FAYE GLENN ABDELLAH

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INTRODUCTION



Faye Glenn Abdellah

 was one of the most influential nursing theorist and public health scientis. It is extremely rare to find someone who has dedicated all her life to the advancement of the nursing profession and accomplish this feat with so much distinction and merit.

BIOGRAPHY

- Born on March 13,1919 in New York City
- Graduated Magna Cum Laude from the Fitkin Memorial Hospital School of Nursing (now

Ann May School of Nursing), in Neptune New Jersey in 1942

- Bachelor of Science in 1945
- Masters in Arts 1947
- Doctorate of Education in 1955 from Teachers Colleges at

Columbia



Faye Glenn Abdellah

BIOGRAPHY

- Appointed Chief Nurse Officer of the USPHS in 1970 for 17 years
- First Woman to serve as Deputy Surgeon
- US National Women's HOF in 2000 due to her contributions in the field of Education and Nursing Research
- Staff Nurse, Head Nurse, and Faculty memberat Yale amd Columbia University



Faye Glenn Abdellah

THEORY

ABDELLAH'S TYPOLOGY OF 21 NURSING PROBLEMS

- 1. To maintain good hygiene and physical comfort.
- 2. To promote optimal activity: exercise, rest, sleep
- 3. To promote safety by preventing accidents, injuries, or other <u>trauma</u> and preventing the spread of <u>infection</u>.
- 4. To maintain good body mechanics and prevent and correct the deformity.
- 5. To facilitate the maintenance of a supply of oxygen to all body cells.
- 6. To facilitate the maintenance of <u>nutrition</u> for all body cells.
- 7. To facilitate the maintenance of elimination.
- 8. To facilitate the maintenance of fluid and electrolyte balance.
- 9. To recognize the physiologic responses of the body to disease conditions—pathologic, physiologic, and compensatory.
- 10. To facilitate the maintenance of regulatory mechanisms and functions.

- 11. To facilitate the maintenance of sensory function.
- 12. To identify and accept positive and negative expressions, feelings, and reactions.
- 13. To identify and accept interrelatedness of emotions and organic illness.
- 14. To facilitate the maintenance of effective verbal and nonverbal communication.
- 15. To promote the development of productive interpersonal relationships.
- 16. To facilitate progress toward achievement and personal spiritual goals.
- 17. To create or maintain a therapeutic environment.
- 18. To facilitate awareness of self as an individual with varying physical, emotional, and developmental needs.
- 19. To accept the optimum possible goals in the light of limitations, physical and emotional.
- 20. To use community resources as an aid in resolving problems that arise from an illim
- 21. To understand the role of social problems as influencing factors in the cause of illness

PATIENTS' NEEDS ARE FURTHER DIVIDED INTO FOUR CATEGORIES:

Basic Needs

The basic needs of an individual patient are to maintain good hygiene and physical comfort; promote optimal health through healthy activities, such as exercise, rest, and sleep; promote safety through the prevention of health hazards like accidents, <u>injury</u>, or other trauma and the prevention of the spread of infection; and maintain good body mechanics and prevent or correct deformity.

Sustenal Care Needs

Sustenal care needs to facilitate the maintenance of a supply of oxygen to all body cells; facilitate the maintenance of nutrition of all body cells; facilitate the maintenance of elimination; facilitate the maintenance of fluid and electrolyte balance; recognize the physiological responses of the body to disease conditions; facilitate the maintenance of regulatory mechanisms and functions, and facilitate the maintenance of sensory function.

Remedial Care Needs

Remedial care needs to identify and accept positive and negative expressions, feelings, and reactions; identify and accept the interrelatedness of emotions and organic illness; facilitate the maintenance of effective verbal and non-verbal communication; promote the development of productive interpersonal relationships; facilitate progress toward achievement of personal spiritual goals; create and maintain a therapeutic environment; and facilitate awareness of the self as an individual with varying physical, emotional, and developmental needs.

Restorative Care Needs

Restorative care needs include the acceptance of the optimum possible goals in light of limitations, both physical and emotional; the use of community resources as an aid to resolving problems that arise from an illness; and the understanding of the role of social problems as influential factors in the case of illness.

- 1 Learn to know the patient.
- 2 Sort out relevant and significant data.
- Make generalizations about available data in relation to similar nursing problems presented by other patients.
- 4 Identify the therapeutic plan.
- 5 Test generalizations with the patient
- 6 Validate the patient's conclusions
- Continue to observe and evaluate the patient over a period of time to identify any attitudes and clues affecting his or her behavior.
- 8 Explore the patient and his or her family's reactions to the therapeutic plan and involve them in the plan.
- Identify how the nurses feel about the patient's nursing problems.
- Discuss and develop a comprehensive nursing care plan.

