

Health Promotion

Definitions Of Health

- Freedom from disease
- Place on health continuum
- State of complete physical, mental, and social well-being not merely absence of disease or infirmity
- Positive dynamic state

Health Belief Model

- Based in Illness Prevention
- Perceptions of susceptibility and severity
- Modifying Factors
- Cues to Action
- Benefits versus barriers

Health Promotion Model

- Prior Behavior
- Personal Factors
- Benefits/Barriers
- Self-efficacy
- Activity Related Affect
- Influences

Critical Factor:

- Commitment to a Plan of Action

Assessment

- Health
- Health Beliefs
- Health Behaviors
- Family
- Community

Health

- Physical Fitness
- Nutrition
- Health-Risk
- Life-Stress
- Social Support Systems

Health Beliefs

- Locus of Control
- Competence
- Definition
- Motivation
- Self-efficacy



Health Behaviors

- Life Style
- Health Responsibility
- Physical Activity
- Interpersonal Relationships
- Spiritual Growth
- Stress Management

Prochaska's Stages of Change

- Precontemplation – Increase Awareness & Liberate
- Contemplation – Provide Information & Confront with Reality
- Preparation – Aid in Planning/ Educate
- Action – Assist, Support and Reinforce
- Maintenance – Support, Reinforce and Present Reality

Levels of Prevention

- Primary
- Secondary
- Tertiary

Health System Factors

- Type of Facility
- Type of Payment Mechanism
- Level of Services
- Definition of client
- Types of Providers

Nursing Interventions

- Role Model
- Assess
- Provide Information
- Teach/ Educate
- Plan/Empower
- Reinforce
- Evaluate