Chapter

1A

CONCEPTS OF HEALTH AND ILLNESS PART - 1

Introduction To Health & Illness 00 : 03 : 02



Definition: HEALTH



- Physical.
- Mental.
- Social.
- Spiritual.
- Not merely absence of disease.
- According to WHO (World Health Organization) "Health is a state of complete physical, mental and social & spiritual wellbeing, not merely absence of disease or infirmity".

Concept Of Health 00 : 07 : 55



- Biomedical (Germ Theory).
- Psychosocial – Social/Cultural.
- Ecological – Man & environment.
- Holistic – Whole quality of life.
- Biomedical Concept.
  - Health means → Absence of disease.
  - Focus only on body functioning.
  - E.g. - A patient with fever becomes healthy after treatment & absence of symptoms.
- Ecological Concept.
  - Health is a balance between Human & Environment.
  - Disease occurs when there is imbalance.
  - E.g. - Polluted water causing diarrhea.
- Psychosocial Concept.
  - Health is influenced by social, psychological, cultural & economic factors.
  - E.g. – Stress due to unemployment causing hypertension.
- Holistic Concept.
  - Health includes physical, mental, social, spiritual, emotional & environmental wellbeing.
  - Most accepted modern concept.
  - E.g. - A person who exercises regularly, manages stress, maintains good relationships and has positive thinking.

Dimensions Of Health 00 : 21 : 27

- Physical.
- Mental.
- Social.
- Spiritual.
- Vocational.
- Environmental.

Physical Dimension



- Genetics.
- Exercise.
- Diet.
- Proper functioning of body Systems.
- Characteristics.
  - Good appetite.
  - Sound sleep.
  - Physically fit.
- E.g. – A person exercises daily & free from illness.

Mental Dimension



- Ability to think clearly, make decisions & cope with problems.
- S/S.
  - Emotional stability.
  - Positive attitude.
  - Self-confidence.

Social Dimension



- Ability to maintain Healthy Relationships & Interact Socially.
- Good Communication.
- Cooperation.
- Social adjustment.
- E.g. - Person maintaining Healthy Family and Workplace Relationships.

Emotional Dimension

- Ability to recognize and express emotion appropriately.
- Emotional Control.
- Ability to Handle Anger.
- Emotional maturity.
- E.g.- A nurse remaining calm during emergencies.

Spiritual Dimension



- Having value, purpose, Ethics & Inner peace.
- Faith & Hope.
- Sense of purpose.
- Inner satisfaction.
- E.g. - A person practicing meditation for peace.

Environmental Dimension

- Living in a clean & safe environment.
- Clean air & water.
- Safe housing.
- Pollution free.
- E.g. - Using sanitary and clean drinking water to prevent disease.

Occupational / Vocational Dimension

- Satisfaction & balance in work life.
- Job Satisfaction.
- Financial Security.
- Work life balance.
- E.g.- A nurse enjoying work and managing stress effectively.

Maslow's Hierarchy Of Needs 00 : 41 : 51



- 5 Needs.
  - Physiological.
  - Safety.
  - Love/Belonging.
  - Esteem.
  - Self-Actualization.
- Most to least pressing.
- Explaining that Human Needs are arranged in order from Basic Survival to Highest Need.

Physiological Need



- Air.
- Water.
- Food.
- Shelter.
- Sleep.
- Airway – Highest priority need.
- Breathing.
- Circulation.
- Water, food, sleep, elimination, temperature control.
- Shelter & Sex.
- E.g.
  - Giving oxygen to a breathless patient.
  - Treating Hypoglycemia.
  - Providing I.V. fluid in dehydration.
  - Catheterization in urinary retention.
- A Patient with airway obstruction is treated before a patient with anxiety.
  - Airway – O2.
- Note – Highest priority in emergency – ABC.

Safety Need



- Security.
- Protection.
- Need for protection from harm & danger.
- includes.
  - Physical safety.
  - Financial safety.
  - Protection from injury / infection.

- E.g.
  - Side rails for Fall Risk patient.
  - Infection control precautions.
  - Safe medication administration.
  - Suicide precaution.
  - Preventing fall in an elderly patient.

Love & Belonging Need

- Need for relationship, affection & social interaction.
- Includes.



  - Family Support.
  - Friendship.
  - Communication, Acceptance.
- E.g.
  - Allowing family visit.
  - Therapeutic Communication.
  - Support group for Cancer patients.
- Note - Helping a lonely Hospitalized patient Interact Socially.

Esteem Need

- Self Esteem.
- Need for Respect, Confidence, Independence & Self-worth.



- Self Confidence.
- Achievement.
- Independence.
- E.g.
  - Encouraging Self Care after Surgery.
  - Praising patient progress.
  - Allowing independent activities.
- Note – Helping stroke patient independently.

Self-Actualization

- Highest level of personal growth and fulfilment.
- Creativity.



- Personal growth.
- Achieve full potential.
- E.g.
  - Patient pursuing Hobbies after recovery.
  - Counselling for life goals.
  - Meditation & spiritual activities.
- Note – Encouraging terminally ill patient to fulfill personal wishes.

