



Lecture 1 : Medical Surgical Nursing

Concepts of Health, Wellness and Illness

The WHO defined Health as

A complete state of physical, mental and social well-being and not merely absence of illness.“ or

Health :

A state of complete physical, mental and social well-being, not only the absence of disease or disability.

Wellness & Well-Being:

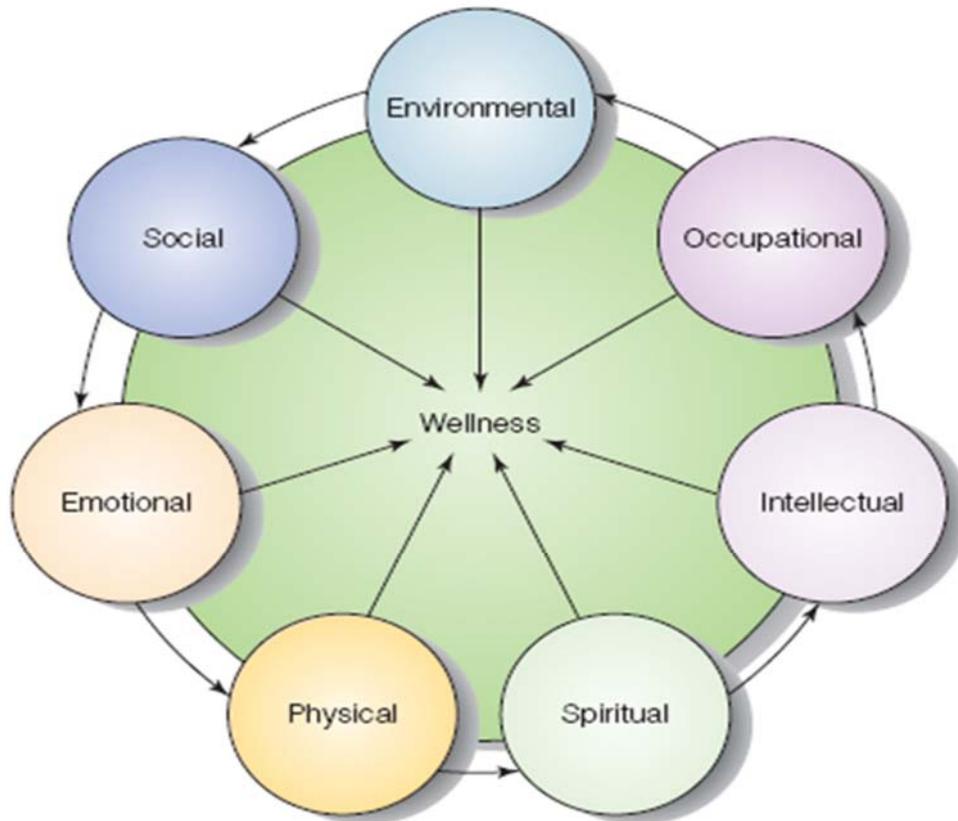
Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being.

The dimensions of wellness includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Each of these seven dimensions act and interact in a way that contributes to our own quality of life. Also the **Wellness is** state of optimal health for the individual.

Illness:

Any abnormality in the functions of body systems. physically, mentally and socially.

Dimensions of Wellness:



Dimensions of Health:

1. Physical Dimension :

The ability to carry out daily tasks, achieve fitness (e.g. pulmonary, cardiovascular, gastrointestinal), maintain adequate nutrition and proper body fat, avoid abusing drugs and alcohol or using tobacco products, and generally to practice positive lifestyle habits.

How to know the forms of Physical Wellness:

(Exercise, good nutrition, care of the body ,Good grooming).

2. Social Dimension:

The ability to interact successfully with people and within the environment. How to know the forms of Social Wellness:

(Satisfying relationships)

3. Emotional Dimension :

The ability to manage stress and to express emotions appropriately, Emotional wellness involves the ability to recognize, accept, and express feelings. How to know the forms of emotional Wellness:

(Being able to understand your feelings and express to him).

4. Intellectual Dimension :

The ability to learn and use information effectively for personal, family, and career development. How to know the forms of Intellectual Wellness: (Ability to think, Good judgment ,A desire to learn, solve problems).

5. Spiritual Dimension :

The belief in some force (nature, science, religion, or a higher power) that serves to unite human beings and provide meaning and purpose of life. How to know the forms of Spiritual Wellness:

(means the person have values, ethics, Hope, Inner strength, A loving attitude, Acceptance, Forgiveness).

6. Occupational Dimension (Vocational):

The ability to achieve a balance between work and leisure(rest) time, A person's beliefs about education, employment, and home influence personal satisfaction and relationships with others.

How to know the forms of Occupational Wellness:



(Satisfied in school and/or job and works well with others).

7. Environmental Dimension:

The ability to promote health measures that improve the level of living and quality of life in the community.

Factors Affecting Health:

- 1-Genetics and human biology.
- 2-Personal behavior.
- 3-Environmental influences.
- 4-Health care.

The Three Types of Health protection:

- 1-Primary :- all practices designed to keep health problems from developing (e.g. immunizations, proper nutrition, stop of smoking, environments).
- 2-Secondary: - early detection, diagnosis, examining, and intervention.
- 3-Tertiary :- caring for a person already ill.