

Chapter 6

Health, Wellness, Illness, and Disability

Health and Wellness (1 of 2)

- According to the World Health Organization, *health* is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
- In recent years, this definition has also included the ability to lead a “socially and economically productive life.”
- *Psychosocial health*
 - Includes social, emotional, intellectual, and spiritual dimensions of one’s life

Health and Wellness (2 of 2)

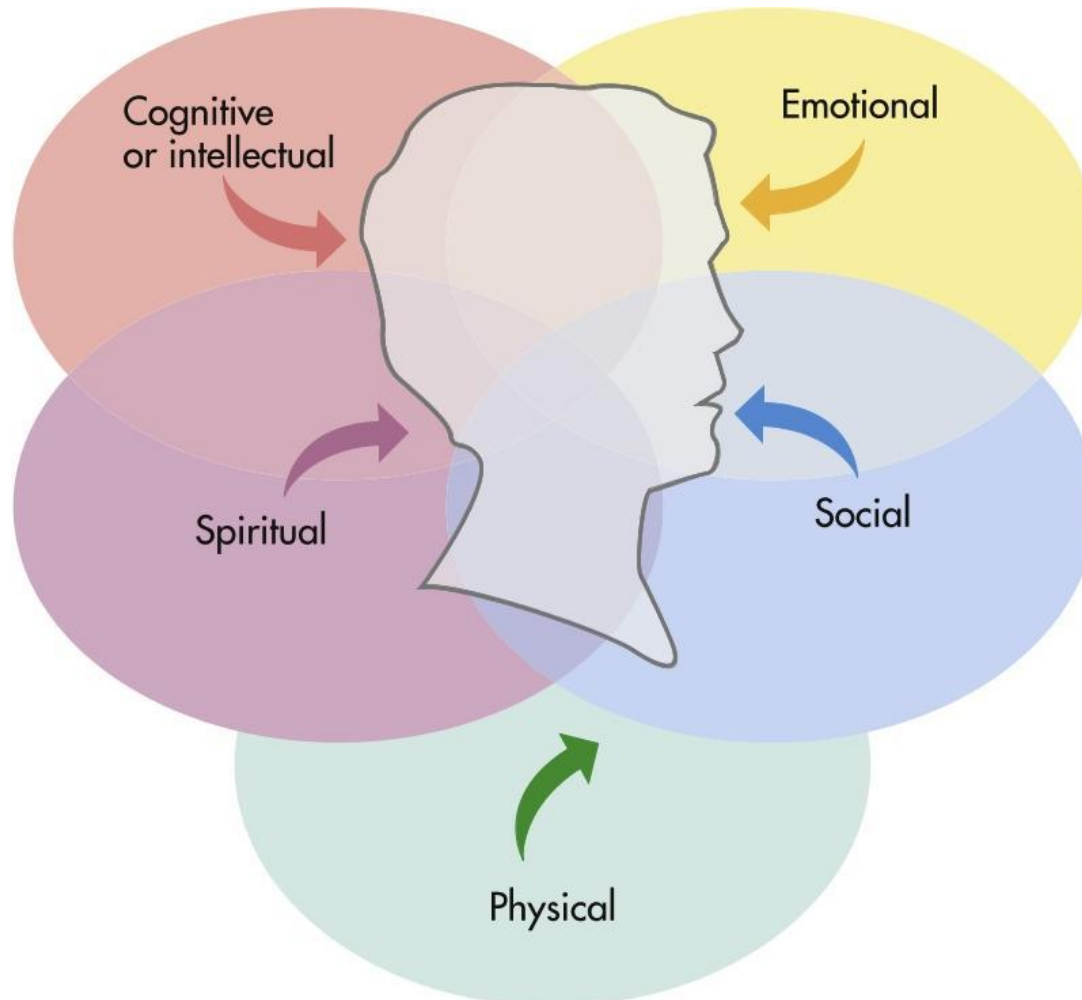
Holism is a concept that considers the whole person.

- The whole person has physical, emotional, social, cognitive, and spiritual parts.
 - These parts are woven together and cannot be separated.
- Disability and illness affect the whole person.

Dimensions of Health (1 of 7)

- Physical health
- Emotional health
- Social health
- Spiritual health
- Cognitive health

Dimensions of Health (2 of 7)



Copyright © 2022 by Elsevier, Inc. All rights reserved

Copyright © 2022 Elsevier, Inc. All Rights Reserved.

