TO HEALTH AND ILLNESS

**Health is a condition of being sound by body, mind and soul.**

Health includes all of the following aspects:

1. **Physical health:** Perfect functioning of body.
2. **Mental health:** A mind that grows and adjusts to life situations.
3. **Emotional health:** Feelings and actions that bring one satisfaction.
4. **Social health:** A sense of responsibility for the health and welfare of others.
5. **Spiritual health:** Inner peace and security in one's spiritual faith.

### DEFINITIONS

#### Health

"A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". – (WHO 1948)

"Health is not a condition, it is an adjustment. It is not a state but a process. The process adapts the individual not only to our physical but also social environment".

- (United State President's Commissions on Health 1953)

#### Illness

"Illness is a product of disharmony interactions (disease) between mind, body and soul".

#### Wellness

"Well-being or wellness is a subjective perception of vitality and feeling well, can be described objectively, experienced and measured". – (Hood and Leddy)

### CONCEPTS OF HEALTH

#### Biomedical Concept

**Germ Theory:** Initially stressed that disease or ill-health solely stems from disease-causing germs.

**Rejection Reason:** Fails to account for diseases caused by factors beyond germs, like malnutrition, drug addiction, accidents, mental illness, and heart diseases.

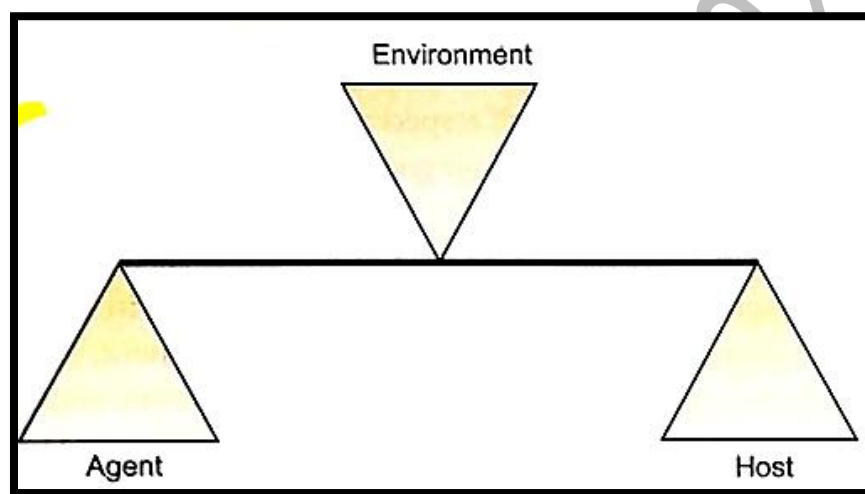
**Limitation:** Overemphasizes a direct one-to-one relationship between the causal agent (germs) and the disease, neglecting broader factors contributing to ill-health. It is depicted as:



Disease → Man → Disease

### Ecological Concept

- **Word Origin:** "Ecology" comes from the Greek "Oikos," meaning "house."
- **Health Connection:** Ecologists link human health to the environment.
- **Health Balance:** It's like a seesaw with the disease-causing agent and the human (like pans) on either side, and the environment (like the center) in balance.
- **Imbalance and Ill-Health:** When this balance is upset, like by water pollution, it can lead to diseases.



**FIGURE - Health equilibrium**

### Psychosocial Concept

**Mind-Body Connection:** Mental well-being is linked to physical health. The saying "a sound mind in a sound body" emphasizes this connection.

**Psychosocial Disorders:** Relationships with others can trigger conditions like peptic ulcers, showing the impact of social interactions on mental health.

**Holistic Health View:** Health isn't solely biomedical; it's influenced by political, environmental, behavioral, lifestyle, cultural, and economic factors.

