

## Domain 1. Health promotion

The awareness of well-being or normality of function and the strategies used to maintain control of and enhance that well-being or normality of function

Class 1. Health awareness Recognition of normal function and well-being		
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Domain 1 • Class 1 • Diagnosis Code 00097

## Decreased diversional activity engagement

Focus of the diagnosis: diversional activity engagement

Approved 1980 • Revised 2017 • Level of Evidence 2.1

### Definition

Reduced stimulation, interest, or participation in recreational or leisure activities.

### Defining characteristics

- Altered mood
- Boredom
- Expresses discontentment with situation
- Flat affect
- Frequent naps
- Physical deconditioning

### Related factors

- Current setting does not allow engagement in activities
- Environmental constraints
- Impaired physical mobility
- Inadequate available activities
- Inadequate motivation
- Insufficient physical endurance
- Physical discomfort
- Psychological distress

### At risk population

- Individuals at extremes of age
- Individuals experiencing prolonged hospitalization
- Individuals experiencing prolonged institutionalization

### Associated conditions

- Prescribed movement restrictions
- Therapeutic isolation

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Domain 1 • Class 1 • Diagnosis Code 00262

## Readiness for enhanced health literacy

Focus of the diagnosis: health literacy

Approved 2016 • Level of Evidence 2.1

### Definition

A pattern of using and developing a set of skills and competencies (literacy, knowledge, motivation, culture and language) to find, comprehend, evaluate and use health information and concepts to make daily health decisions to promote and maintain health, decrease health risks and improve overall quality of life, which can be strengthened.

1. Health promotion

### Defining characteristics

- Expresses desire to enhance ability to read, write, speak and interpret numbers for everyday health needs
- Expresses desire to enhance awareness of civic and/or government processes that impact public health
- Expresses desire to enhance health communication with health care providers
- Expresses desire to enhance knowledge of current determinants of health on social and physical environments
- Expresses desire to enhance personal health care decision-making
- Expresses desire to enhance social support for health
- Expresses desire to enhance understanding of customs and beliefs to make health care decisions
- Expresses desire to enhance understanding of health information to make health care choices
- Expresses desire to obtain sufficient information to navigate the health care system

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Domain 1 • Class 1 • Diagnosis Code 00168

## Sedentary lifestyle

Focus of the diagnosis: lifestyle

Approved 2004 • Revised 2020 • Level of Evidence 3.2

### Definition

An acquired mode of behavior that is characterized by waking hour activities that require low energy expenditure.

### Defining characteristics

- Average daily physical activity is less than recommended for age and gender
- Chooses a daily routine lacking physical exercise
- Does not exercise during leisure time
- Expresses preference for low physical activity
- Performs majority of tasks in a reclining posture
- Performs majority of tasks in a sitting posture
- Physical deconditioning

### Related factors

- Conflict between cultural beliefs and health practices
- Decreased activity tolerance
- Difficulty adapting areas for physical activity
- Exceeds screen time recommendations for age
- Impaired physical mobility
- Inadequate interest in physical activity
- Inadequate knowledge of consequences of sedentarism
- Inadequate knowledge of health benefits associated with physical activity
- Inadequate motivation for physical activity
- Inadequate resources for physical activity
- Inadequate role models
- Inadequate social support
- Inadequate time management skills
- Inadequate training for physical exercise
- Low self efficacy
- Low self-esteem
- Negative affect toward physical activity
- Pain
- Parenting practices that inhibit child's physical activity
- Perceived physical disability
- Perceived safety risk

### At risk population

- Adolescents
- Individuals aged ≥ 60 years
- Individuals living in urban areas
- Individuals living with a partner
- Individuals with high educational level
- Individuals with high socioeconomic status

- Individuals with significant time constraints
- Married individuals
- Women

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Domain 1 • Class 2 • Diagnosis Code 00290

## Risk for elopement attempt

Focus of the diagnosis: elopement attempt

Approved 2020 • Level of Evidence 2.1

### Definition

Susceptible to leaving a health care facility or a designated area against recommendation or without communicating to health care professionals or caregivers, which may compromise safety and/or health.

