

INTRODUCTION TO HEALTH AND ILLNESS

Chapter Writers:

- ¹ **Viresh Sunil Mahajani**, Education - MSc Medical Surgical Nursing (CVTN) Working at Training College of Nursing, Dr. VMGMC and SCSMGH, Solapur
- ² **Dr Sandeep G Kolaskar**, Associate Professor, Dr. Panjabrao Deshmukh Nursing Institute, Amravati, Maharashtra
- ³ **Dharmveer Yadav**, Associate Professor, Medical surgical nursing Sri Ganganagar College of Nursing, Faculty of Nursing Tanta University, Sri ganganagar
- ⁴ **Ms. Nidhi**, Associate Professor Subharti Vivekanand University Panna Dhai Maa Subharti Nursing College, Meerut, Uttar Pradesh
- ⁵ **Dr. S.Suvitha**, Associate Professor, Mother Theresa Post Graduate and Research Institute of Health Sciences, Indira Nagar, Gorimedu, Puducherry

INTRODUCTION TO HEALTH AND ILLNESS

The notions of health and illness are essential to comprehending human well-being. Health is a condition of whole physical, mental, and social well-being rather than only the absence of sickness. The World Health Organization (WHO) put out this definition, emphasizing that health is a comprehensive idea impacted by biological, psychological, social, cultural, and environmental elements. According to this concept, living circumstances, social connections, and emotional stability are all very important for general health. Contrarily, illness describes a person's experience of poor health, which may or may not be connected to a disease that has been officially diagnosed. Illness is subjective and influenced by one's own emotions, beliefs, and social surroundings, whereas disease is a bodily condition recognized by medical authorities.

Contemporary viewpoints acknowledge that health and illness are not fixed states but rather exist on a continuum. Because of their environment, genetics, stress, lifestyle choices, and access to healthcare, people travel along this continuum throughout their lives. Promoting prevention, efficient treatment, and health fairness requires an understanding of health and illness. It assists people, groups, and healthcare systems in addressing mental and social issues that affect general quality of life in addition to medical ailments.

In the social sciences, medicine, and healthcare, health and illness are fundamental ideas. They influence how people view their bodies, choose their lifestyles, and look for medical attention. Professionals and communities may enhance quality of life, reduce sickness, and promote well-being by comprehending these ideas.

Definitions -

Health –

- The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.
- Health is the ability to perform daily activities and fulfill social roles effectively. A person is considered healthy if they can work, study, and participate in society without limitation.
- Health is a state of overall well-being of the whole person, integrating physical, mental, emotional, social, and spiritual dimensions.

Illness –

- Illness is the personal experience of disease and how an individual perceives, lives with, and responds to symptoms.
- Illness is a condition of poor health that interferes with a person's ability to perform normal daily activities.

Nursing –

According to Virginia Henderson -

Nursing is assisting the individual, sick or well, in the performance of activities contributing to health, recovery, or peaceful death that the person would perform unaided if they had the necessary strength, will, or knowledge.

American Nurses Association (ANA)

Nursing is the protection, promotion, and optimization of health and abilities; prevention of illness and injury; alleviation of suffering through the diagnosis and treatment of human responses; and advocacy in the care of individuals, families, communities, and populations.

Concept of health –

The way that health is perceived, defined, and understood in connection to people and society is referred to as the notion of health. Health is a dynamic, multifaceted notion that is impacted by social, cultural, mental, physical, and environmental elements rather than a static state.

1. **Health as Absence of Disease:** In the past, health was thought to be the absence of illness or disease. Physical functioning and medical treatment are the primary focus of this biological paradigm.
2. **Health as Functional Ability:** According to this theory, health is defined as the capacity to carry out everyday tasks and successfully carry out social obligations. If a person is able to work, learn, and engage in family and community life, they are deemed healthy.
3. **Health as Equilibrium or Balance:** A state of equilibrium between the body, mind, and surroundings is referred to as health. When this equilibrium is upset, illness results.
4. **Health as Well-Being:** According to this theory, health encompasses all facets of life—physical, mental, emotional, social, and occasionally spiritual.

5. **Health as Adaptation:** Health is the capacity to adjust to and manage social, emotional, and physical difficulties. If a person can manage their chronic condition and lead a productive life, they may still be deemed healthy.
6. **Health as a spectrum:** From ideal wellbeing to serious disease and death, health and illness are on a spectrum. Throughout their lives, people travel along this continuum.

Dimensions of Health -Health are a multidimensional concept. It includes several interrelated dimensions that together determine an individual's overall well-being.

