



# **SNS COLLEGE OF NURSING**

**SARAVANAMPATTI, COIMBATORE-35**

**DEPARTMENT OF NURSING**

**COURSE NAME : BSC (N) I YEAR**

**SUBJECT : NURSING FOUNDATION**

**UNIT I: INTRODUCTION**

**TOPIC : HEALTH AND ILLNESS**



# INTRODUCTION

- Illness is not described in the terms of disease condition, it is the deviation from the normal healthy state .
- For providing comprehensive nursing care to the ill person ,nurse should have complete knowledge of all kinds of disease, their treatment.



# DEFINITION

- According to Potter and Perry ; illness is state in which person's physical, intellectual, emotional social, or spiritual functioning is diminished or impaired in comparison with the previous experience.



# Variables affecting illness behaviour

## INTERNAL VARIABLES

- Perception of symptoms ;
- Nature of illness;
- Characteristics of person



# Variables affecting illness behaviour Conti..

## EXTERNAL VARIABLES

- Visibility of symptoms;
- Social group; Culture and values ;
- Economic variables
- Accessibility of the health care system

# Health – Illness continuum





# STAGES OF ILLNESS



**Stage 1;** symptom experience , In this stage person feels that something is wrong, but patient is not able to diagnose the problem

**Stage2;** assumption of sick role ; if the symptoms persist, then the client will assume sick role and seek confirmation from families;



