Concept of health, wellness, and wellbeing

**Health** can be defined negatively, as the absence of illness, functionally as the ability to cope with everyday activities, or positively, as fitness and well-being.

In any organism, health is a form of homeostasis. This is a state of balance, with inputs and outputs of energy and matter in equilibrium (allowing for growth).

Health also implies good prospects for continued survival.

The World Health Organization defines health as "a state of complete physical, mental and social well-being, and does not consist only of the absence of disease or infirmity."

" Though this is a useful and accurate definition, some would consider it idealistic and non-realistic. Using the WHO definition classifies 70-95% of people as unhealthy.

Wellness grew as a popular concept in the West starting in the late 19th century, just as the middle class began emerging in the industrialized world.

Wellness can include using scientifically-based tests and practices to maintain health, as in checking cholesterol, blood pressure, glucose,

Someone who feels "well" may lower stress and enhance their sense of well-being, achieving an enhanced psychological state with proven beneficial effects on various body systems, including blood pressure, gastrointestinal system functioning, and immune response.

**Well-ness**

The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits

wellness - a healthy state of wellbeing free from disease

wellness: healthy balance of the mind-body and spirit that results in an overall feeling of well-being.
There are four major types of health care services, the multiple components of this complex delivery system work together to **produce and provide health care services for persons, groups, and community.**

1- health promotion and illness prevention

**Health promotion** aims to modify a clients knowledge, attitudes, and skills to adopt behaviors leading to a healthier lifestyle.

**Illness prevention** involves the use of immunization and medication that prevent disease and health screening that detect disease in its earliest.

2- Diagnosis and Treatment

Early diagnosis of illness has been the focus of physicians work

Technology advances have allowed physicians to diagnosis illness.

Nurses help clients to understand their diagnosis and treatment and help them participate in their own treatment plans.

3- Rehabilitation

Rehabilitation provides therapies to either restore a clients lost functioning or maintaining the remaining levels of physical and mental function and prevent further deterioration.

4- Supportive care

Supportive care is provided to clients still in need of therapy after treatment for acute or chronic illness or are terminally ill.

Supportive care includes medical, nursing, psychological, and social services. These care can provided in hospital, a nursing home, hospice

The objectives the supportive care is to help clients achieve the highest level of functioning permitting the greatest degree of independence and participation in their community.

**Health care personnel**

**Primary members of the health care team include:**
1- **Registered nurses**: nurses are the largest single group of health care professionals in this country. The evolving health care system has created the need for nurses in many specialties.

Registered nurses focus on health promotion and disease prevention and are major care providers for sick and injured clients.

2- **Physicians**: physicians are the major providers of health services. All state require physicians to be licensed to practice.

3- **Physician Assistants (PAs)**: PAs are not meant to be a separate profession such as nursing. PAs is defined as a member of the health care team who works in a dependent relationship with a supervising physician to provide comprehensive care. PAs are able to provide care to clients and perform certain medical procedures only under the supervision of licensed physician.

4- **Therapists, technologists, technicians, and assistants.**

technicians, and assistants: are prepared in less than 2 years to perform procedures

Therapists and technologists receive more advanced training, they learn to evaluate clients, diagnose problems, and developed treatment plans.

5- **pharmacists**: they provide education and advice about specific drugs, drug interaction, and generic drug substitution.

6- **Alternative practitioners**: non-traditional or alternative therapies include homeopathy, herbal formulas, acupuncture, therapeutic touch, and biofeedback.

7- **Social workers**: social workers help clients and families to cope with problems resulting from long-term illness, injury, and rehabilitation

8- **Spiritual and religious personnel**: pastoral care workers provide spiritual care, which is an integral part of holistic health care, clients and families come from diverse religious backgrounds.
Health Care Settings

The process of health care delivery occurs within a continuum of health care setting and services.

1- **Inpatient settings:** المريض المقيم في المستشفى

   term of **patient** is used to denote care given in the context of an overnight stay in a hospital or other facility.

Inpatient treatment is also provided in long-term care facilities such as nursing home, psychiatric hospital, and rehabilitation centers.

A- **Hospitals:** is an situation with at least six beds whose primary function is to deliver patient services, diagnostic, and therapeutic, for particular or general medical condition.

B- **Emergency Department and Trauma centers (EDs):** provide a range of services for triage care of actually ill and injured clients.

C- **Psychiatric Facilities:** provide diagnosis and treatment services for clients with psychiatric-related illness.

D- **Rehabilitation Centers:** is a long-term services offered to clients who need additional therapy or treatment for recovery from an injury or illness.

E- **Long-terms Care Facilities (LTC):** (**Nursing Home):** describes a rang of health and housing services provided to people unable to care for themselves independently.

F- **Hospice:** is a cluster of special services that addresses the special needs of dying people and their families. It blends خليط medical, spiritual, legal, financial, and family- support services.
2- **Outpatient Settings:** (Called ambulatory Care): Is a services which do not require an overnight inpatient stay in a hospital or LTC facility, thought these institutions may offer these services

A- **physician’s offices:** is the usual setting for most basic outpatient services such as (physical examination, diagnostic and screening services, minor illness care, medication administration, counseling and advice).

B- **Ambulatory Care Center:** provides health services on an outpatient basis to those who visit a hospital or other health care facility and depart after treatment on the same day. These services includes walk-in and emergency services, mobile units, and health promotion centers.

C- **Rural Primary Care Hospitals:** treat a client mix that is disproportionately poor, elderly, uninsured, and underinsured these facilities tend to be smaller than urban hospitals and provide fewer services.

D- **Emergency and Rescue Systems:** Ambulance services and first aid treatment to victims of acute illness, accidents, and disasters by trained emergency medical technicians (EMTs).

3- **Community Settings:** services based in the community are provided through voluntary, public, or proprietary organizations.

A- **Adult Day Care Centers:** (ADC) : a community- based program designed to meet the needs of functionally impaired adults through an individual plan of care and program of nursing care, rehabilitative therapies, Supervision, and socialization that enable a person to remain in the community.

B- **Respite Cre**