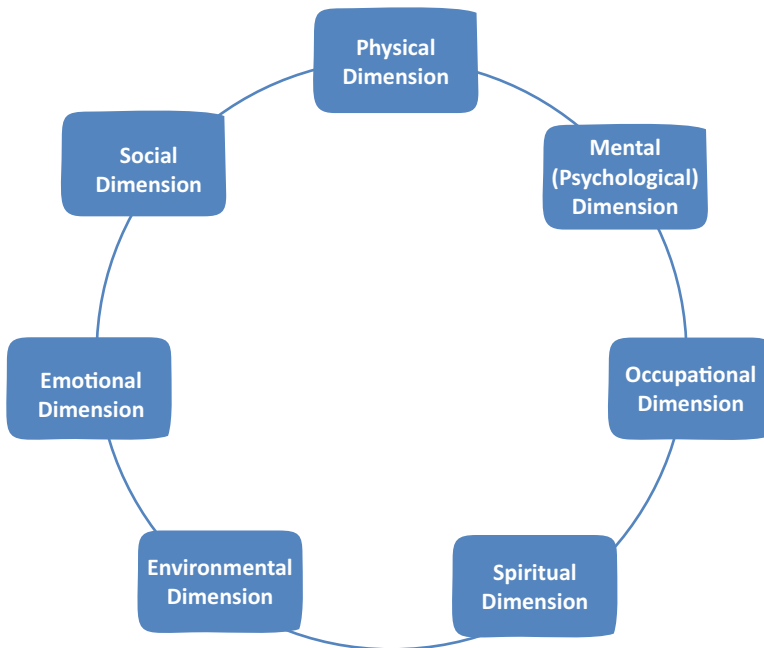


Figure –1: Dimensions of health

1. **Physical Dimension:** This describes how the body and its systems normally operate. Comprises healthy eating, physical activity, rest, personal hygiene, and the absence of illness.
2. **Mental (Psychological) Dimension:** Concerns thinking, feelings, and coping mechanisms. It comprises emotional stability, self-worth, decision-making, and stress management.
3. **Social Dimension:** This refers to the capacity to establish and preserve deep connections. It comprises social interaction, community involvement, communication skills, and familial support.
4. **Emotional Dimension:** This refers to the capacity to identify, communicate, and regulate emotions in a healthy manner. It comprises emotional equilibrium, self-control, and resilience.

5. **Spiritual Dimension:** Associated with a feeling of life's meaning, purpose, and values. May consist of morals, inner serenity, religion, and convictions.
6. **Environmental Dimension:** This dimension deals with how people interact with their surroundings. It comprises pollution control, sanitation, clean water and air, and safe housing.
7. **Occupational Dimension:** This refers to contentment and harmony in work or productive endeavors. It comprises stress management, work-life balance, and job satisfaction.

MASLOW'S HIERARCHY OF NEEDS

Maslow's Hierarchy of Needs is a motivational theory proposed by Abraham Maslow (1943). It explains human motivation as a progression of needs arranged in a hierarchy, where lower-level needs must be satisfied before higher-level needs can be addressed. The hierarchy is usually represented as a pyramid with five levels.

1. **Basic Needs, or Physiological Needs** - These are the most fundamental and necessary requirements for survival.

For instance:

Oxygen, Water and food, Rest and sleep, Regulation of body temperature, Elimination

Relevance to Nursing and Health: A person cannot concentrate on higher-level requirements if their physiological needs are not satisfied. These needs, such as maintaining proper nourishment, hydration, and airway, are given first priority by nurses.

2. **Security and Safety Requirements** - After their physiological demands are satisfied, people look for security, stability, and safety.

For instance:

Physical safety Health and bodily security, A secure setting, Safety of finances, Defense against worry and fear

Importance in Health and Nursing: Key nursing duties include maintaining infection control, preventing falls, providing a safe hospital environment, and guaranteeing mental stability.

3. **Needs for Love and Belonging** - Social and emotional ties are part of these demands.

For instance:

Love and affection Family ties, Friendship, Interaction with others, A feeling of inclusion

Relevance to Health and Nursing: Hospitalization and illness can lead to loneliness. In order to meet these needs, nurses promote therapeutic communication and family involvement.

4. **Needs for Self-Esteem** - Self-respect and other people's acknowledgment are related to esteem needs.

For instance:

Self-assurance Self-reliance, Success, Acknowledgment and deference, A feeling of proficiency

Importance in Health and Nursing: Meeting esteem demands is facilitated by promoting patient autonomy, upholding dignity, and recognizing advancements.

5. **Needs for Self-Actualization** - Reaching one's maximum potential is the greatest level in the hierarchy.