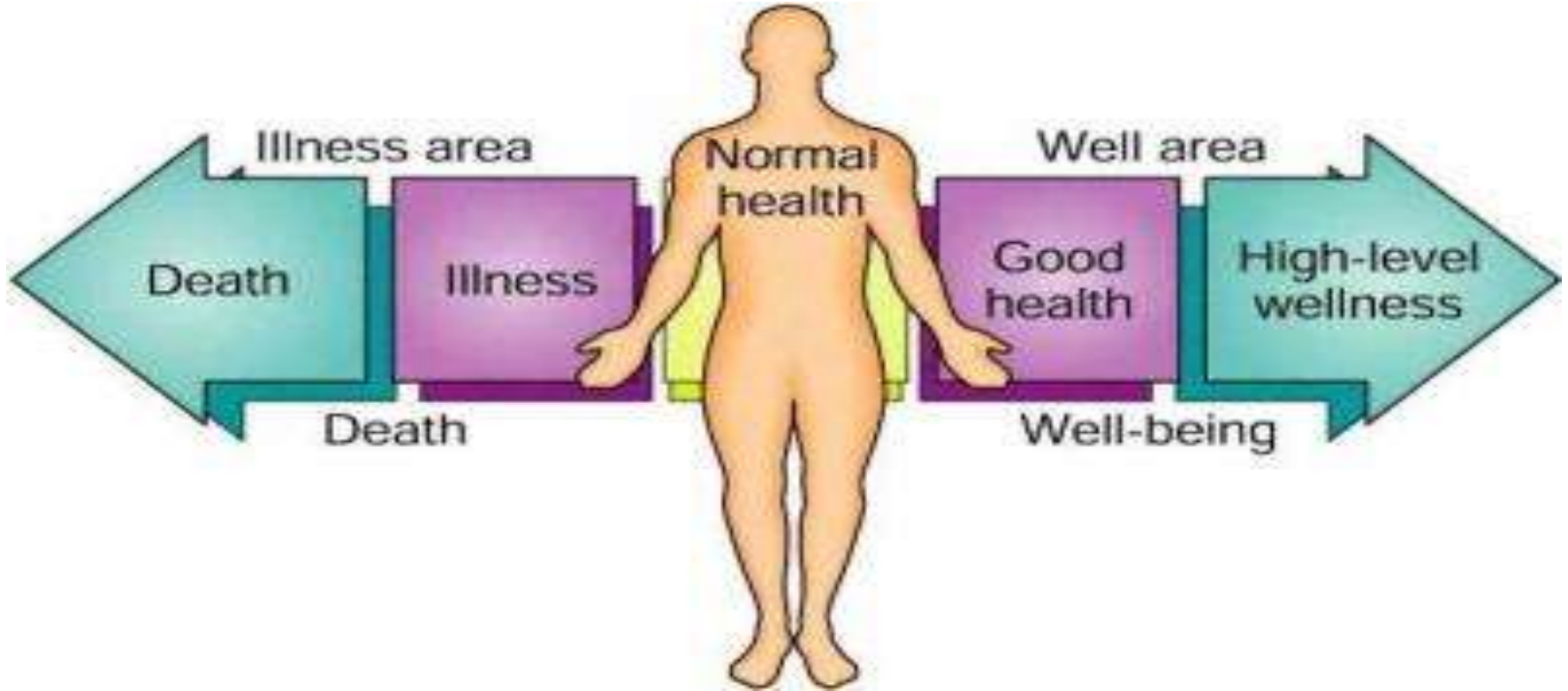
# STAGES OF ILLNESS



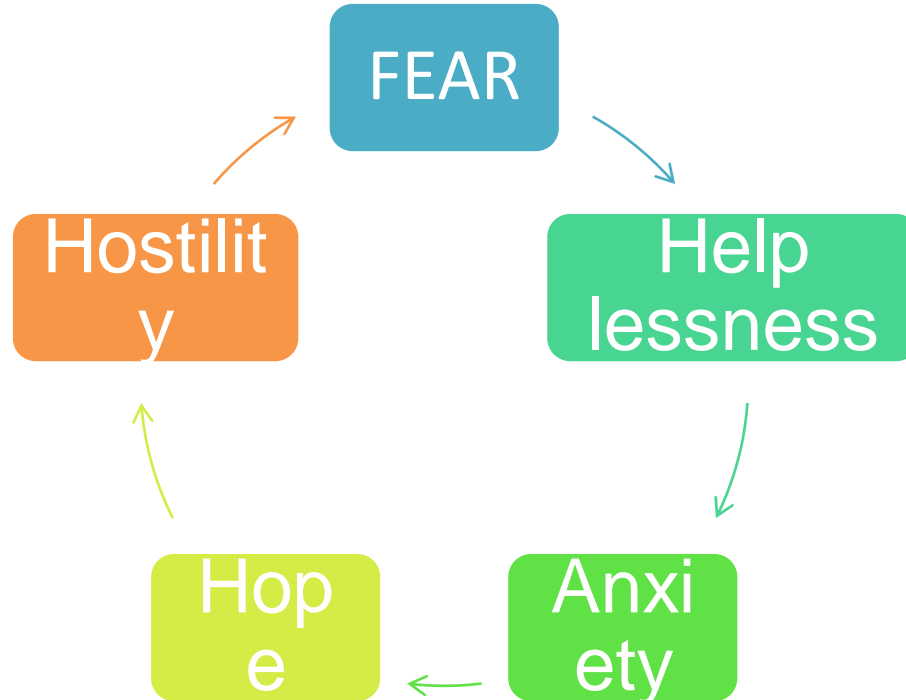
- **Stage 3;** medical care contact at this stage, the client acknowledge the illness and seeks explanation at this stage, and seeks explanation
- **Stage 4;** dependent client care ; after accepting the diagnosis ,client becomes dependent upon health care professionals to get treatment
- **Stage 5;** recovery and rehabilitation in this stage when the symptoms get subsiding the person starts regaining the original health status .



