



SNS COLLEGE OF NURSING

SARAVANAMPATTI, COIMBATORE-35

DEPARTMENT OF NURSING

COURSE NAME : BSC (N) I YEAR

SUBJECT : NURSING FOUNDATION

UNIT I: INTRODUCTION

TOPIC : CONCEPT OF HEALTH



INTRODUCTION



- Health is a positive concept emphasizing social and personal resources, as well as physical capacities.
- This means that health is a resource to support an individual's function in wider society, rather than an end in itself.

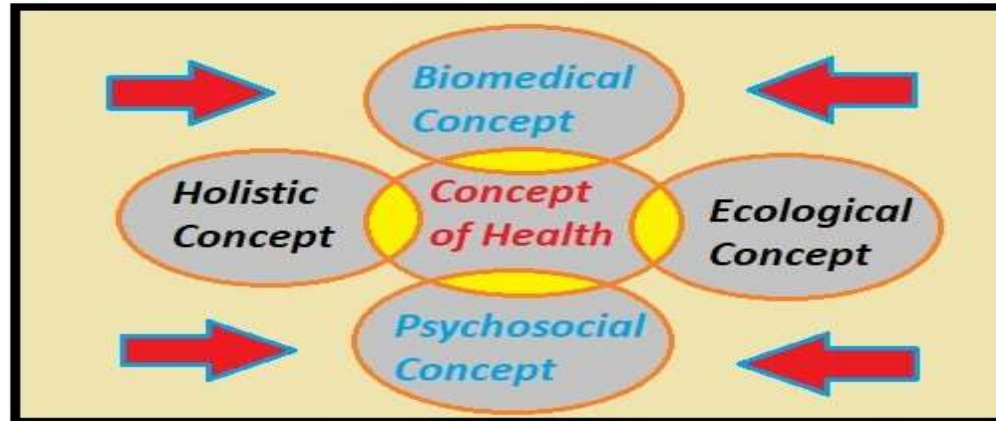


DEFINITION



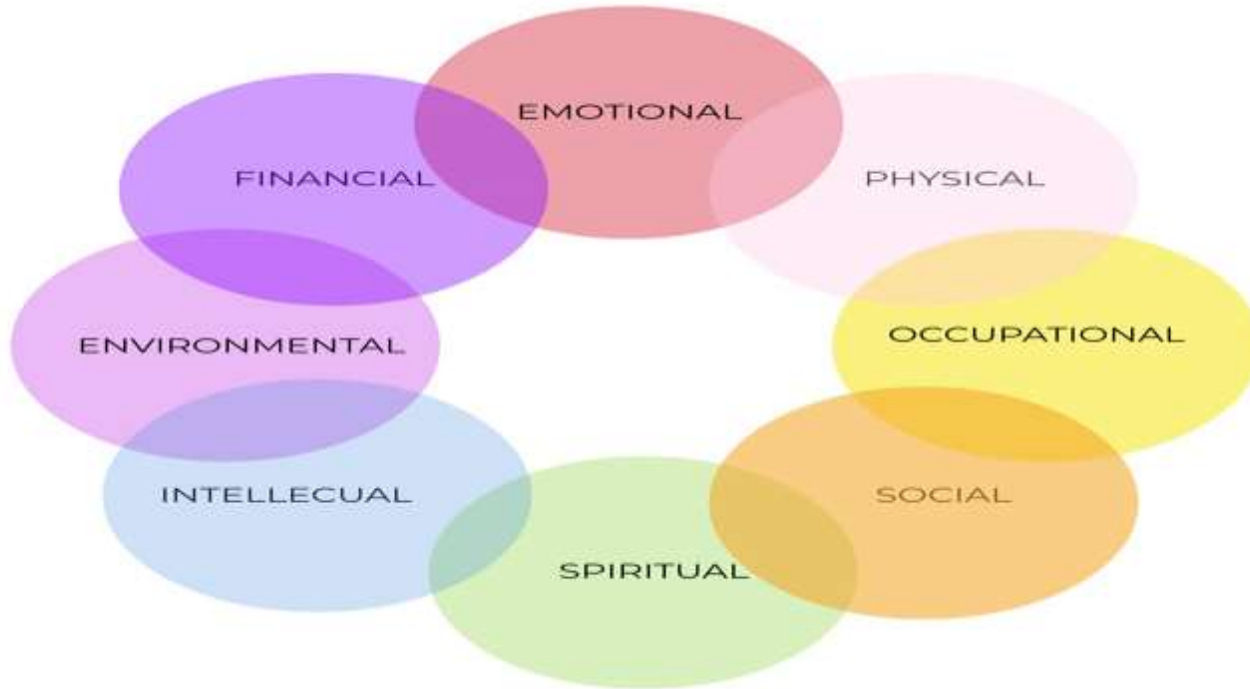
According to the World health organization, Health is "a state of complete physical, mental, social well-being and not merely the absence of disease and infirmity.