10 Steps to Identify the Patient's Problem

Faye Abdellah



- 1. observation of health status
- 2. skills of communication
- 3. application of knowledge
- 4. the teaching of patients and families
- 5. planning and organization of work
- 6. use of resource materials
- 7. use of personnel resources
- 8. problem-solving
- 9. the direction of work of others
- 10. therapeutic uses of the self
- 11. nursing procedure

Abdellah also explained nursing as a comprehensive service, which includes:

- 1. Recognizing the nursing problems of the patient
- 2. Deciding the appropriate course of action to take in terms of relevant nursing principles
- 3. Providing continuous care of the individual's total needs
- 4. Providing continuous care to relieve <u>pain</u> and discomfort and provide immediate security for the individual
- 5. Adjusting the total nursing care plan to meet the patient's individual needs

- 6. Helping the individual to become more self-directing in attaining or maintaining a healthy state of body and mind
- 7. Instructing nursing personnel and family to help the individual do for himself that which he can within his limitations
- 8. Helping the individual to adjust to his limitations and emotional problems
- 9. Working with allied health professions in planning for o ptimum health on local, state, national, and international levels
- 10. Carrying out continuous evaluation and research to improve nursing techniques and to develop new techniques to meet people's health needs

Faye Glenn Abdellah's Personal, Environment, Health, and Nursing Perspective

PERSONAL PERSPECTIVE OF FAYE ABDELLAH

Faye Abdellah worked on the <u>Problem solving method</u> which delineates nursing patient problems as the patient moves toward a healthy outcome.

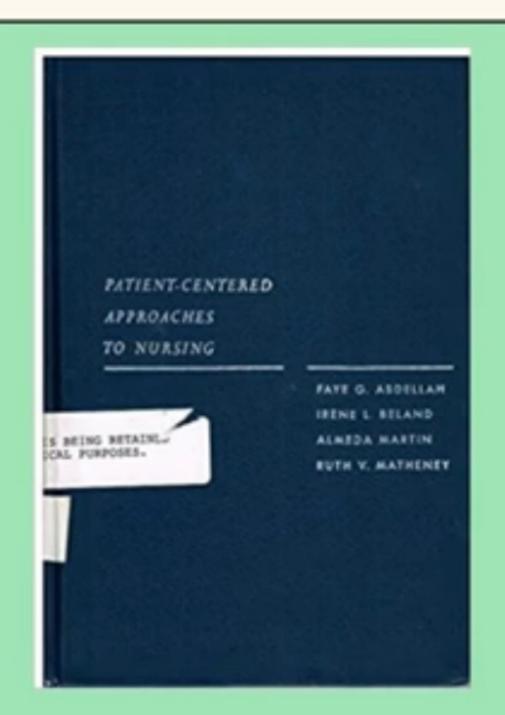


 She also contributed to the <u>Nursing</u> theory <u>development</u> that introduces the systemic analysis of research reports and creation of the <u>21 nursing</u> <u>problem</u>.



PERSONAL PERSPECTIVE OF FAYE ABDELLAH

 Faye Abdellah's creation of the 21 nursing problems appeared in her book called "Patient-Centered
Approaches to Nursing".



ENVIRONMENT PERSPECTIVE OF FAYE ABDELLAH

- In Faye Abdellah's contribution in nursing, she focused on educating the public by knowing and applying the 21 nursing problems in topics such as AIDS, drug addiction, violence, smoking, and alcoholism.
- In her theories, she focused on the maintenance and safety of the internal and external environment to promote a therapeutic environment and awareness.

HEALTH PERSPECTIVE OF FAYE ABDELLAH

- Based in Faye Abdellah's 21 Nursing Problems, she focused on good hygiene, physical comfort, maintenance of body's nutrition, fluids, and mechanisms.
- Overall, she focused on the physical, emotional, and developmental needs of an individual for comprehensive nursing care to the patient.

 Abdellah's perspective in nursing is to aim at the problem-centered approach in the philosophy of nursing to formulate nursing-centered services to determine the patient's needs. Abdellah's views in nursing as art and science that mold the attitude, intellectual competencies, and technical skills of the individual nurse into the desire and ability to help individuals cope with health needs, whether they are ill or well.

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