For instance:

Individual development, Originality, Solving problems, Self-satisfaction, Pursuing objectives and a purpose

Importance in Health & Nursing:

Despite sickness, patients can strive for self-actualization through coping, acceptance, education, and personal growth.

Important Aspects of Maslow's Theory -

- The sequence of needs is hierarchical.
- Before higher requirements arise, lower needs must be partially met.
- People can climb and descend the hierarchy.
- Needs are influenced by individual and cultural factors

Utilizing Maslow's Hierarchy in Nursing-

- Aids in making patient care a priority.
- Directs nursing care planning and assessment
- Guarantees comprehensive treatment (social, psychological, and physical).
- Beneficial in critical care and emergency situations

Maslow's Hierarchy of Needs explains human motivation through five levels of needs—physiological, safety, love and belonging, esteem, and self-actualization—arranged from basic survival needs to personal fulfillment. Maslow's Hierarchy of Needs is commonly represented as a pyramid with five levels. The needs at the base of the pyramid are the most basic, and as these needs are satisfied, individuals move upward toward higher-level needs.

1. **Needs for Self-Actualization at the Top of the Pyramid** -The desire to realize one's greatest potential is represented by this highest level. It encompasses self-fulfillment, problem-solving, creativity, and personal development.
2. **Fourth-Level Needs for Esteem** - Self-respect, confidence, accomplishment, and acknowledgment are all part of this level. Feelings of competence and worth are produced when these demands are met.
3. **Needs for Third-Level Love and Belonging** - Emotional ties like friendship, family, affection, and social acceptability are all part of these requirements. People need to feel connected to and loved by others.
4. **Needs for Second-Level Safety and Security** - This level prioritizes stability and safety. Physical safety, health security, shelter, and the absence of fear and anxiety are all included.
5. **The Physiological Needs Base of the Pyramid**-These are necessities for fundamental survival, including food, drink, oxygen, rest, and excretion. They must be satisfied first since they serve as the pyramid's base.

Key Point for Diagram

- Needs are arranged from bottom to top
- Lower-level needs must be met first
- Movement is upward as needs are satisfied
- Commonly drawn as a five-level pyramid

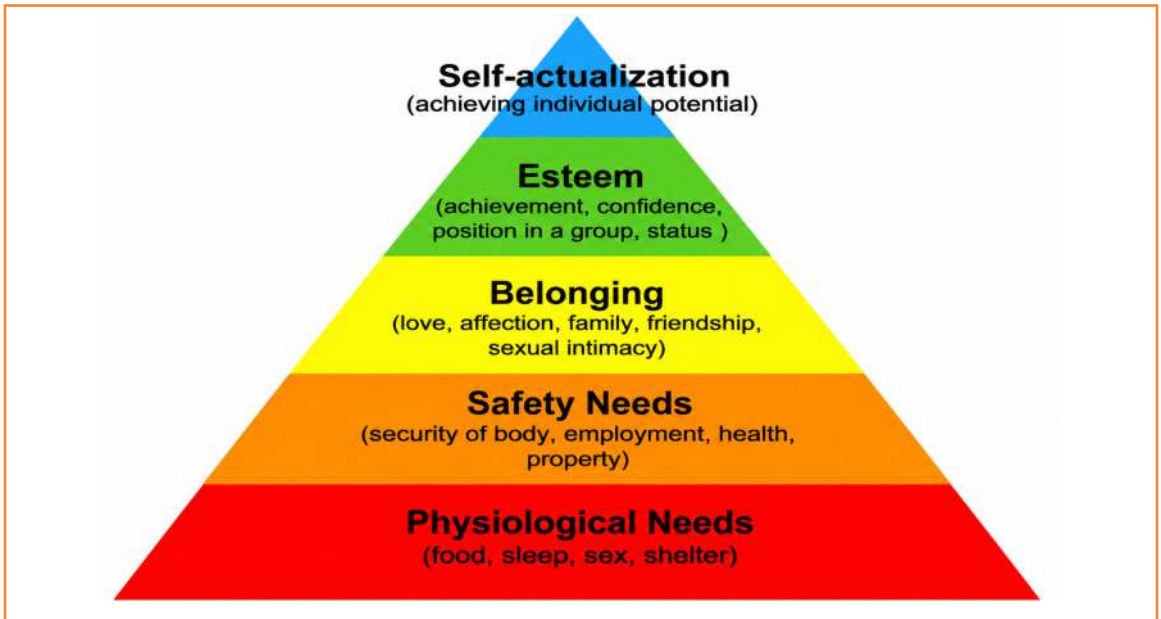


Figure -2: Maslow's Hierarchy needs

HEALTH – ILLNESS CONTINUUM

The Health–Illness Continuum is a model that views health as a dynamic and changing state, rather than a fixed condition. It explains that health and illness exist on a continuous line, and individuals move back and forth along this line throughout their lives depending on various factors.

