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2020 Models of
Health: Clinical:

- 	Defined by the absence of illness signs and symptoms of disease.
- 	May not seek preventative care or services.
- 	People who use this model may not seek

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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 ...

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paradigms: a.	
Wellness-illness
continuum i.	

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portrayal of health
and illness ranging
from high- level

wellness to

depletion of health

1.	High-level

wellness is a sense
of well-being life

satisfaction and

quality of life

a.	Involves

progression toward

higher level of

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Nursing is an art
and science. Art:

deliver care w/
compassion, care
and respect.

Science: practice
knowledge and
evidence-based
practice. Definition
of Nursing by ANA
and other

organizations (read

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...

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health is the part of health that deals with the body. 7

healthy habits. 1.

Eat a balanced diet. 2. Participate in plenty of physical activities.

3.

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wellness. priority
healthy lifestyle
choices.
components of
health and
wellness. freedom
of disease and a
state of optimal
physical, mental,

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so... positive
component of
health that
involves having
good quality.... one
of the key lifestyle
choices (regular
physical activity,
S....

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and weight manag
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promotion, chronic
diseases, and

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Hereditry,
environment,
culture, peers,
media, technology,
behavior, attitude.

What are the
6-steps of goal
setting? 1. State
the question 2. List
the options 3.

Weigh the possible

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outcomes 4.
consider the values
5. Make a decision
and act on it 6.
Evaluate the
decision. YOU
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Physical. -Consume
a healthy diet and

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Align the correct nutrition. -Lean protein. -Fruits and vegetables. -Whole grains. -Healthy fats. -Be physically active. -Play sports. -Weight training.

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Health is defined

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as the overall
mental and
Study Guide
physical state of a
Answers
person; the
absence of disease.
This isn't entirely
the same thing as
wellness. Wellness
refers to the state
of being in
optimal...

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A Grade /
School graded Unit
5 Edelman: Ch4
1.	The

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Relationship a.&Ta
b;Nurse-person

interaction is an interpersonal process in which both parties have an emotional involvement with each other there is a degree of mutuality and reciprocity whereby needs and

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expectations are
shared
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b.	Successful
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of quality health
information. In
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dedicated to
Morgan Leslie
Segal, whose tragic
suicide might have
been prevented if
she had access to
better information.

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