CONCEPT OF HEALTH





DIMENSIONS OF HEALTH





DIMENSIONS OF HEALTH



- **Physical dimension:** The physical dimension of health refers to the bodily aspect of health. It refers to the more traditional definitions of health as the absence of disease and injury.
- **Mental dimension:** Mental health is more the functioning of the brain, while emotional health refers to the a persons mood often connected to their hormones.



DIMENSIONS OF HEALTH



- **Emotional dimension:** Emotional health is about the person's mood or general emotional state. It is our ability to recognize and express feelings adequately.
- **Spiritual dimension:** Spiritual health relates to our sense of overall purpose in life.
- **Social dimension:** The social dimension of health refers to our ability to make and maintain meaningful relationships with others.

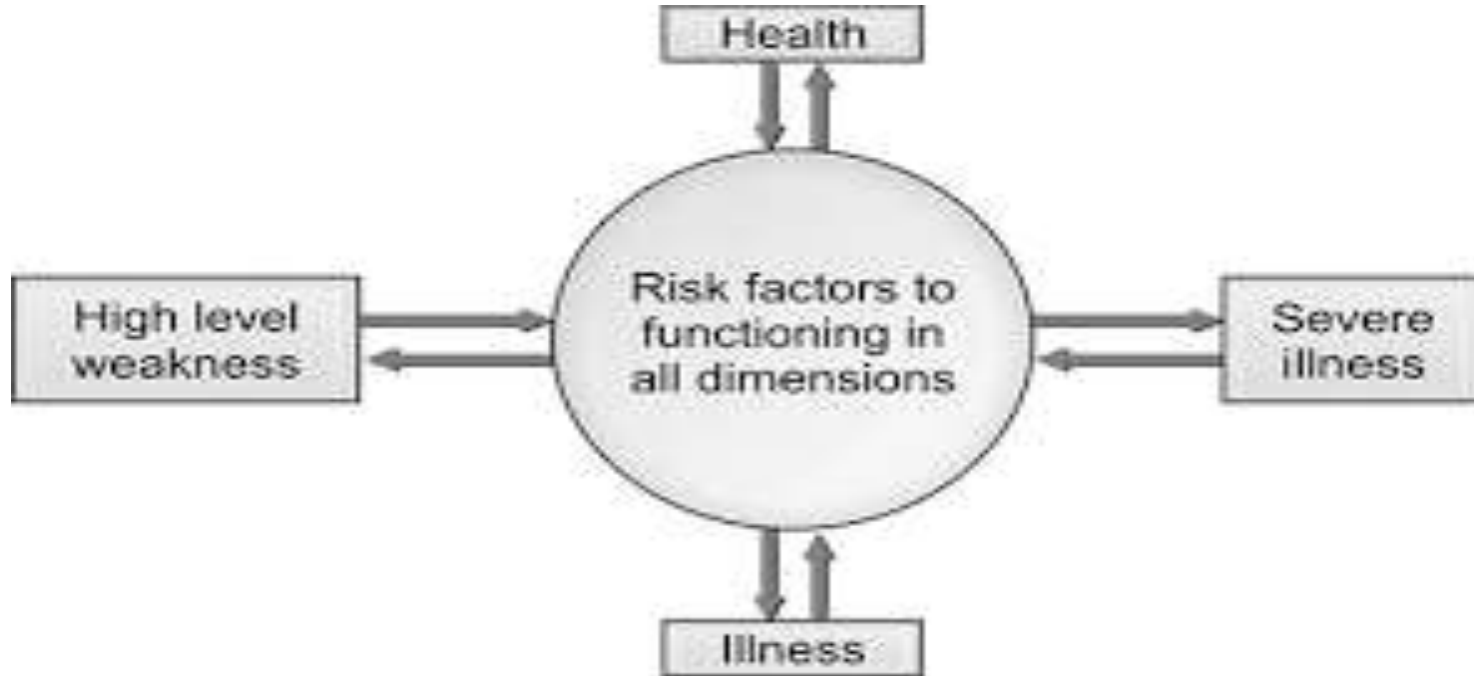


HEALTH ILLNESS CONTINUUM



- According to Neuman (1990). “Health on a continuum is the degree of client wellness that exists at any point in time, ranging from an optimal wellness condition with available energy at its maximum to death, which represents total energy depletion.

MODELS OF HEALTH AND ILLNESS



DETERMINANTS OF HEALTH





FACTORS INFLUENCING HEALTH





INTERNAL FACTORS

BIOLOGICAL FACTOR



PSYCHOLOGICAL FACTOR



COGNITIVE FACTOR



INTERNAL FACTORS



1. Biological factor

- Genetic makeup
- Age, Sex
- Development stage

2. Psychological factor

- Mind Body Interaction
- Self Co Life style

3. Cognitive factors

- Spiritual, Religious beliefs



EXTERNAL FACTORS



- Social support
- Standards of living
- Environment
- Family & cultural beliefs



RISK FACTORS CAUSING ILLNESS