### Holistic Concept

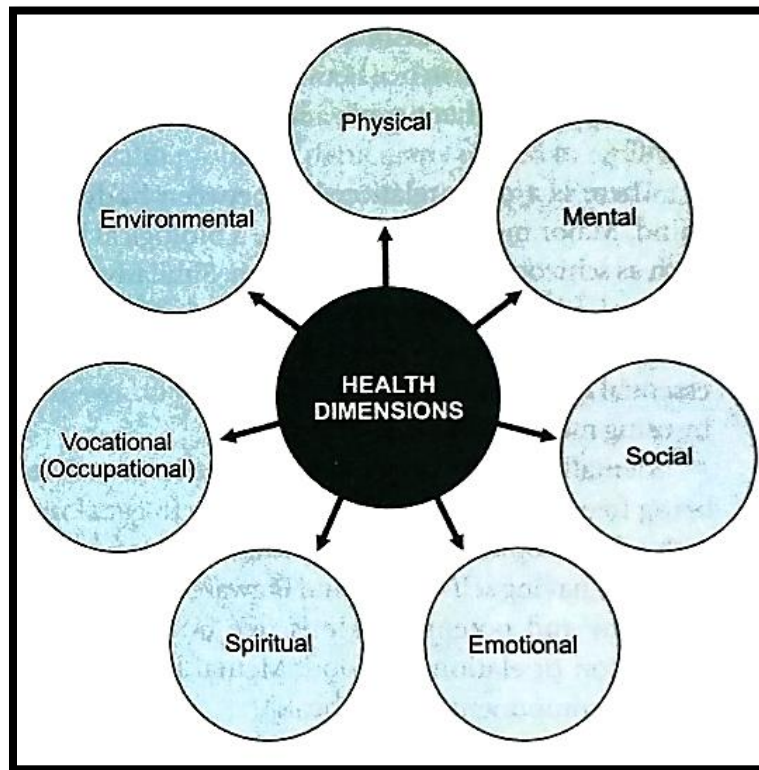
**Whole Health View:** Sees individual health as linked to a healthy mind, body, family, society, and environment.

**Society's Influence:** Sectors like farming, education, housing, industry, and politics affect health.



**Interconnected Sectors:** Acknowledges that different parts of society impact overall health, urging a comprehensive approach to well-being involving multiple sectors.

### HEALTH DIMENSIONS



**FLOWCHART - Health dimensions**

1. **Physical Dimension:**
  - Relates to body structure and function, aiming for optimal bodily operations detailed in the flowchart.
2. **Mental Dimension:**
  - Mental health involves finding balance with the world, others, and oneself while acknowledging the environment.
3. **Social Dimension:**
  - Reflects an individual's connections and involvement within family, community, and the world, considering relationships and community ties.
4. **Emotional Dimension:**
  - Involves recognizing, accepting, and expressing emotions, managing stress, and conflicts in oneself and others.



### 5. **Spiritual Dimension:**

- Focuses on seeking meaning and purpose in life, embedded in moral principles, aiming for higher life goals and submission to supreme power.

### 6. **Vocational (Occupational) Dimension:**

- Signifies the significance of work in providing purpose, self-realization, and economic independence, impacting happiness and mental health.

### 7. **Environmental Dimension:**

- Comprises both internal (body's harmonious function) and external (external influences) aspects of the environment on overall health.

## DETERMINANTS OF HEALTH

1. **Biological Determinants:** Genetic makeup affects growth, leading to diseases like mental retardation and metabolic errors. Racial factors influence illness susceptibility.
2. **Lifestyle:** Social values and cultural patterns impact health. Unhealthy lifestyles, such as high-fat diets, contribute to diseases. For instance, adequate sleep promotes health.
3. **Environment:** Internal (body functions) and external factors influence health. These external elements (biological, physical, psychosocial) affect well-being.
4. **Socio-Economic Conditions:** Economic status, education, occupation, and housing impact health. Employment and education levels are directly linked to health outcomes.
5. **Health Services:** Essential for societal development, they prevent diseases and promote health. Programs like immunization have reduced infant mortality due to preventable diseases.

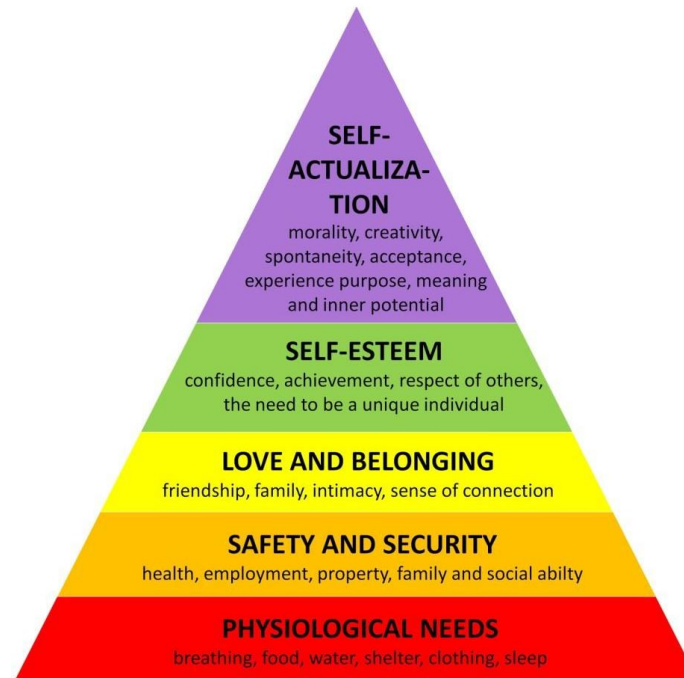
## MASLOW'S HIERARCHY OF NEEDS

Abraham Maslow introduced the concept of a hierarchy of needs. This hierarchy suggests that people are motivated to fulfill basic needs before moving on to other needs.