Dimensions of Health (3 of 7)

- Physical Health:
 - Influenced by genetics and lifestyle
 - Achieved when the body is strong, fit, and free of disease
 - Living in a smoke free environment
 - Getting a good night's sleep
 - Exercise regularly

Dimensions of Health (4 of 7)

- Emotional Health:
 - When people feel good about themselves; have strong self-esteem, self-control, and self-awareness
 - Ability to function well and adapt appropriately in circumstances
 - Accept help and give help to others
- Emotional health will vary throughout one's life.

Dimensions of Health (5 of 7)

- Social Health:
 - Achieved through stable and satisfying relationships
 - Approach others with respect, warmth, openness, and trust.
 - Most people need and have a social support system.
 - Support workers may be key members of the support system.

Dimensions of Health (6 of 7)

- Spiritual Health:
 - Believing in a purpose greater than the self
 - May or may not involve being a member of a formal religion
 - Respecting the expression of other people's spirituality
 - Belief that life has meaning
 - See textbook box: *Respecting Diversity: Diversity, Health, and Spirituality*

Dimensions of Health (7 of 7)

- Cognitive Health:
 - Keeping the mind active and creative
 - Maintaining curiosity throughout life
 - Promoting your clients' health by encouraging them to take part in activities

 - See textbook box: *Supporting Mrs. Davidson: Maintaining Cognitive Function*

Social Determinants of Health

(1 of 3)

- Circumstances *beyond* our immediate control
- Differences in the health status of individuals and groups are called *health inequalities*
 - e.g. genetics, environment, living conditions
 - See textbook *Box 6.1: Social Determinants of Health: A Comparison Between Canada's Version and the World Health Organization's (WHO's) Version*

Social Determinants of Health

(2 of 3)

- 12 Social Determinants of Health:
 1. Income and social status
 2. Social support networks
 3. Education and literacy
 4. Employment and working conditions
 5. Social supports
 6. Physical environments

Social Determinants of Health

(3 of 3)

- 12 Social Determinants of Health:
 7. Personal health practices and coping skills
 8. Healthy child development
 9. Biology and genetic endowment
 10. Health services
 11. Gender
 12. Culture
- See textbook box: *Case Study: Jason and His Determinants of Health*

Achieving Optimal Health

- Achievement of **optimal health** (or wellness) is the achievement of the best health possible in all five dimensions of one's life:
 - Physical, emotional, social, cognitive, and spiritual dimensions
- Holistic approach to health care
- Health is a continuum.

Culture and Health, Wellness, Illness, and Disability

- Cultures vary in terms of how they treat old and sick members.
- Historically in some cultures, those who were chronically ill, mentally ill, or otherwise deemed “unacceptable” were vulnerable to extermination.
- In Canada, one of our fundamental principles is to accept all people, regardless of their differences.

Personal Factors That Can Influence Health

- Attitude can be defined as a person's beliefs, values, or opinions toward engaging in healthy behaviours.
- Five personal factors that influence health:
 - Personal lifestyle choices
 - Stress
 - Personal beliefs about health care
 - Social relationships and belonging
 - Sense of control

Illness and Disability

- Distinction between *illness* and *disability*:
 - *Illness* is the loss of physical or mental health.
 - *Disability* is the loss of physical or mental function.
- Distinction between *acute* and *persistent* illness:
 - *Acute illness* includes illnesses and disabilities that last for a relatively short period of time.
 - *Persistent (chronic) illness* is an ongoing illness or disability that is slow or gradual in onset, and that may or may not grow worse over time.

Supporting Clients With Illnesses and Disabilities

- Illness and disability usually affects all aspects of a person's life.
- No two clients experience illness and disability in the same way.
- Many factors can affect the way clients experience illness and disability.
 - See textbook *Box 6.2: Common Reactions to Illness and Disability*

Change and Loss Associated With Illness and Disability

- Change in routine
- Change in work life
- Change in family life
- Change in sexual function
- Loss of independence
- Loss of dignity
- Change in self-image

Attitudes of Others Toward Illness and Disability (1 of 2)

- Some people are uncomfortable or fearful when they encounter people with illnesses or disabilities.
 - Some may blame person for their condition.
 - Others may stare or avoid eye contact.
- *Stigma*: shame or social disgrace
- *Discrimination*: unfair treatment

Attitudes of Others Toward Illness and Disability (2 of 2)

- It is important to use language that is inclusive, respectful, and accurate at all times.
 - See textbook *Box 6.3: Suggested Guidelines for Language to Promote Positive Images of People Living With Disabilities*

Caring for Clients With Illnesses or Disabilities

- Always remember to apply the *DIPPS* principles to provide compassionate care:
 - Dignity
 - Independence
 - Individualized care
 - Preferences
 - Privacy
 - Safety