- ❖ Behavioral risk factors
- ❖ Psychological risk factors
- ❖ Demographic risk factors
- ❖ Environmental risk factors
- ❖ Genetic risk factors



Behavioral risk factors



- smoking tobacco,
- drinking too much alcohol, nutritional choices
- physical inactivity
- spending too much time in the sun without proper protection
- Vaccinations.
- unprotected sex.



Psychological risk factors



- Being Overweight
- Obese
- High Blood Pressure
- High Blood Cholesterol
- High Blood Sugar (Glucose).



Demographic risk factors



- Demographic risk factors are those that relate to the overall population. Examples include:
- age
- gender
- population subgroups, such as occupation, religion, or income.



Environmental risk factors



- Access to clean water and sanitation
- Risks in the workplace
- Air pollution
- Social settings.



Genetic risk factors



- Genetic risk factors are based on an individual's genes. Some diseases, such as cystic fibrosis and muscular dystrophy, come entirely from an individual's 'genetic make-up'. Many other diseases, such as asthma or diabetes, Other diseases, like sickle cell anaemia, are more prevalent in certain population subgroups



CONCLUSION



- we need a healthy lifestyle to build up a healthy immune system and to avoid disease. It means a healthy immune system to protect your body. To maintain body immunity



ASSESSMENT



1. DEFINE HEALTH.
2. ENLIST THE DIMENTION OF HEALTH.
3. WHAT ARE THE INTERNAL FACTORS CAUSING ILLNESS?



REFERENCES



1. Carol Taylor.et.al.,”Fundamentals of Nursing, The Art and Science of Nursing Care”., 6th edition., Vol – II., 2009., Wolters Kluwer publications., New Delhi.
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Thank You