### Types of Maslow's Hierarchy of Needs:

1. **Physiological Needs:** Basic needs like water, air, food, and sleep, crucial for survival.
2. **Security Needs:** Include safety and stability, such as steady employment and shelter.
3. **Social Needs:** Belongingness, affection, and relationships fulfill this need.
4. **Esteem Needs:** Recognition, accomplishment, and self-worth become crucial.
5. **Self-Actualizing Needs:** Highest level, emphasizing personal growth and self-awareness.





**FIGURE - Maslow's Hierarchy of Needs**

### Characteristics of Self-Actualized People:

1. Acceptance and Realism: Realistic perceptions of self and the world.
2. Problem-Centering: Concerned with solving external issues and aiding others.
3. Spontaneity: Both conforming to social norms and embracing open, unconventional behaviors.

### Hierarchy of Needs and Nursing Interventions

Hierarchy of Needs	Nursing Interventions
<b>Self-Actualization</b>	- Acknowledging individual accomplishments.
<b>Self-Esteem</b>	- Promoting positive self-image post-surgery.
	- Encouraging progress in rehabilitation.
	- Providing bonding opportunities with a new infant.
<b>Love, Affection, Belonging</b>	- Allowing family visits in the hospital.
	- Encouraging family involvement in patient care.
	- Facilitating visits from religious leaders and friends.
	- Being sensitive to the patient's societal role and needs.
<b>Security, Safety</b>	- Verifying patient identification before medication.
	- Removing defective equipment and reporting it.
	- Ensuring patient safety during daily activities.
	- Conducting safety checks in home environments.
	- Reporting abuse to the appropriate authority.
<b>Basic Physiological Needs</b>	- Administering oxygen.
	- Assisting with feeding, hygiene, and elimination.
	- Maintaining warmth for newborns.



## Maslow's Hierarchy of Needs and Basic Human Needs

Maslow's Hierarchy of Need	Basic Human Needs
Physiological	Food, water, shelter, sleep, oxygen
Safety	Security, stability, order, physical safety
Love and Belonging	Affection, companionship, identification
Esteem and Recognition	Self-esteem, prestige, success
Self-actualization	Self-fulfillment, achieving goals
Aesthetic	Beauty, harmony, spiritual fulfillment
Social Needs	Identification, education, learning, religion, recreation

### Characteristics of Self-Actualized People:

1. **Autonomy and Solitude:** Desire for independence and privacy while valuing social connections.
2. **Continual Freshness of Appreciation:** View the world with continuous wonder and appreciation.
3. **Peak Experiences:** Encounters intense joy and wonder, leading to inspiration and transformation.

### Comparison of Basic Human Needs and Maslow's Hierarchy:

1. **Physical Needs:** Similar to Maslow's physiological and safety needs.
2. **Emotional Needs:** Corresponding to Maslow's love, belonging, esteem, and recognition needs.
3. **Social Needs:** Relate to Maslow's self-actualization and aesthetic needs.

