

Health and Wellness Study Guide Final 2023

Models of Health:

Clinical:

- Defined by the absence of illness, signs, and symptoms of the disease.
- May not seek preventative care or services.
- People who use this model may not seek preventive health services or they may wait until they are very ill to seek care.
- You go to the hospital if you need immediate help (such as a broken something, not a cold you caught).

Role Performance

945, with performance based on societal expectations.

- Illness would be the failure to perform roles at the ~~normal~~ level of others in society.
- EX: If you are sick, you get medicine to help you get back up and running

Adaptive:

- The ability to adjust positively to social, mental, and physiological change
- Illness occurs when the person is unable to adapt
 - Go through a traumatic injury and then you get help with adapting to a new injury (takes a slow process).

Eudemonistic:

- Emphasizes the interactions between physical, social, psychological, and spiritual aspects of life
- Goal attainment and meaning
- May seek out alternative therapies, the council of a priest, rabbis, or minister
- Strive for equilibrium
 - A person dying of cancer may still be healthy if that person is finding meaning in life at this stage of development.

Reasons why the Eudemonistic model is a better, more cost-effective model to use today?

- This was adopted by the healthcare system. After all, it pays the hospitals, doctors, etc more money because people only come when they are in dire need of medical care thus needing more tests, medicine, and procedures done to them, and since every little thing costs money the hospital or facility gets paid either from the patient or insurance company. It is more expensive for the patient. Also, it was adopted because people think they are healthy or they do not have enough money to go to the doctor for every little thing that happens to them.

Why the Affordable Care Act can move America towards a Eudemonistic model?

- This model is better because you are focusing on your health as a whole and emphasizes the interactions within social, spiritual, physical, and psychological aspects of life. You seek out alternative therapies such as ministers, rabbis, etc. It is a more holistic approach to medicine and therefore costs less since you are using different types of holistic treatments instead of the big medications from the big pharmaceutical companies. They don't let their illness slow them down.

Health And Wellness Study Guide

Nicholas Dicicco

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radiology positioning to support expanded medical assisting functions NEW Coverage of telemedicine enhanced infection control related to COVID 19 and catheterization NEW Procedures address IV therapy limited scope radiography applying a sling and coaching for stool collection EXPANDED Information on physical medicine and rehabilitation EXPANDED Content on specimen collection including wound swab nasal and nasopharyngeal collections **Health and Wellness** Gordon Edlin, Eric Golanty, 2004 Outlining the basic principles of physical mental and spiritual wellness this colorful textbook explains how to eat and exercise toward a healthy lifestyle build healthy relationships prevent disease and use drugs responsibly Stress management techniques are described in the appendix The eighth edition discusses SARS West Nile virus and t

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Robert Feldman, 2003-08 **Wellness** Garth D. Ludwig, 1986 *Fitness and Wellness* Armbruster, Carol K. Evans, Ellen, Sherwood-Laughlin, Catherine, 2019 The physical and mental health concepts presented in Fitness and Wellness A Way of Life will point readers toward a healthy lifestyle The guidance on topics such as fitness nutrition weight management stress management and sexual health can lead students to a better quality of life **Resources in Education**, 1996-04

Wellness Study Guide Based on Ten Commandments to be Well Phyllis Dodd, 2008* *For Your Health* Gordon Edlin, 2007 The Great Physician's RX for Weight Loss Jordan Rubin, 2006 Bestselling author Rubin along with Dr Remedios shows how to adopt the seven keys in The Great Physician's Rx for Health and Wellness to create a healthier lifestyle that leads naturally to weight loss to reduce the chances of cancer and to develop a game plan for managing diabetes **The Great Physician's Rx for Colds and Flu** Jordan Rubin, Joseph Brasco, 2006 Jordan Rubin along with Joseph Brasco MD shows readers how to apply the 7 Keys to Health and Wellness and naturally eliminate colds the flu and sinus infections from their lives

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