

Summary

Submission Id: c0e3aef6-e739-4649-834e-4a6066e463a0

 861 Words

3% SIMILARITY SCORE 1 CITATION ITEM 14 GRAMMAR ISSUES 0 FEEDBACK COMMENT

Internet Source 0%

Institution 3%

Health-Illness Continuum

Student's Name

Department, Institution Affiliated

Course Title

Tutor's Name

Date

Health-Illness Continuum

Importance of Health-Illness Continuum Perspective

The Health-illness continuum gives a graphic presentation of the state of health. It is a concept first put forward by John W. Travis in 1972. The idea acknowledges that the absence of signs and symptoms does not mean a person is well. Instead, people are in a constant dynamic state, either towards getting sick and debilitated or attaining optimum health based on their current life practices. The graphic presentation consists of two arrows facing opposite directions, so the centre is the neutral point. From the neutral point, moving towards the right would indicate one is getting better in health, which can be achieved through education, increased awareness, and growth. On the other hand, moving from the neutral point towards the left would be a poor prognostic factor because it would mean one's health is deteriorating and likely to cause premature death (Firstcall, 2017).

The continuum is important in healthcare, especially when caring for the elderly sick. Regardless of how severely ill a person might be, signs of movement to the right in the continuum can be used to show recovery and give hope to such patients. The continuum works as a promoter of health and the elderly, who are more vulnerable to diseases. In the advanced age, they tend to have chronic illnesses, and activities such as exercise are difficult at this stage. Therefore, using the health-illness continuum can be used to foresee the prognosis of an older adult based on their current status, and initiatives can be taken to tip the scales towards the right side of the continuum (Wickramathne et al., 2020).

Healthcare provider promotion of human value and dignity using health-illness continuum

As a physician, understanding the health-illness continuum enables them better to explain the disease progression process to their clients. An all-around aspect of health, including mental well-being, is incorporated with the use of the continuum. The step-by-step demonstration of each step towards the right or the left and factors contributing to each stage is better visualized. the use of the continuum allows the physician to easily point out the current patient state of health without making them feel judged. For instance, an obese individual may take it less offensively when this fact is pointed out in relation to their health. Human dignity is preserved and makes it easier for the caregiver to instils a positive attitude for change. Moreover, for the individuals on the right side of the continuum, a physician pointing out this fact inspires more committed to maintaining a healthy lifestyle as they can see the benefits from the graphic presentation.

My Overall State of Health

At the moment, my overall state of health falls on the right side of the continuum but not at the extreme right of the continuum. With a body mass index of 27, I am morbidly obese, and this has limited me in my ability to participate in physical activities to some extent actively. Being in medical school takes a bit of a toll on the mind due to the constant need to keep abreast with my studies, and therefore I can not have the peace of mind I would want. Physically, in as much as I walk a lot too and from classes, this is not the maximum exercise for fitness. The

Spelling mistake: centre → center

Collocation error: better in health

on the other hand (... On the other hand → But

Spelling mistake: Firstcall → Fiscal

Use of whitespace before comma and but (→ (

Spelling mistake: Wickramathne

Checks that a sentence starts with: the → The

Spelling mistake: instils → instill

at the present time, at... At the moment → Now

amount I spend on training barely manages to reach 150 minutes of minimal intensity exercise per week. Nevertheless, I feel healthy, my spiritual health is optimum, and the environment is conducive, reinforcing my shift to the right side. However, the balancing factors on my excellent health are precarious, and any small tip in the scale is likely to shift me to the left side of the health-illness continuum.

Resources available to improve my wellness

Available resources that can improve my wellness include a guidance and counselling department in the medical school, which occasionally organizes mental health awareness campaigns and sessions for students to internet and express their concerns. Engaging in such a forum can help relieve stress built through academics and exams. There is also the school gymnasium with professionals ready to engage one in aerobic exercises. This provides a venue and motivation to keep fit. Besides the gymnasium, the school does offer a field for outdoor sports, and have from time to time, the school organizes competitive sports and exhibitions. Participating in such activities goes a long in breaking monotony and improving mental health. Aerobic exercises help improve my cardiac efficiency and burn excess calories, which drive my status to the extreme right of the health-illness continuum. In optimum health, the ability of the body to fight infection is high, the severity of symptoms tends to be less severe, and recovery times are markedly reduced. The risk of developing chronic comorbidities such as hypertension or diabetes is greatly diminished. Control of my diet by reducing junk food and increasing intake of healthy foods boost immunity which is critical in keeping lifestyle diseases at bay.

Spelling mistake: counselling → counseling

Spelling mistake: cardiac → cordiac

References.

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Spelling mistake: Firstcall.org

Spelling mistake: Wickramaratne

Student: Submitted to Grand Canyon University