## ILLNESS/WELLNESS CONTINUUM MODEL

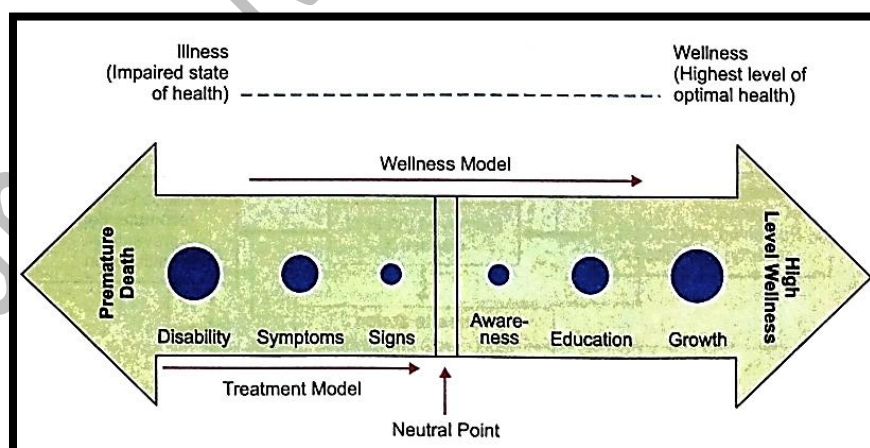
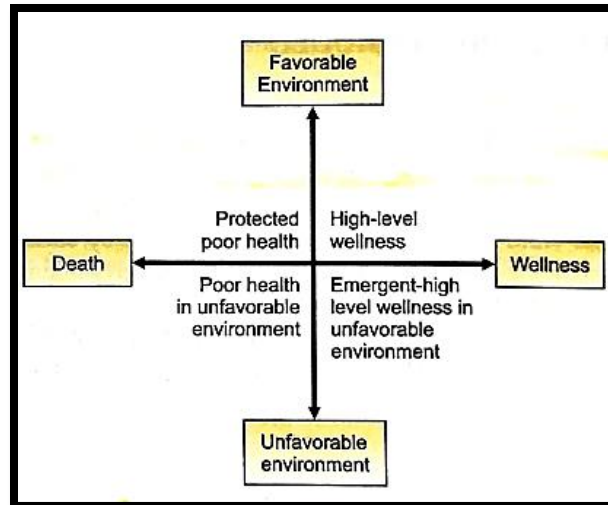


FIGURE – Illness- wellness continuum





**FIGURE- Quadrants Of Wellness Grid**

1. **High level wellness in a favorable environment:** A person who has lifestyle in a healthy way and various resources like social, cultural, economic to support the lifestyle.
2. **Emergent high-level wellness in an unfavorable environment:** A woman, who knows about the healthy lifestyle practices but do not implement it because of family circumstances, etc.
3. **Protected poor health in a favorable environment:** An ill person (having fractures and hypertension) whose needs are met by the health care system and medications, diet and health-care instruction.
4. **Poor health in an unfavorable environment:** A young child who is starving in a drought occurring country.

## MODELS OF HEALTH AND ILLNESS

### HEALTH BELIEF MODEL

#### History and Orientation

The Health Belief Model (HBM) aims to explain and predict health behaviors by focusing on individual attitudes and beliefs. Developed in the 1950s by Hochbaum, Rosenstock, and Kegels, the model was later modified by Becker (1974) to include key components.

#### 1. Individual Perceptions:

- Perceived Susceptibility: Feeling at risk due to family history or potential exposure.
- Perceived Seriousness: Concern about the seriousness of an illness or health issue.
- Perceived Threat: Combination of susceptibility and seriousness determines the perceived threat.

#### 2. Modifying Factors:

- Demographic Variables: Age, sex, race, ethnicity impacting perception.
- Sociopsychological Variables: Influence from peers or reference groups affecting health behavior.





- Structural Variables: Impacting knowledge about diseases and previous contact with them.
- Cues to Action: Internal or external triggers like symptoms or thoughts about an illness.

### 3. Likelihood of Action:

- Perceived Benefits of Action: Benefits of taking action for health improvement.
- Perceived Barriers to Action: Factors hindering or creating obstacles to taking action.

## HEALTH PROMOTION MODEL

The Health Promotion Model (HPM) by Nola I. Pender demonstrates the complex interaction between individuals and their environment in pursuing health. It includes three main components:

### 1. Individual Characteristics and Experiences:

- Prior related behavior.
- Personal factors: Biological, psychological, and socio-cultural aspects.

### 2. Behavior-Specific Cognition and Affect:

- Perceived benefits of action.
- Perceived barriers to action.
- Perceived self-efficacy.
- Activity-related affect.
- Interpersonal influences.
- Situational influences.

### 3. Behavioral Outcomes:

- Health-promoting behavior: Aimed at achieving positive health outcomes for the individual.
- Commitment to a plan of action: Involves identifying and implementing a strategy to reinforce health behavior.
- Immediate competing demands and preferences are also considered.

### Assumptions:

1. Individuals seek to create conditions conducive to expressing their unique health potential.
2. Individuals possess self-awareness to assess their own competencies.

The Health Promotion Model emphasizes the importance of understanding individual characteristics, perceptions, and influences in health-promoting behaviors.