### Risk factors

- Anger behaviors
- Dissatisfaction with current situation
- Exit-seeking behavior
- Frustration about delay in treatment regimen
- Inadequate caregiver vigilance
- Inadequate interest in improving health
- Inadequate social support
- Perceived complexity of treatment regimen
- Perceived excessive family responsibilities
- Perceived excessive responsibilities in interpersonal relations
- Perceived lack of safety in surrounding environment
- Persistent wandering
- Psychomotor agitation
- Self-harm intent
- Substance misuse

### At risk population

- Economically disadvantaged individuals
- Homeless individuals
- Individuals brought to designated area against own wishes
- Individuals frequently requesting discharge
- Individuals hospitalized < three weeks
- Individuals with history of elopement
- Individuals with history of non-adherence to treatment regimen
- Individuals with history of self-harm
- Individuals with impaired judgment
- Men
- Older adults with cognitive disorders
- Unemployed individuals
- Young adults

### Associated conditions

- Autism spectrum disorder
- Developmental disabilities
- Mental disorders

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Domain 1 • Class 2 • Diagnosis Code 00257

## Frail elderly syndrome

Focus of the diagnosis: frail elderly syndrome  
Approved 2013 • Revised 2017 • Level of Evidence 2.1

1. Health promotion

### Definition

Dynamic state of unstable equilibrium that affects the older individual experiencing deterioration in one or more domain of health (physical, functional, psychological, or social) and leads to increased susceptibility to adverse health effects, in particular disability.

### Defining characteristics

- Bathing self-care deficit (00108)
- Decreased activity tolerance (00298)
- Decreased cardiac output (00029)
- Dressing self-care deficit (00109)
- Fatigue (00093)
- Feeding self-care deficit (00102)
- Hopelessness (00124)
- Imbalanced nutrition: less than body requirements (00002)
- Impaired memory (00131)
- Impaired physical mobility (00085)
- Impaired walking (00088)
- Social isolation (00053)
- Toileting self-care deficit (00110)

### Related factors

- Anxiety
- Cognitive dysfunction
- Decreased energy
- Decreased muscle strength
- Exhaustion
- Fear of falling
- Impaired postural balance
- Inadequate knowledge of modifiable factors
- Inadequate social support
- Malnutrition
- Neurobehavioral manifestations
- Obesity
- Sadness
- Sedentary lifestyle

### At risk population

- Economically disadvantaged individuals
- Individuals aged > 70 years
- Individuals experiencing prolonged hospitalization
- Individuals for whom walking 15 feet requires > 6 seconds (4 meters > 5 seconds)
- Individuals living alone
- Individuals living in constricted spaces
- Individuals with history of falls
- Individuals with low educational level

- Individuals with unintentional loss of 25% of body weight over one year
- Individuals with unintentional weight loss > 10 pounds (> 4.5 kg) in one year
- Socially vulnerable individuals
- Women

**Associated conditions**

- Anorexia
- Blood coagulation disorders
- Chronic disease
- Decreased serum 25-hydroxyvitamin D concentration
- Depression
- Endocrine regulatory dysfunction
- Mental disorders
- Sarcopenia
- Sarcopenic obesity
- Sensation disorders
- Suppressed inflammatory response

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Domain 1 • Class 2 • Diagnosis Code 00231

## Risk for frail elderly syndrome

Focus of the diagnosis: frail elderly syndrome

Approved 2013 • Revised 2017 • Level of Evidence 2.1

1. Health promotion

### Definition

Susceptible to a dynamic state of unstable equilibrium that affects the older individual experiencing deterioration in one or more domain of health (physical, functional, psychological, or social) and leads to increased susceptibility to adverse health effects, in particular disability.

### Risk factors

- Anxiety
- Cognitive dysfunction
- Decreased energy
- Decreased muscle strength
- Exhaustion
- Fear of falling
- Impaired postural balance
- Inadequate knowledge of modifiable factors
- Inadequate social support
- Malnutrition
- Neurobehavioral manifestations
- Obesity
- Sadness
- Sedentary lifestyle

### At risk population

- Economically disadvantaged individuals
- Individuals aged > 70 years
- Individuals experiencing prolonged hospitalization
- Individuals for whom walking 15 feet requires > 6 seconds (4 meters > 5 seconds)
- Individuals living alone
- Individuals living in constricted spaces
- Individuals with history of falls
- Individuals with low educational level
- Individuals with unintentional loss of 25% of body weight over one year
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- Women

### Associated conditions

- Anorexia
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- Depression
- Endocrine regulatory dysfunction
- Mental disorders
- Sarcopenia
- Sarcopenic obesity
- Sensation disorders
- Suppressed inflammatory response

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Domain 1 • Class 2 • Diagnosis Code 00307