Definition

The Health–Illness Continuum is a theoretical model that describes health as a dynamic and ever-changing process. It illustrates that individuals are not simply “healthy” or “ill,” but exist at various points along a continuum ranging from high-level wellness to death.

Concept of the Health–Illness Continuum

According to this approach, health and sickness are progressive stages of well-being rather than the opposite ends of a single occurrence. A person may exist in a state halfway between total health and total illness. This continuum has other stages in between, with perfect wellness at one end and mortality at the other. The continuum highlights the following:

- Illness and health are not mutually exclusive conditions.
- Individuals are continuously shifting along the continuum.
- A sick person can nevertheless be happy.
- Physical, mental, emotional, and social functioning are all part of health.

Levels of the Health–Illness Continuum - it includes the following steps -:

Superior Well-Being –

- The body and mind operating at their best
- Excessive vitality and stress reduction
- Pay attention to promoting health
- Examples include consistent exercise, a healthy diet, and emotional stability.
- Healthy lifestyle choices
- Robust interpersonal connections

Good Health-

- The absence of a major illness
- There could be some minor discomfort or tension.
- Example - For instance, occasional weariness or headaches but general health.
- Capable of carrying out everyday tasks

Normal Health-

- No disease has been identified
- A little imbalance in one's physical or mental health
- May disregard health precautions

Mild Illness-

- Mild or transient health issues
- With treatment, recovery is typically rapid.
- Examples include -a common cold, a brief illness, and mild worry.
- The symptoms are apparent but controllable.

Moderate Illness –

- Daily activities are hampered by illness
- Needs medical attention and lifestyle modifications
- example - Diabetes and managed hypertension.

Serious Illness -

- A serious or long-term illness
- A greater reliance on medical services
- Examples include advanced mental illness, cancer, and severe heart condition.
- Significant functional limitations

Death –

- Disease that is progressive and irreversible
- A focus on palliative and hospice care
- Comfort and quality of life become more important than cure.

Demise -

- The continuum's last phase
- Factors Affecting Movement along the Continuum
- Biological life's demise

Individuals move back and forth along the continuum due to:

- Lifestyle choices (diet, exercise, substance use)
- Stress and coping mechanisms

- Genetic factors
- Access to healthcare
- Environmental conditions
- Social and emotional support

Importance of Health–Illness Continuum in Nursing

- Helps nurses assess a patient's health status
- Guides care planning and prioritization
- Emphasizes health promotion and disease prevention
- Encourages holistic patient care
- Useful in chronic illness management

High-Level Wellness → Good Health → Normal Health → Mild Illness → Severe Illness → Terminal Illness → Death

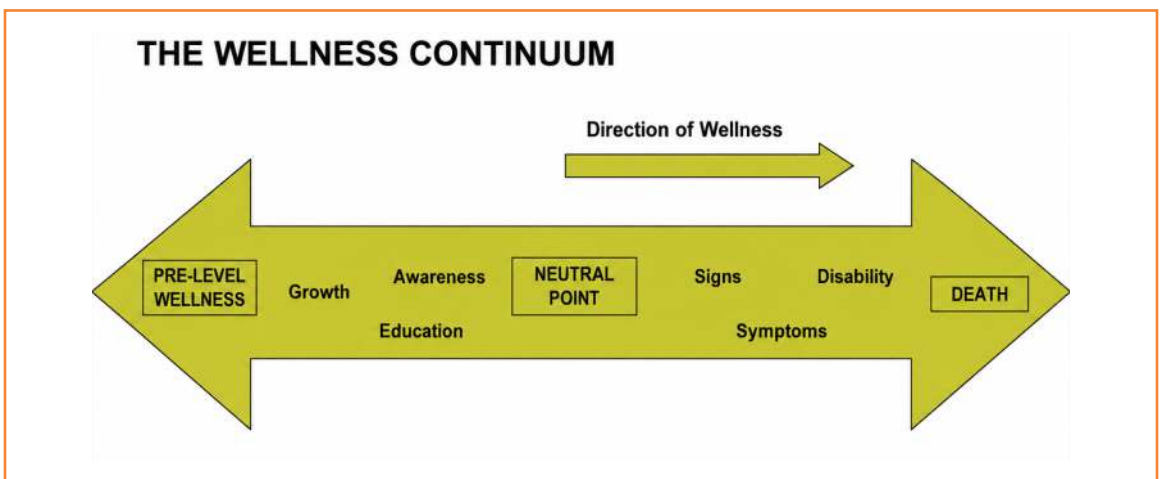


Figure – 3 Health and illness continuum

The Health–Illness Continuum is a dynamic model that views health and illness as a continuous process, allowing individuals to move between wellness and illness throughout their lives.