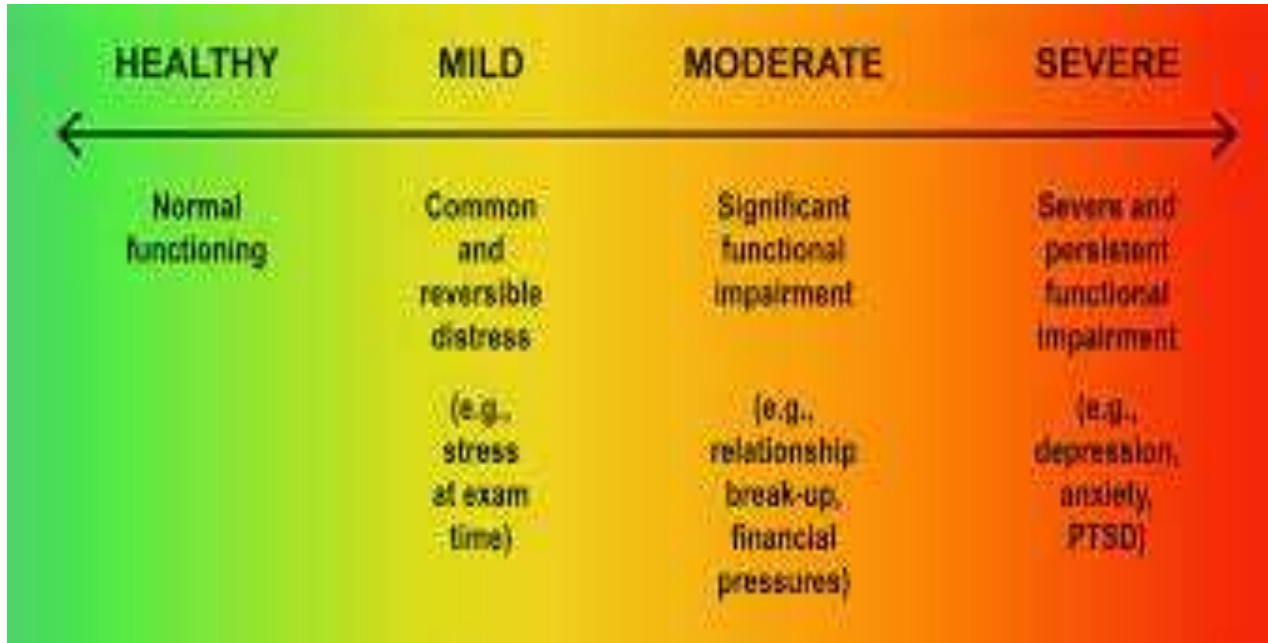
# STAGES OF ILLNESS



# Emotional response to the illness



# MENTAL HEALTH CONTIUMM





# Different impacts of illness

- Impact on client & client's family
- Impact on body images
- Impact on client ;the people who are ill require more sleep to promote tissue repair.
- Impact on client's family ;during illness client 's family get disturbed



# Prevention and protection from illness



- ❖ The health team is mainly responsible for prevention of illness, protection and promotion of health.
- ❖ Nurses play an important role in preventing the transmission of diseases ,
- ❖ Nurse can protect the public from illness by teaching them self care strategies.



# Prevention and protection

## Conti...



- ❖ Encourage the individual, families, and communities to promote the level of health
- ❖ Nurses plays an important role in adapting healthy life style in public.
- ❖ A healthy life style include good eating habit, regular exercise, control of stress, and drug usages.
- ❖ Promote specific protection in public by the immunization



# Prevention and protection

## Conti



- ❖ Nurse can guide the client in effective problem solving and decision making ,
- ❖ Nurse can protect the public by giving health education about accident, poisoning, protection from occupational hazards . Encourage the public to avail the maximum benefit from health care system.



# CONCLUSION

- The health-illness continuum is a clear and concise visual representation of health as a dynamic system. The model is significant for patient care since it allows evaluating people's health condition and ensuring the promotion of their value, dignity, and flourishing.





# ASSESSMENT



1. Describe about health illness continuum.
2. What are the internal variables affecting the illness behaviour?
3. Enlist the external variables tahr affecting the illness behaviour.



# REFERENCE

1. Carol Taylor.et.al.,”Fundamentals of Nursing, The Art and Science of Nursing Care”., 6<sup>th</sup> edition., Vol – II., 2009., Wolters Kluwer publications., New Delhi.
2. Potter and Perry’s., “ Fundamentals of Nursing”., 6<sup>th</sup> edition.,2006., Elsevier India private Ltd., New Delhi.



Thank You