Chapter

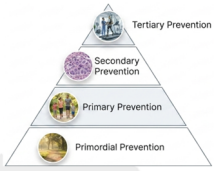
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LEVELS OF HEALTH CARE AND PREVENTION

Health Care Delivery System 00 : 01 : 27



Level of Illness Prevention



- Tertiary Prevention.
- Secondary Prevention.
  - H. Rodman Leavell & Clark.
- Primary Prevention.
- Primordial Prevention.
- Levels of prevention are measures taken to prevent occurrence, progression and complication of disease.

Primordial Prevention 00 : 05 : 11



- Prevention of emergence of risk factors in population.
- Act before risk factor develops.
- Focus – On social & environmental condition.
- Target – Health population without risk factors.
- E.g.
  - Ban on Tobacco advertisement.
  - Promoting healthy lifestyle in children.
  - Urban planning for physical activity.
  - Health education in schools.
- Note – Teaching children healthy eating habits to prevent obesity & hypertension in later life.

Primary Prevention 00 : 11 : 00



- Health Promotion.
- Specific Protection.
- Measure taken before disease occurs to prevent disease onset.
- Goal – Reduce incidence of disease.
- Components.

Health Promotion	Specific Protection
- Health education. - Nutrition improvement. - Exercise. - Environmental Sanitation.	- Immunization/ Vaccination. - Use of Condoms. - Chemoprophylaxis. - PPE (Personal Protective Equipment).

- E.g.
  - Vaccination against Measles.
  - Hand washing to prevent infection.
  - Helmet use to prevent head injury.

Secondary Prevention 00 : 16 : 49



- Early diagnosis & treatment of disease.
- Goal – Reduce duration & severity of disease.
- Method.
  - Screening/Diagnostic test.
  - Case finding.
  - Early treatment.
- E.g.
  - Pap smear for cervical cancer.
  - Blood pressure screening.
  - Blood sugar testing.
  - National programme.

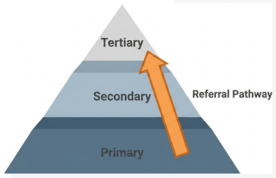
Tertiary Prevention 00 : 20 : 51



- Measure to reduce disability & rehabilitation after disease occurrence.
- Goal → reduce complication & improve quality of life.

- Component.
  - Disability limitation - prevent further damage.
  - Rehabilitation → Restore maximum function.
  - E.g. -physical, mental, social, vocational rehabilitation.
- Example.
  - Physiotherapy after stroke.
  - Rehabilitation for spinal injury.
  - Cardiac rehabilitation.
  - Prosthesis after amputation.
- Primordial - Before risk factor → Prevent risk factor.
- Primary - Before disease → prevent disease.
- Secondary - early disease stage & Rx. → Early diagnosis & Rx.
- Tertiary - after disease → reduce disability & rehabilitation.

Levels Of Care **00 : 30 : 28**



- Tertiary.
- Secondary/Referral Pathway.
- Primary.
- Different stages of health services provided to individual & communities according to the complexity of care needed.

Primary Care



- First level of contact between people and Health Care System.
- Provide basic & essential Health Care Services.
- Focus.
  - Prevention.
  - Promotion.
  - Early treatment.
- Services.
  - Immunization.
  - Antenatal care.
  - Health Education.
  - Family planning.
  - Treatment of minor illness.
- Health Care Centre.
  - Sub Centre.
  - Primary Health Centre (PHC).
  - Health & Wellness Centre.
- Health Care Personnel.
  - ANM.
  - ASHA.
  - Medical officer.
  - CHO (Community Health Officer).

Secondary Care




- Advanced Diagnostics.
- Surgical Facilities.
- Second level of Health Care providing Specialized Services through Specialists.
- Patients are usually referred from primary level.
- Health Care Centre.
  - District Hospital.
  - CHC (Community Health Centre).
  - Sub divisional Hospital.
- Specialist.
  - Pediatrician.
  - Surgeon.
  - Gynecologist.
  - Physician.
- E.g.
  - Appendectomy.
  - Cesarean Section.
  - Treatment of pneumonia.
- Note – First Referral unit (CHC).

Tertiary Care




- Technology.
- Trauma & ICU.
- Advanced Investigation.
- Highest level of health care providing Super Specialist & advanced treatment.
- Services.
  - Specialized Surgeries.

- Intensive Care (ICU & O.T.).
- Organ transplantation.

– Health Care Centers.
- Medical College Hospital.
- AIIMS.
- Super Specialty Hospital.
- Advanced Research Institutes.

– E.g.
- Open Heart Surgery.
- Kidney transplant.
- Cancer therapy.

– Primary Care - First Contact Care → Sub-center & PHC.
– Secondary Care - Specialist Services → CHC & District Hospital.
– Tertiary Care - Super-specialty → Medical College & AIIMS.
– PHC is Cornerstone of Community Health.
– Alma Ata declaration occurred in 1978.
– Referral system - Improve Health Care Efficiency.