## Readiness for enhanced exercise engagement

Focus of the diagnosis: exercise engagement

Approved 2020 • Level of Evidence 2.1

### Definition

A pattern of attention to physical activity characterized by planned, structured, repetitive body movements, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance autonomy for activities of daily living
- Expresses desire to enhance competence to interact with physical and social environments
- Expresses desire to enhance knowledge about environmental conditions for participation in physical activity
- Expresses desire to enhance knowledge about group opportunities for participation in physical activity
- Expresses desire to enhance knowledge about physical settings for participation in physical activity
- Expresses desire to enhance knowledge about the need for physical activity
- Expresses desire to enhance physical abilities
- Expresses desire to enhance physical appearance
- Expresses desire to enhance physical conditioning
- Expresses desire to maintain motivation to participate in a physical activity plan
- Expresses desire to maintain physical abilities
- Expresses desire to maintain physical well-being through physical activity
- Expresses desire to meet others' expectations about physical activity plans

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Domain 1 • Class 2 • Diagnosis Code 00215

## Deficient community health

Focus of the diagnosis: health

Approved 2010 • Level of Evidence 2.1

1. Health promotion

### Definition

Presence of one or more health problems or factors that deter wellness or increase the risk of health problems experienced by a group or population.

### Defining characteristics

- Health problem experienced by groups or populations
- Program unavailable to enhance wellness of a group or population
- Programs unavailable to eliminate health problems of a group or population
- Programs unavailable to prevent health problems of a group or population
- Programs unavailable to reduce health problems of a group or population
- Risk of hospitalization to a group or population
- Risk of physiological manifestations to a group or population
- Risk of psychological manifestations to a group or population

### Related factors

- Inadequate access to health care provider
- Inadequate consumer satisfaction with programs
- Inadequate expertise within the community
- Inadequate health resources
- Inadequate program budget
- Inadequate program evaluation plan
- Inadequate program outcome data
- Inadequate social support for programs
- Programs incompletely address health problems

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Domain 1 • Class 2 • Diagnosis Code 00188

## Risk-prone health behavior

Focus of the diagnosis: health behavior

Approved 1986 • Revised 1998, 2006, 2008, 2017 • Level of Evidence 2.1

### Definition

Impaired ability to modify lifestyle and/or actions in a manner that improves the level of wellness.

### Defining characteristics

- Failure to achieve optimal sense of control
- Failure to take action that prevents health problem
- Minimizes health status change
- Nonacceptance of health status change
- Smoking
- Substance misuse

### Related factors

- Inadequate social support
- Inadequate understanding of health information
- Low self efficacy
- Negative perception of health care provider
- Negative perception of recommended health care strategy
- Social anxiety
- Stressors

### At risk population

- Economically disadvantaged individuals
- Individuals with family history of alcoholism

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Domain 1 • Class 2 • Diagnosis Code 00292

## Ineffective health maintenance behaviors

Focus of the diagnosis: health maintenance behaviors

Approved 2020 • Level of Evidence 2.1

1. Health promotion

### Definition

Management of health knowledge, attitudes, and practices underlying health actions that is unsatisfactory for maintaining or improving well-being, or preventing illness and injury.

### Defining characteristics

- Failure to take action that prevents health problem
- Failure to take action that reduces risk factor
- Inadequate commitment to a plan of action
- Inadequate health literacy
- Inadequate interest in improving health
- Inadequate knowledge about basic health practices
- Ineffective choices in daily living for meeting health goal
- Pattern of lack of health-seeking behavior

### Related factors

- Cognitive dysfunction
- Competing demands
- Competing lifestyle preferences
- Conflict between cultural beliefs and health practices
- Conflict between health behaviors and social norms
- Conflicts between spiritual beliefs and health practices
- Depressive symptoms
- Difficulty accessing community resources
- Difficulty navigating complex health care systems
- Difficulty with decision-making
- Inadequate health resources
- Inadequate social support
- Inadequate trust in health care professional
- Individuals with limited decision-making experience
- Ineffective communication skills
- Ineffective coping strategies
- Ineffective family coping
- Low self efficacy
- Maladaptive grieving
- Neurobehavioral manifestations
- Perceived prejudice
- Perceived victimization
- Spiritual distress

### At risk population

- Economically disadvantaged individuals
- Individuals from families with ineffective family coping
- Individuals with history of violence
- Men
- Older adults
- Young adults

**Associated conditions**

- Chronic disease
- Developmental disabilities
- Mental disorders
- Motor skills disorders

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Domain 1 • Class 2 • Diagnosis Code 00276

## Ineffective health self-management

Focus of the diagnosis: health self-management

Approved 2020 • Level of Evidence 3.3

1. Health promotion

### Definition

Unsatisfactory management of symptoms, treatment regimen, physical, psychosocial, and spiritual consequences and lifestyle changes inherent in living with a chronic condition.