FACTORS INFLUENCING HEALTH

1. Biological Elements -Inborn or genetic characteristics that impact health are known as biological factors.
 - a) **Age**
 - varied life stages have varied health needs.
 - Older people and infants are more susceptible to disease.
 - b) **Gender and Sex**
 - Certain illnesses are exclusive to a certain sex.
 - Health status is impacted by hormonal variations
 - c) **Hereditary and Genetic Factors** **Disease susceptibility is influenced by inherited traits.** For example, sickle cell anemia, diabetes, and high blood pressure

2. Environmental Aspects

A significant factor in influencing health is the environment.

a) The Physical Setting

- Pure water and air
- Sanitary conditions and safe housing
- Pollution and climate

b) The Environment of Biology

- The existence of viruses, bacteria, and vectors
- Contact with infectious agents

c) The Socioeconomic Setting Level of income

- Learning
- Workplace circumstances

3. Lifestyle and Behavioral Factors

Lifestyle choices significantly influence health outcomes.

- Diet and nutrition
- Physical activity and exercise
- Sleep and rest
- Smoking, alcohol, and drug use
- Stress management

Unhealthy behaviors increase the risk of chronic diseases.

4. Psychological and Emotional Factors

Physical well-being is significantly impacted by mental and emotional health.

- Coping skills and stress
- Depression and anxiety
- Motivation and self-worth
- Prolonged stress can exacerbate sickness and reduce immunity.

5. Cultural and Social Aspects

Cultural values and social ties have an impact on health.

- Support from family
- Social media
- Cultural customs
- Health-related customs and beliefs
- Treatment compliance and health-seeking behavior are influenced by culture.

6. Financial Aspects

Access to health resources is influenced by one's financial situation.

- The capacity to pay for medical care
- Living circumstances and nutrition
- The availability of education
- Poor health outcomes are closely associated with poverty.

7. Educational Aspects

Health awareness and decision-making are enhanced by education.

- Understanding of illness prevention
- Knowledge of health Knowledge of therapy regimens
- Healthy habits are more likely to be adopted by educated people.

8. Medical Services

Health status is influenced by healthcare quality and accessibility.

- Availability of preventive services Prompt diagnosis and care
- Qualified medical personnel
- Complications and delayed care are caused by poor access.

9. Political and Policy Factors-

Population health is directly impacted by government actions.

- Laws pertaining to public health
- Health insurance programs Regulations pertaining to safety and the environment
- Overall health outcomes are improved by effective health policy.

10. Moral and Spiritual Factor-

Coping and healing might be influenced by spiritual beliefs.

- A feeling of direction
- Inner serenity and hope
- During illness, these elements strengthen emotional resilience.
- Values and faith

ILLNESS –Introduction to Illness

A key idea in the nursing and health sciences is illness. It describes a condition of ill health that interferes with regular functioning and quality of life and causes physical, mental, or emotional discomfort. Since illness is a subjective experience, it is influenced by an individual's views, convictions, culture, and social surroundings.

Disease, which is an objective condition identified by medical specialists based on clinical indications, symptoms, and tests, is not the same as illness. It is possible for someone to have a condition without feeling sick or to feel sick without having a diagnosis.

Depending on therapy, lifestyle, and environmental factors, people may progress toward wellness or toward severe sickness along the health-illness continuum. sickness is not a static condition. Chronic illnesses are long-lasting and may need continuous care, whereas acute illnesses are typically transient and curable.

In order to deliver comprehensive, patient-centered care, nurses must have a thorough understanding of sickness. The psychological, social, and emotional reactions of patients and their families must be taken into account by nurses in addition to the physical signs of sickness.

Causes and Risk Factors for Developing Illnesses

Illness develops due to a combination of causes and risk factors that interact with an individual's biological, environmental, and lifestyle characteristics. Understanding these factors helps in disease prevention, early detection, and effective nursing care.

Causes of Illness -Causes are direct factors that lead to the development of illness. It includes -

1. Biological Causes

- Bacteria, viruses, fungi, and parasites
- Hormonal imbalances
- Examples: Tuberculosis, COVID-19, sickle cell anemia.
- Genetic and hereditary disorders
- Immune system dysfunction

2. Physical Causes

- Injury and trauma
- Radiation and noise
- Extreme temperatures (heat, cold)
- Examples: Burns, fractures, heat stroke.