MCQs 00 : 54 : 21

1. **A patient is admitted to a Tertiary Care Hospital for a specialized robotic-assisted cardiac surgery. This level of care is best described as:**
   (a) First point of contact between the community and health system,
   (b) Care provided by specialists upon referral from primary care
   (c) Highly specialized, technical care for complex health problems
   (d) Community-based services focused on health promotion

Ans (c) Highly specialized, technical care for complex health problems.

2. **A 45-year-old male with a history of myocardial infarction is participating in a cardiac rehabilitation program to regain his functional strength and prevent further disability. This intervention belongs to:**
   (a) Tertiary Prevention
   (b) Secondary Prevention
   (c) Primary Prevention
   (d) Health Maintenance

Ans (a) Tertiary Prevention.

3. **During a mass casualty incident (Triage), a nurse is assigning color-coded tags to victims. Which level of the health care system does this immediate life-saving intervention represent?**
   (a) Primary Care (b) Secondary Care
   (c) Tertiary Care (d) Restorative Care

Ans (b) Secondary Care.

4. **A nurse is teaching a post-stroke patient how to use a hemi-cane for ambulation. This activity is a component of:**
   (a) Primary Care (b) Secondary Care
   (c) Tertiary Care (d) Continuing Care

Ans (c) Tertiary Care.

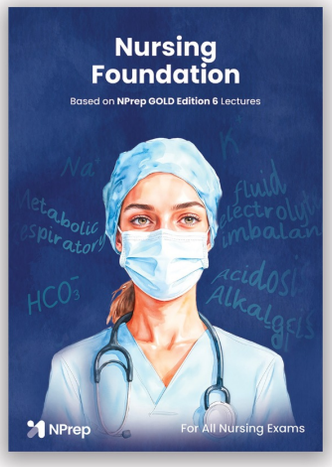
5. **Which of the following is the "Hub" or center of the health care delivery system at the district level in India?**
   (a) Primary Health Centre (PHC)
   (b) Community Health Centre (CHC)
   (c) Sub-Centre
   (d) District Hospital

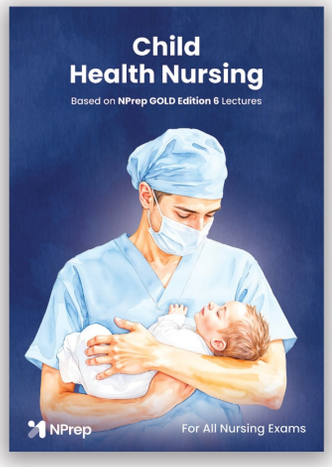
Ans (d) District Hospital.

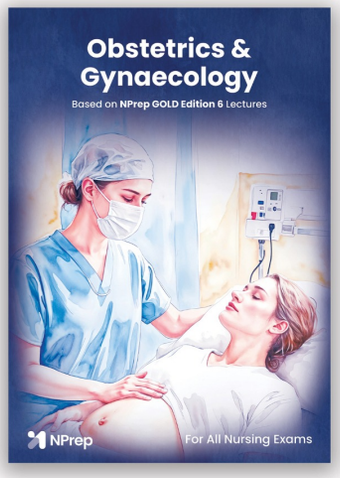
6. **A public health nurse is working on a policy to ban smoking in public places to reduce the risk of lung cancer in the general population. This is an example of:**
   (a) Primary Prevention
   (b) Primordial Prevention
   (c) Secondary Prevention
   (d) Tertiary Prevention

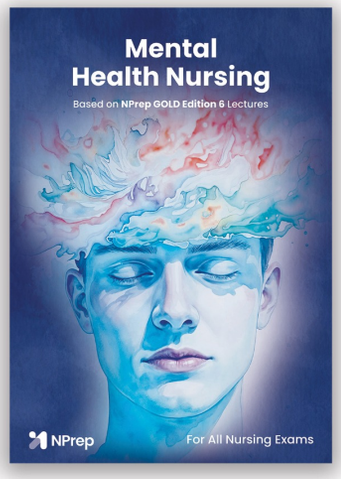
Ans (b) Primordial Prevention.

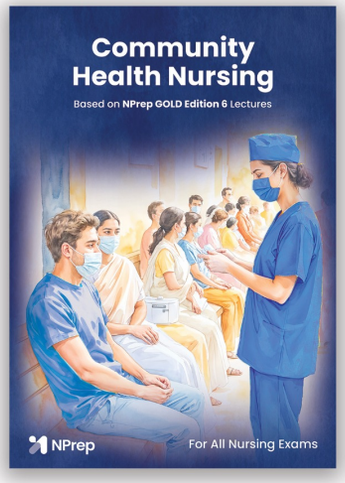
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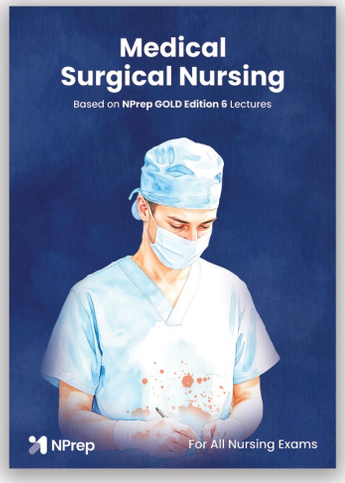












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