



# **Models of Health and Illness**

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A **model** is a theoretical way of understanding a concept or idea.

Models represent different ways of approaching complex issues.

Nurses developed various health models to provide effective health care.

The nursing models allows the nurses to understand and predict patients' health behaviour.

1. Health Illness Continuum Model

2. Health Belief Model

3. Health Promotion Model

4. Maslow's Hierarchy Of Needs / Basic Human Needs Model

5. Holistic Health Models

Nursing  
models

**Health Illness Continuum model** is a scale showing high level of wellness on one end and premature death on the other side of scale

The health illness continuum is a graphic illustration of a well being ,concept first proposed by **John. W. Travis in 1972.**

It describes how wellbeing is more than simply an absence of illness , but also incorporates the individuals mental and emotional health.

# Health Illness Continuum Model





# The 6 components of personal health consist of:

1. **Physical health:** Is our body functioning as well as it could be?
2. **Emotional health:** Can we express ourselves adequately?
3. **Mental health:** Does stress consume us or can we cope when needed?
4. **Social health:** Do our friends and family help us or hinder us?
5. **Environmental health:** Is our air, water, and food clean and safe?
6. **Spiritual health:** Are we following our own code of ethics, morals and values?



# Nursing models

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The **health belief model** is a social psychological health behavior change model developed to explain and predict health-related behaviors, particularly in regard to the uptake of health services



# Health Belief Model

## Modifying Factors

Age  
Gender  
Geographic Location  
Education  
Ethnicity  
Health Knowledge  
Immigration Status  
Income  
Race  
Wealth

## Individual Beliefs

Perceived Susceptibility to Disease  
Perceived Severity of Disease  
Perceived Benefits of Preventative Action  
**Perceived Barriers to Preventative Action**  
Perceived Self-efficacy

## Actions

Individual behaviors

↑  
Cues to action  
Media campaigns

Friend/family member's illness

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The **Health Promotion Model** was designed by Nola J. Pender to be a “complementary counterpart to models of health protection.”

The health promotion model describes the **multidimensional nature of persons** as they interact within their environment to pursue health.

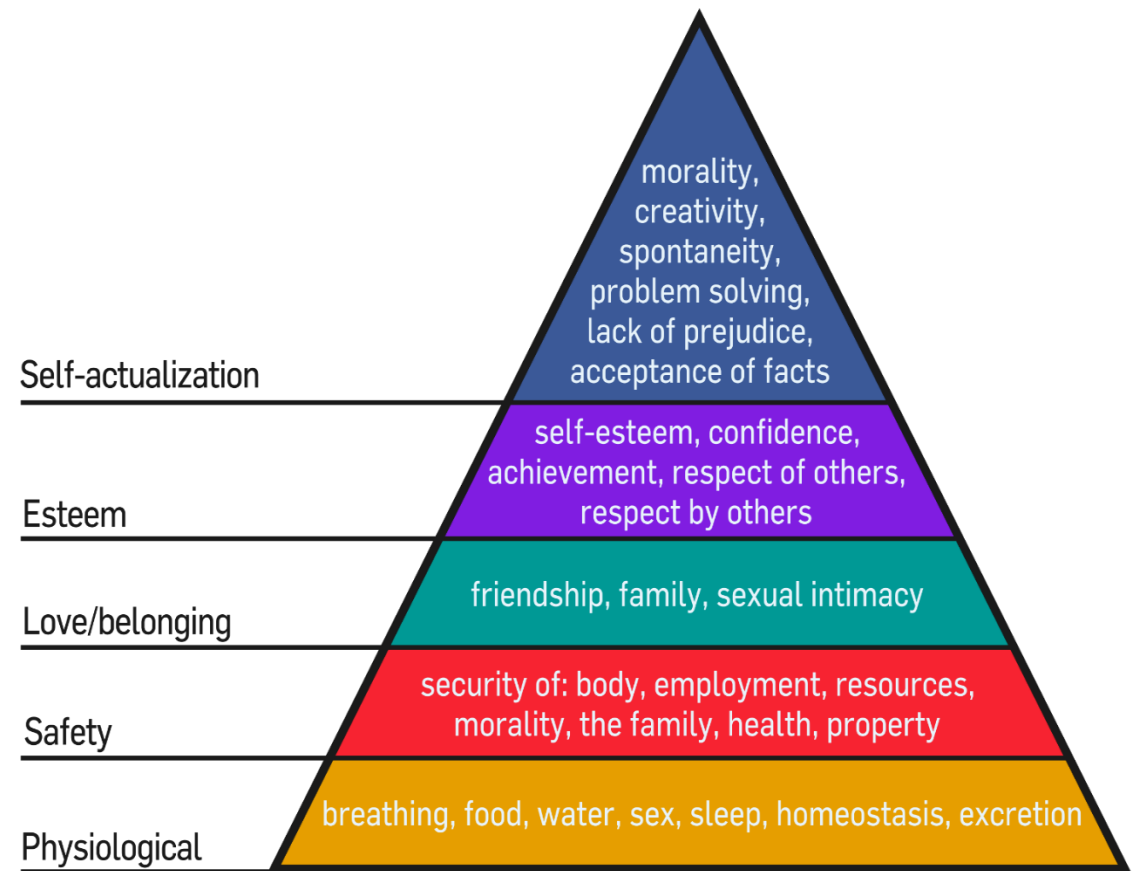
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**Maslow's hierarchy** of needs is a theory of motivation which states that five categories of human needs dictate an individual's behavior.

**Those needs are :**

1. Physiological needs
2. Safety needs
3. Love and belonging needs
4. Esteem needs
5. Self-actualization needs



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The American Holistic Nurses Association describes the holistic care model as a **"Practice that has healing the whole person as its goal."**

This model treats each patient as an individual participating in their own care and takes their preferences and beliefs into account instead of simply focusing on their physical ailments.