3. Chemical Causes

- Exposure to toxins and pollutants
- Alcohol and substance abuse
- Drug overdose
- Examples: Poisoning, liver disease.

4. Nutritional Causes

- Deficiency or excess of nutrients
- Examples: Anemia, obesity, scurvy.
- Malnutrition

5. Psychological Causes

- Stress and emotional trauma
- Examples: Hypertension, peptic ulcers.
- Anxiety and depression

6. Environmental Causes

- Poor sanitation
- Pollution
- Unsafe drinking water
- Examples: Diarrheal diseases, asthma.

Risk Factors for Illness - Risk factors are conditions or behaviors that increase the likelihood of developing illness but do not directly cause it.

1. Non-Modifiable Risk Factors

These cannot be changed.

- Age
- Genetic makeup
- Sex
- Family history

2. Modifiable Risk Factors

These can be prevented or controlled.

- Smoking and tobacco use
- Poor diet
- Stress
- Alcohol consumption
- Physical inactivity

3. Lifestyle-Related Risk Factors

- Sedentary lifestyle
- Poor personal hygiene
- Lack of sleep

4. Socioeconomic Risk Factors

- Poverty
- Unemployment
- Low education level

5. Environmental Risk Factors

- Air and water pollution
- Occupational hazards
- Unsafe housing

6. Healthcare-Related Risk Factors

- Lack of access to healthcare
- Poor compliance with treatment
- Delayed diagnosis

Interaction of Causes and Risk Factors

Example:

Smoking (risk factor) + air pollution (environmental factor) → chronic respiratory disease.

Types of Illness –

An illness is a condition that causes discomfort, pain, or poor health by interfering with the body's or mind's regular functioning. All ages are susceptible to illnesses, which can be brought on by environmental factors, genetics, lifestyle choices, or infections. Different sorts of illnesses are categorized according to their causes, duration, and consequences on the body. It is easier to properly diagnose, treat, prevent, and manage health issues when one is aware of the different types of illness.

- 1. Infectious (communicable) diseases** – it can spread from person to person and are brought on by microorganisms.
 - Viral: measles, COVID-19, and the flu
 - Bacterial: strep throat, TB
 - Fungal: yeast infections and ringworm
 - Parasitic: Giardiasis, malaria
- 2. Non-infectious (non-communicable) illnesses** - Illnesses that are neither communicable nor infectious and do not spread from person to person.
 - Diabetes
 - Heart conditions
 - Cancer
 - Asthma
- 3. Genetic / hereditary disorders -passed down through genes.**
 - Sickle cell disease
 - Hemophilia
 - Cystic fibrosis
- 4. Autoimmune diseases -immune system attacks the body itself.**
 - Rheumatoid arthritis
 - Type 1 diabetes
 - Lupus
 - Multiple sclerosis
- 5. Mental illnesses -affect mood, thinking, or behavior.**
 - Depression
 - Bipolar disorder
 - Anxiety disorders
 - Schizophrenia
- 6. Deficiency diseases -caused by lack of nutrients.**
 - Scurvy (vitamin c)
 - Rickets (vitamin d)

- Anemia (iron)

7. Degenerative diseases -get worse over time.

- Alzheimer's disease
- Parkinson's disease
- Osteoarthritis

8. Acute vs. Chronic illness

- Acute: short-term (cold, food poisoning)
- Chronic: long-lasting (diabetes, hypertension)

a. Acute illness

Definition: An acute sickness is characterized by an abrupt onset and a brief duration (a few hours to a few weeks).

Characteristics -

- Abrupt onset (emerges rapidly) Brief duration
- The symptoms are frequently rather severe.
- Usually treatable with the right care usually, recovery is finished.

Causes –

- Infections (bacteria, viruses)
- Accidents or injuries
- Poisoning
- Abrupt inflammation
- Examples include the common cold, the flu, food poisoning, appendicitis, asthma attacks

Treatment-

- Medications (antiviral, painkillers, and antibiotics)
- Hydration and rest
- Occasionally, surgery (such as for appendicitis)

b. Chronic Illness

Definition -A chronic illness develops slowly and lasts for a long time—usually months, years, or lifelong.