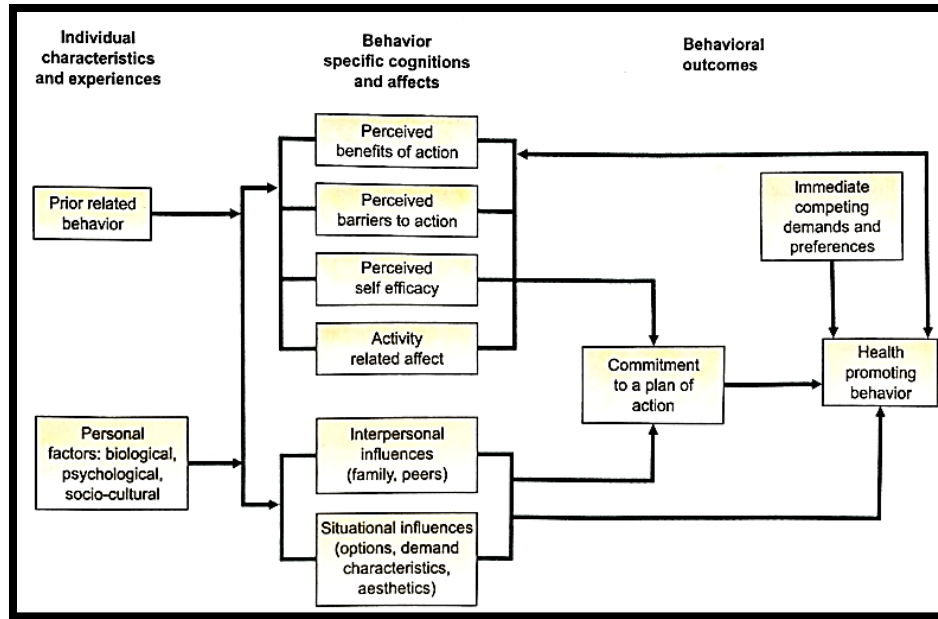


FIGURE - Health promotion model

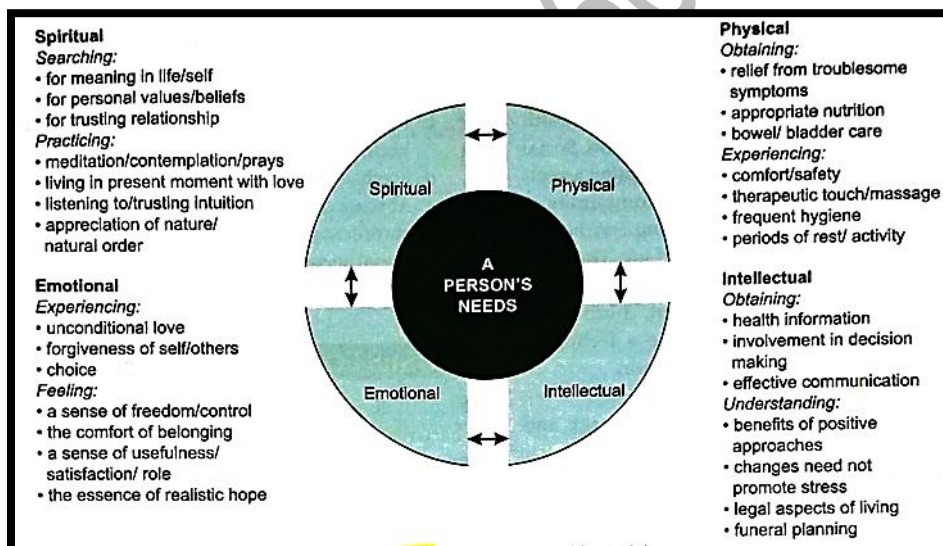


FIGURE- Holistic Health Model

## HOLISTIC HEALTH MODEL

Holism is based on the individual beliefs, values and understanding. It emphasizes on humanism, choices, selfcare activities and peer relationship between the health care provider and the patient.

### Characteristics

1. It is a person oriented.
2. Its objective is positive wellness not symptom amelioration.
3. It is democratic and tolerant.



4. It respects the current medical practice and science.
5. It focuses on internal healing.
6. It is pragmatic.

### FACTORS INFLUENCING HEALTH

1. **Rising health care costs:**
2. Physical factors:
3. Ageing:
4. Psychological factor:
5. Environmental factors:
  - a. Physical
  - b. Biological
  - c. Psychological
6. **Host factors: These includes:**
  - a. Demographic characteristics,
  - b. Biological characteristics,
  - c. Social and economic characteristics,
  - d. Lifestyle factors,
7. **Agent factors:**

### CAUSES AND RISK FACTORS FOR DEVELOPING ILLNESS

Infectious diseases are disorders caused by organisms - such as bacteria, viruses, fungi or parasites. Some infectious diseases can be passed from person to person.

