

**Tishk International University  
Science Faculty  
Medical Analysis Department**



# **Primary Healthcare**

## **Lecture 2 part 2**

**4th Grade- 2020 – 2021**

**Instructor: Dr. Nabeel A. Fattah**



# PERSPECTIVES OF HEALTH and DIMENSIONS OF HEALTH



# Objective

- Define two Perspectives of health
- Examine and discuss the Dimensions of health



# Health

Health has a number of dimensions. These include

- Biological
- Environmental
- Broader societal aspects

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.



# Wellness

Smith (2013) states that health and wellness are not synonyms.

Health refers to the physical body being free from illness, but the term wellbeing is more extensive and refers to the general balance of the individual.

- Physical,
- Social,
- Spiritual,
- Emotional,
- Intellectual,
- Environmental
- Occupational well-being.



## Task 1 – Lecture 2

What being healthy means by you?

For example: Good sleeping

Write 5 points

Share your answer with your selected students (group work of 5 students)

Then group the answers to categories and give each category a name.

Example:

Student A, has 5 answers

Student B, has 5 answers

Student C, has 5 answers

Student D, has 5 answers

Student E, has 5 answers



Use a list of wellness categories for your homework

1. Physical well-being
2. Social well-being
3. Spiritual well-being
4. Emotional well-being
5. Intellectual well-being
6. Environmental well-being
7. Occupational well-being
8. Financial well-being

Group 1, has 25 answers → put answers in categories

Save a file in a PDF format and send it to:  
[nabeel.fattah.tiu@gmail.com](mailto:nabeel.fattah.tiu@gmail.com)

The deadline is before the day of exam



Poor people struggling to survive are likely to make the following claims about being healthy:

- Making enough calories for you to eat
- Having a job
- Living in a real house





People who have the basic needs of life and are better off are likely to make the following statements:

- eating the right food
- working without too much stress
- having regular holidays, relaxing and enjoying myself



# Different Perspectives of Health

1. The Biomedical model
2. The Social Mode



## Task 2 – Lecture 2

Discuss how health practitioners who are registered

- The biomedical model and
- The social model

View and address the following health issues?

1. HIV
2. Malnutrition
3. Disability

Work in group, do not send it to me.

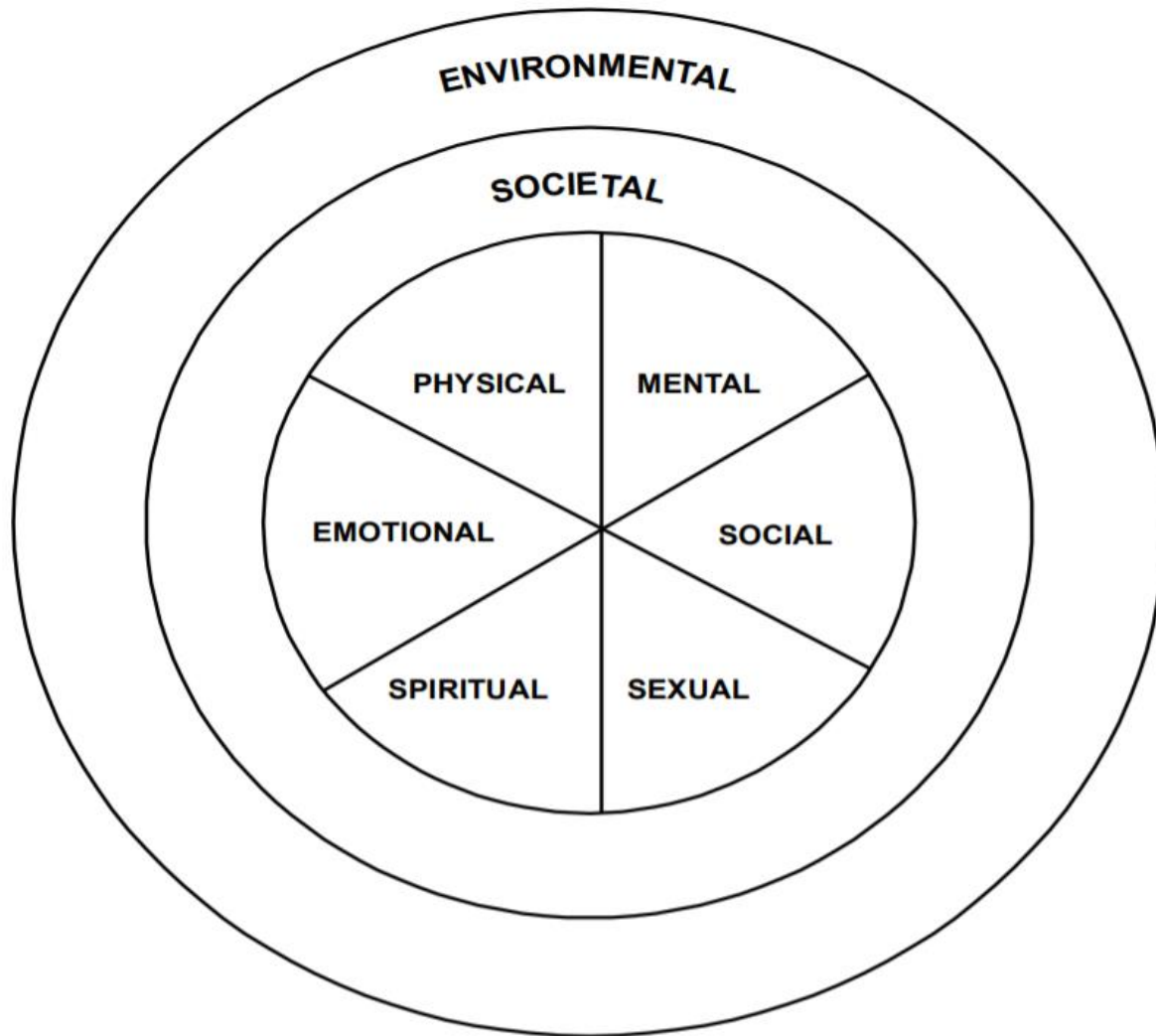


# The Dimensions of Health

The various dimensions of wellbeing are that when people talk about being good, they relate to a variety of different aspects of their health.

Lives daily.

# Dimensions of Health





# Physical health

The feeling of well-being and the lack of pain and discomfort in one's body.

The capacity to optimal way use motor and sensory functions to perform one's daily living activities.



# Social health

This is the ability to communicate with individuals and the world well and to have interpersonal interactions that are fulfilling.



# Intellectual health

Individuals who are mentally stable react appropriately. They feel good with themselves; they openly experience feelings, but fears, rage, envy, guilt and worries are not bowled over. They do not underestimate or overestimate their intellectual ability; they accept their limitations while respecting themselves.





# Emotional health

This is the ability to control and adequately express emotions.



# Spiritual health

The belief in some unifying force which provides life with meaning and direction. Nature, scientific laws or a belief in God can explain this power.



# Sexual health

Physical, emotional, mental and community well-being linked to sexuality is sexual wellbeing. The absence of illness, dysfunction or infirmity is not merely the case.

A positive and compassionate approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and healthy sexual encounters, free from abuse, discrimination and violence, are needed for sexual health. The sexual rights of all individuals must be secured in order for sexual wellbeing to be achieved and preserved.



## **For next lecture we will use**

Puoane, T. & Hutchings, C. (2009).

Understanding health and illness. In

Zweigenthal, V, et al. Primary Health Care.

Fresh Perspectives. 23-47. Cape Town:

Pearson Educating and Prentice Hall.