Characteristics -

- Slow onset
- Durable
- Mild or severe symptoms are possible.
- Frequently cannot be fully recovered
- Needs long-term supervision

Causes -

- Genetic variables
- Environmental aspects
- Lifestyle choices (inadequate nutrition, smoking, inactivity)
- Persistent infections
- Immune system disorders

Examples –Diabetes, Hypertension (high blood pressure), Asthma, Arthritis, Heart disease and HIV/AIDS

Treatment

- Prolonged medication
- Consistent medical examinations
- Symptom control rather than cure
- Modifications to lifestyle (diet, exercise)
- Controlling symptoms instead of curing them

Feature	Acute Illness	Chronic Illness
Onset	Sudden	Gradual
Duration	Short-term	Long-term
Severity	Often severe	Often persistent
Cure	Usually curable	Often manageable
Example	Flu	Diabetes

Table -1 Difference between Acute and Chronic Illness**ILLNESS BEHAVIOR**

The way people keep an eye on their bodies, interpret symptoms, act, and seek medical attention while they are ill is known as illness behavior. Instead than describing the illness itself, it depicts how people respond to it.

Definition

The term "illness behavior" describes how a person views, understands, and reacts to illness symptoms. It covers how a person identifies when they are sick, gets medical attention, adheres to treatment, and modifies daily activities while ill.

Important Elements of Illness Behavior-

- Acknowledging signs (pain, fever, exhaustion)
- Determining the severity of the symptoms
- Seeking self-care or medical attention
- Adhering to or disregarding medical advice
- Modifying daily schedules as a result of illness

Factors Influencing Illness Behavior –They are following-

1. Cultural beliefs: customs and views around health and illness
2. Social factors: the impact of friends, family, and the community
3. Psychological elements: personality, stress, anxiety, and terror
4. Economic factors: healthcare costs and service accessibility
5. Education and awareness – knowledge about illness and treatment

Stages of Illness Behavior – it includes the following stages –

1. Perception of Symptoms -Pain, fever, weakness, or worry are among the physical or psychological changes that the person observes.
2. Interpretation of Symptoms -The person determines whether the symptoms are severe, transient, or caused by stress or lifestyle choices.
3. Choosing to Ask for Assistance -The individual choose whether to seek professional medical attention, self-medicate, employ home remedies, or ignore symptoms.
4. Behavior of Treatment -This includes adhering to medical advice, taking medication as directed, going to follow-up appointments, or stopping treatment.
5. Recuperation and Modification -During illness and recovery, the person modifies daily routines, employment, and social duties.

Types of Illness Behavior –it may includes -

1. Appropriate Illness Behavior: Seeking prompt medical attention and appropriately adhering to therapy.
2. Illness Denial: When someone is sick, they ignore or downplay their symptoms.
3. Excessive Illness Behavior: Frequent medical appointments and overreaction to minor symptoms.
4. Abnormal Illness Behavior: Prolonged illness behavior without an obvious medical reason.

Importance of Illness Behavior

- Establishes early diagnosis and treatment
- Impacts prognosis and recuperation
- Aids medical professionals in comprehending patient compliance
- Beneficial for health education and prevention initiatives

Examples

- A diabetic patient regularly monitoring blood sugar and following diet
- A person delaying treatment due to fear of surgery
- A patient stopping medication once symptoms reduce

Impact of Illness on the Patient

1. Physical Effects -

- Weakness, exhaustion, and pain
- A decrease in functional ability or mobility
- Reliance on other people for everyday tasks

Adverse reactions to medicine or therapy

2. Effects on the Mind –

- Fear and anxiety related to disease and recovery
- Depression brought on by a chronic illness or handicap

- A decline in confidence and self-worth
- Stress brought on by a diagnosis or hospital stay

3. The Effect on Society –

A retreat from social interactions

- Shifts in responsibilities (such as being unable to work or go to school)
- Social exclusion or stigma
- A lower standard of living

4. The Effect on the Economy –

- Income loss as a result of not being able to work
- The price of prescription drugs and medical care
- Chronic illnesses long-term cost burden

Impact of Illness on the Family

1. Impact on Emotions-

- Concern and anxiety for the patient's health
- Feelings of guilt or powerlessness
- Burnout and emotional strain among caregivers

2. Modifications to Roles-

- Family members may assume new responsibilities, such as providing care or earning a living.
- More duties at home
- A disturbance of regular family activities

3. The Effect on Society –

- Fewer recreational and social interactions
- Insufficient time for personal needs
- Social isolation brought on by the duties of providing care

4. Economic Effect-

- A rise in medical costs
- A decrease in household income
- Prolonged financial strain

5. Effect on Relationships within the Family –

- Some families' ties are becoming stronger.
- Tension and disputes brought on by stress
- Ignorance of other family members, particularly kids

Both the patient and the family are greatly impacted by illness. Comprehending these impacts enables medical practitioners to offer comprehensive care, provide social and emotional support for families, and enhance general health outcomes.