"Risk is the potential of losing something of value (such as physical health)".

"Risk factor is a variable associated with the development of disease".

#### Causes for developing illness

Causes of Diseases	Examples
<b>Caused by Micro-organisms</b>	
Bacteria	Strep throat, urinary tract infections, tuberculosis
Viruses	Common cold, AIDS
Fungi	Ringworm, athlete's foot
Parasites	Malaria
<b>Modes of Transmission</b>	<b>Description</b>
<b>Direct Contact</b>	
Person-to-person	Spread through touching, coughing, or sneezing
Animal-to-person	Infections through bites, scratches, or animal waste
Mother-to-unborn child	Transmission during pregnancy or birth, through breast milk
<b>Indirect Contact</b>	Transmission by contact with contaminated surfaces
Insect Bites	Diseases transmitted by insect carriers like mosquitoes



**Risk groups (susceptible population):** These are groups of individuals, who are exposed to or associated with the risk factors and therefore they are at high risk of morbidity and mortality, either because of the constitution or of the environment physically, biologically or socio culturally. These are the people who require identification and health care services most.

1. **Physical situation:** Poor living conditions, overcrowding, lack of sanitation.
2. **Biological situation:**
  - a. Age wise
  - b. Sex wise
  - c. Physiological state
  - d. Genetic factors
3. **Socio-cultural situation:** Socioeconomic class, lifestyle, habits, beliefs, customs, traditions, etc.

### ILLNESS – TYPES, ILLNESS BEHAVIOR

An illness is a response of the person to disease, it is an abnormal process in which persons level of functioning is changed when compared with the previous level.

Illness is defined individually by each person, who experiences an alteration in health. An illness is the response of a person to a disease.

#### Types

The illness can be classified as:

1. **Acute illness:**
2. **Chronic illness**
3. **Terminal illness:**
4. **Age related illness:**

### ILLNESS BEHAVIOR

Illness behavior is a complex process. It involves the ways, person monitor their bodies, define and interpret their symptoms, take remedial measures and use health care services.

#### Stages of Illness Behavior

- 1) **Symptom experiences:** First realization of a health issue through physical symptoms, cognitive aspects, and emotional responses.
- 2) **Assumption of the sick role:** Acceptance of being unwell, often involving self-treatment or a delay in seeking professional help.
- 3) **Medical care contact:** Seeking professional medical advice, understanding the illness, its causes, and symptoms.
- 4) **Assuming a dependent role:** Acceptance of diagnosis and adhering to prescribed treatment. Seeking information about the disease, treatment, and its implications.
- 5) **Recovery or rehabilitation:** Progressing towards the restoration of health, involving varied changes based on illness severity, duration, attitudes, and lifestyle changes.



## Emotional Responses to Illness

- **Fear:** Expectation of harm or unpleasantness, leading to attempts to avoid or flee a threatening situation.
- **Anxiety:** Feelings of uneasiness and apprehension, often without knowledge of the specific cause, usually focusing on physiological symptoms.
- **Stress:** A state of strain or tension from situations requiring increased and prolonged effort to adjust.
- **Over Dependency or Feeling of Helplessness:** A sense of relying excessively on others or feeling incapable of managing circumstances independently.

### IMPACT OF ILLNESS ON PATIENT AND FAMILY

1. **Behavioral Changes:** Alterations in actions or reactions due to various circumstances.
2. **Family Role Impact:** Changes in roles within the family structure due to a situation or condition.
3. **Body Image Influence:** Changes in the perception of physical appearance.
4. **Self-Concept Effect:** Changes in personal perception, identity, or beliefs.
5. **Family Dynamics Impact:** Changes in the family's overall interactions and relationships.

### FACTORS CAUSING STRESS IN THE HOSPITAL

Some of the factors that cause stress in the hospital are:

- **New environment:** Feeling uncomfortable in unfamiliar surroundings.
- **Dependence:** Loss of personal freedom and autonomy.
- **Separation:** Distress due to separation from spouse or family.
- **Financial strain:** Facing monetary issues or hardships.
- **Isolation:** Feeling lonely or detached from others.
- **Limited knowledge:** Lack of information about their situation.
- **Health concerns:** Fearing severe illness or health problems.
- **Medication difficulties:** Struggles or issues related to medication.

