

Health Wellness & Illness

Health defined in terms of the presence or absence of disease. Nightingale, 1969: defined as a state of being well and using every power the individual possesses

The World Health Organization (WHO): defines health as "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity"

Wellness and Well-Being

Wellness is a state of well-being. Basic concepts include self-responsibility; an ultimate goal; a dynamic process; daily decision making in the areas of nutrition, stress management, physical fitness, health prevention, emotional health, and other aspects of health the whole being of the individual.

Hamrick, and Rosato (2003)

Seven components of wellness . To optimal health and wellness, people must deal with the within each component :

- * Physical
- * Social
- * Emotional
- * Intellectual
- * Spiritual
- * Occupational
- * Environmental

MODELS OF HEATH AND WELLNESS

Clinical Model

The narrowest interpretation of health occurs in the clinical model. People are viewed as physiologic systems with related functions, and health is identified by the absence of signs and symptoms of disease or injury. Many medical practitioners use the clinical model in their focus on the relief of signs and symptoms of disease and elimination of malfunction and pain. When these signs and symptoms are no longer present, the medical practitioner considers the individual's health restored.

Role Performance Model

Health is defined in terms of the individual's ability to fulfill social roles, that is, to perform work'According to this model, people who can fulfill their roles are healthy even if they appear clinically ill. For example, a man who works expected is healthy even though an x-ray film of his lung indicates a tumor. It is assumed in this model that sickness is the inability to

perform one's work. A problem with this model is the assumption that a person's most important role is the work **role**. People usually fulfill several roles (e.g., mother, daughter, friend), and certain individuals may consider non work roles paramount in their lives

Agent-Host-Environment Model

The model is used primarily in predicting illness rather than in promoting wellness, although identification of risk factors that result from the interactions of agent, host, and environment are helpful in promoting and maintaining health. The model has three dynamic interactive elements:

- 1- Agent
- 2- Host
- 3- Environment

Health- illness Continua

Health-illness continua (grids or graduated scales) can be used to measure a person's perceived level of wellness. Health and illness or disease can be viewed as the opposite ends of a health continuum. From a high level of health a person's condition can move through good health, normal health, poor health, and extremely poor health, eventually to death. People move back and forth within this continuum day by day. There is no distinct boundary across which people move from health to illness from illness back to health. The ranges in which people can be thought of as healthy or ill are considerable.

ILLNESS AND DISEASE

Illness is a highly personal state in which the person's physical, emotional, intellectual, social, developmental, or spiritual functioning is thought to be diminished.

Disease can be described as an alteration in body functions resulting in a reduction of capacities or a shortening of the normal life span. Traditionally intervention by physicians has the goal of eliminating disease processes. Today multiple factors are considered to interact in causing disease and determining an individual's response to treatment.

Etiology of a disease includes the identification of all causal factors that act together to bring about the particular disease, other etiologic factors, such as age, nutritional status, and even occupation, are involved. There are many diseases for which the cause is unknown (e.g., multiple sclerosis, cancer). There are many ways to classify illness and disease; one of the most common is as acute or chronic.

Acute illness is typically characterized by severe symptoms of relatively short duration. The symptoms often appear suddenly and subside quickly, depending on the cause, may or may not require intervention by health care professionals.

Some acute illnesses are serious as: appendicitis may require surgical intervention, but many acute illnesses, such as colds, subside without medical intervention or ,with the help of over-the counter medication

A chronic illness: is one that lasts for an extended period, usually 6 months or longer,

Illness Behaviors

Person 1979 described four aspects of sick role:

Clients are not held responsible for their condition

Clients are excused from certain social and task role

Clients are obliged to try to get well quickly

Clients or family are obliged to seek competent help

Illness Behaviors

Suchman 1979 described five stages of illness :

Stage I : Symptom Experience

Stage II: Assumption of the Sick Role

Stage III: Medical Care Contact

StageIV: Dependent Client Role

Stage V: Recovery or Rehabilitation