### Defining characteristics

- Exacerbation of disease signs
- Exacerbation of disease symptoms
- Exhibits disease sequelae
- Expresses dissatisfaction with quality of life
- Failure to attend appointments with health care provider
- Failure to include treatment regimen into daily living
- Failure to take action that reduces risk factor
- Inattentive to disease signs
- Inattentive to disease symptoms
- Ineffective choices in daily living for meeting health goal

### Related factors

- Cognitive dysfunction
- Competing demands
- Competing lifestyle preferences
- Conflict between cultural beliefs and health practices
- Conflict between health behaviors and social norms
- Conflict between spiritual beliefs and treatment regimen
- Decreased perceived quality of life
- Depressive symptoms
- Difficulty accessing community resources
- Difficulty managing complex treatment regimen
- Difficulty navigating complex health care systems
- Difficulty with decision-making
- Inadequate commitment to a plan of action
- Inadequate health literacy
- Inadequate knowledge of treatment regimen
- Inadequate number of cues to action
- Inadequate role models
- Inadequate social support
- Individuals with limited decision-making experience
- Limited ability to perform aspects of treatment regimen
- Low self efficacy
- Negative feelings toward treatment regimen
- Neurobehavioral manifestations
- Nonacceptance of condition
- Perceived barrier to treatment regimen
- Perceived social stigma associated with condition
- Substance misuse

- Unrealistic perception of seriousness of condition
- Unrealistic perception of susceptibility to sequelae

**At risk population**

- Children
- Economically disadvantaged individuals
- Individuals experiencing adverse reactions to medications
- Individuals with caregiving responsibilities

- Unrealistic perception of treatment benefit

- Individuals with history of ineffective health self-management
- Individuals with low educational level
- Older adults

**Associated conditions**

- Asymptomatic disease
- Developmental disabilities
- High acuity illness

- Neurocognitive disorders
- Polypharmacy
- Significant comorbidity

Domain 1 • Class 2 • Diagnosis Code 00293

## Readiness for enhanced health self-management

Focus of the diagnosis: health self-management

Approved 2020 • Level of Evidence 2.1

1. Health promotion

### Definition

A pattern of satisfactory management of symptoms, treatment regimen, physical, psychosocial, and spiritual consequences and lifestyle changes inherent in living with a chronic condition, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance acceptance of the condition
- Expresses desire to enhance choices of daily living for meeting health goals
- Expresses desire to enhance commitment to follow-up care
- Expresses desire to enhance decision making
- Expresses desire to enhance inclusion of treatment regimen into daily living
- Expresses desire to enhance management of risk factors
- Expresses desire to enhance management of signs
- Expresses desire to enhance management of symptoms
- Expresses desire to enhance recognition of disease signs
- Expresses desire to enhance recognition of disease symptoms
- Expresses desire to enhance satisfaction with quality of life

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Domain 1 • Class 2 • Diagnosis Code 00294

## Ineffective family health self-management

Focus of the diagnosis: health self-management

Approved 2020 • Level of Evidence 2.1

### Definition

Unsatisfactory management of symptoms, treatment regimen, physical, psychosocial and spiritual consequences and lifestyle changes inherent in living with one or more family members' chronic condition.

### Defining characteristics

- Caregiver strain
- Decrease in attention to illness in one or more family members
- Depressive symptoms of caregiver
- Exacerbation of disease signs of one or more family members
- Exacerbation of disease symptoms of one or more family members
- Failure to take action to reduce risk factor in one or more family members
- Ineffective choices in daily living for meeting health goal of family unit
- One or more family members report dissatisfaction with quality of life

### Related factors

- Cognitive dysfunction
- Cognitive dysfunction of one or more caregivers
- Competing demands on family unit
- Competing lifestyle preferences within family unit
- Conflict between health behaviors and social norms
- Conflict between spiritual beliefs and treatment regimen
- Difficulty accessing community resources
- Difficulty dealing with role changes associated with condition
- Difficulty managing complex treatment regimen
- Difficulty navigating complex health care systems
- Difficulty with decision-making
- Family conflict
- Inadequate commitment to a plan of action
- Inadequate health literacy of caregiver
- Inadequate knowledge of treatment regimen
- Inadequate number of cues to action
- Inadequate social support
- Ineffective communication skills
- Ineffective coping skills
- Limited ability to perform aspects of treatment regimen
- Low self efficacy
- Negative feelings toward treatment regimen
- Nonacceptance of condition
- Perceived barrier to treatment regimen
- Perceived social stigma associated with condition

- Substance misuse
- Unrealistic perception of seriousness of condition
- Unrealistic perception of susceptibility to sequelae
- Unrealistic perception of treatment benefit
- Unsupportive family relations

**At risk population**

- Economically disadvantaged families
- Families with member experiencing delayed diagnosis
- Families with members experiencing low educational level
- Families with members who have limited decision-making experience
- Families with premature infant

**Associated conditions**

- Chronic disease
- Mental disorders
- Neurocognitive disorders
- Terminal illness

Domain 1 • Class 2 • Diagnosis Code 00300

## Ineffective home maintenance behaviors

Focus of the diagnosis: home maintenance behaviors

Approved 2020 • Level of Evidence 2.1

### Definition

An unsatisfactory pattern of knowledge and activities for the safe upkeep of one's residence.