Multiple Choice Questions (MCQs)

1. According to WHO, health is defined as:

- A. Absence of disease
- B. Ability to work efficiently
- C. Complete physical, mental, and social well-being
- D. Freedom from pain

Answer: C

2. Which of the following is NOT a dimension of health?

- A. Physical
- B. Mental
- C. Social
- D. Financial

Answer: D

3. Spiritual health mainly relates to:

- A. Body fitness
- B. Emotional control
- C. Sense of purpose and values
- D. Social interaction

Answer: C

4. In Maslow's hierarchy, which need is the most basic?

- A. Safety
- B. Love and belonging
- C. Esteem
- D. Physiological

Answer: D

5. Which need is at the top of Maslow's hierarchy?

- A. Esteem
- B. Self-actualization
- C. Safety
- D. Love and belonging

Answer: B

6. According to Maslow, which need should nurses prioritize first?

- A. Emotional support
- B. Self-esteem
- C. Physiological needs
- D. Social needs

Answer: C

7. The health–illness continuum suggests that health is:

- A. A fixed state
- B. Either healthy or ill
- C. A dynamic process
- D. Unchangeable

Answer: C

8. Movement toward the right side of the health–illness continuum indicates:

- A. Wellness
- B. Recovery
- C. Illness
- D. Prevention

Answer: C

9. Which factor influencing health includes age and heredity?

- A. Environmental
- B. Lifestyle
- C. Psychological
- D. Biological

Answer: D

10. Poor housing and pollution are examples of:

- A. Lifestyle factors
- B. Environmental factors
- C. Cultural factors
- D. Genetic factors

Answer: B

11. Smoking is considered a:

- A. Cause of illness
- B. Protective factor
- C. Risk factor
- D. Genetic factor

Answer: C

1 2. Which of the following is an infectious cause of illness?

- A. Diabetes
- B. Hypertension
- C. Tuberculosis
- D. Cancer

Answer: C

13. A long-term disease requiring continuous management is called:

- A. Acute illness
- B. Chronic illness
- C. Terminal illness
- D. Congenital illness

Answer: B

14. Sudden onset and short duration illness is termed:

- A. Chronic
- B. Terminal
- C. Acute
- D. Genetic

Answer: C

15. Illness present at birth is known as:

- A. Acute
- B. Chronic
- C. Terminal
- D. Congenital

Answer: D

16. Illness behavior refers to:

- A. Symptoms of disease
- B. Patient's response to illness
- C. Severity of illness
- D. Type of treatment

Answer: B

17. Seeking medical care when symptoms appear is an example of:

- A. Disease prevention
- B. Illness behavior
- C. Health promotion
- D. Rehabilitation

Answer: B

18. Which psychological response is common during illness?

- A. Happiness
- B. Anxiety
- C. Confidence
- D. Motivation

Answer: B

19. One major impact of illness on the family is:

- A. Improved income
- B. Role changes
- C. Increased leisure
- D. Better social life

Answer: B

20. The nurse's role in relation to illness impact includes:

- A. Ignoring family concerns
- B. providing emotional and physical support
- C. Focusing only on medication
- D. Limiting patient interaction

Answer: B

Short Answer Questions (10)

(Answer in 2–4 sentences)

1. Define health according to the World Health Organization (WHO).
2. List any four dimensions of health.
3. What is meant by the health–illness continuum?
4. Define Maslow's hierarchy of needs.

5. Name the five levels of Maslow's hierarchy of needs.
6. Mention any four factors influencing health.
7. What is meant by risk factors for illness?
8. Define illness behavior.
9. List any two types of illness.
10. Mention two psychological effects of illness on a patient.

Short Essay questions (10)

1. Concept of Health
2. WHO Definition of Health
3. Dimensions of Health
4. Maslow's Hierarchy of Needs
5. Health–Illness Continuum
6. Factors Influencing Health
7. Causes and Risk Factors of Illness
8. Types of Illness
9. Illness Behavior
10. Impact of Illness on Patient and Family

Essay type question –(10)

1. Define health according to the World Health Organization (WHO) and explain the concept and dimensions of health in detail.
2. Explain Maslow's hierarchy of needs with a neat diagram and discuss its application in nursing practice.
3. Describe the health–illness continuum and explain its importance in understanding health and disease.
4. Discuss in detail the factors influencing health, giving suitable examples for each factor.
5. Explain the causes of illness and describe the risk factors that contribute to the development of diseases.
6. Define illness and explain the different types of illness with examples.

7. Describe illness behavior and discuss the factors that influence an individual's response to illness.
8. Explain the impact of illness on the patient, including physical, psychological, social, and economic aspects.
9. Discuss the impact of illness on the family and the role of family support during illness.
10. Explain the role of nurses in health promotion, illness prevention, and patient care along the health–illness continuum.