### Defining characteristics

- Cluttered environment
- Difficulty maintaining a comfortable environment
- Failure to request assistance with home maintenance
- Home task-related anxiety
- Home task-related stress
- Impaired ability to regulate finances
- Negative affect toward home maintenance
- Neglected laundry
- Pattern of hygiene-related diseases
- Trash accumulation
- Unsafe cooking equipment
- Unsanitary environment

### Related factors

- Cognitive dysfunction
- Competing demands
- Depressive symptoms
- Difficulty with decision-making
- Environmental constraints
- Impaired physical mobility
- Impaired postural balance
- Inadequate knowledge of home maintenance
- Inadequate knowledge of social resources
- Inadequate organizing skills
- Inadequate role models
- Inadequate social support
- Insufficient physical endurance
- Neurobehavioral manifestations
- Powerlessness
- Psychological distress

### At risk population

- Economically disadvantaged individuals
- Individuals living alone
- Older adults

### Associated conditions

- Depression
- Mental disorders
- Neoplasms
- Neurocognitive disorders
- Sensation disorders
- Vascular diseases

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 1 • Class 2 • Diagnosis Code 00308

## Risk for ineffective home maintenance behaviors

Focus of the diagnosis: home maintenance behaviors

Approved 2020 • Level of Evidence 2.1

1. Health promotion

### Definition

Susceptible to an unsatisfactory pattern of knowledge and activities for the safe upkeep of one's residence, which may compromise health.

### Risk factors

- Cognitive dysfunction
- Competing demands
- Depressive symptoms
- Difficulty with decision-making
- Environmental constraints
- Impaired physical mobility
- Impaired postural balance
- Inadequate knowledge of home maintenance
- Inadequate knowledge of social resources
- Inadequate organizing skills
- Inadequate role models
- Inadequate social support
- Insufficient physical endurance
- Neurobehavioral manifestations
- Powerlessness
- Psychological distress

### At risk population

- Economically disadvantaged individuals
- Individuals living alone
- Older adults

### Associated conditions

- Depression
- Mental disorders
- Neoplasms
- Neurocognitive disorders
- Sensation disorders
- Vascular diseases

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 1 • Class 2 • Diagnosis Code 00309

## Readiness for enhanced home maintenance behaviors

Focus of the diagnosis: home maintenance behaviors

Approved 2020 • Level of Evidence 2.1

### Definition

A pattern of knowledge and activities for the safe upkeep of one's residence, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance affect toward home tasks
- Expresses desire to enhance attitude toward home maintenance
- Expresses desire to enhance comfort of the environment
- Expresses desire to enhance home safety
- Expresses desire to enhance household hygiene
- Expresses desire to enhance laundry management skills
- Expresses desire to enhance organizational skills
- Expresses desire to enhance regulation of finances
- Expresses desire to enhance trash management

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Domain 1 • Class 2 • Diagnosis Code 00043

## Ineffective protection

Focus of the diagnosis: protection

Approved 1990 • Revised 2017, 2020 • Level of Evidence 3.2

1. Health promotion

### Definition

Decrease in the ability to guard self from internal or external threats such as illness or injury.

### Defining characteristics

- Altered sweating
- Anorexia
- Chilling
- Coughing
- Disorientation
- Dyspnea
- Expresses itching
- Fatigue
- Impaired physical mobility
- Impaired tissue healing
- Insomnia
- Leukopenia
- Low serum hemoglobin level
- Maladaptive stress response
- Neurosensory impairment
- Pressure injury
- Psychomotor agitation
- Thrombocytopenia
- Weakness

### Related factors

- Depressive symptoms
- Difficulty managing complex treatment regimen
- Hopelessness
- Inadequate vaccination
- Ineffective health self-management
- Low self efficacy
- Malnutrition
- Physical deconditioning
- Substance misuse

### Associated conditions

- Blood coagulation disorders
- Immune system diseases
- Neoplasms
- Pharmaceutical preparations
- Treatment regimen

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