

Individuality

Module 1

Chapter 4, 11, 12



Objectives

Deals with respecting people in general and more specifically the patient and their family. This module introduces students to the concept of individuality of all persons, their experiences, rights, interests and needs. Students will be given the opportunity to identify and examine their own beliefs, values and attitudes about aging, disability, independence and interdependence



Chapter 4

Health, Wellness, Illness and Disability



Chapter 4 Objectives

- Differentiate between the current definition of health and the one used in the past
- Describe the concept of holism and explain how it affects the role of PSW
- Explain the current concepts of health and wellness
- Describe how health can be achieved in all dimensions of life
- Explain the culture, stigma, and discrimination on clients who have illnesses and disabilities
- Describe factors that can influence health
- Explain how people, families, or communities who follow good holistic health practices can still become very ill
- Describe the 12 aspects of our health and environment that are beyond our immediate control
- Explain common reactions to illness and disability
- Describe change and loss associated with illness and disability

Key Terms

- Acute illness
- Attitude
- Chronic illness
- Cognitive health
- Determinants of health
- Dimensions of health
- Disability
- Discrimination
- Emotional health
- Environmental health
- Equitable
- Gender
- Genetic endowment
- Health

Key Terms

- Holism
- Illness
- Marginalize
- Optimal health
- Persistent illness
- Personal empowerment
- Physical health
- Primary prevention strategies
- Prognosis
- Social health
- Social support system
- Spiritual health
- Stigma
- wellness

What Is A Support Worker?



What is a support worker?

- Support workers provide services to people who require help with their daily needs, both in facilities and in the community.



Who Are The People That Should Receive Care?

- The Elderly
- People with disabilities
- Any person with an illness



What Is Your Role As A Personal Support Worker?



What is your role as a personal support worker?

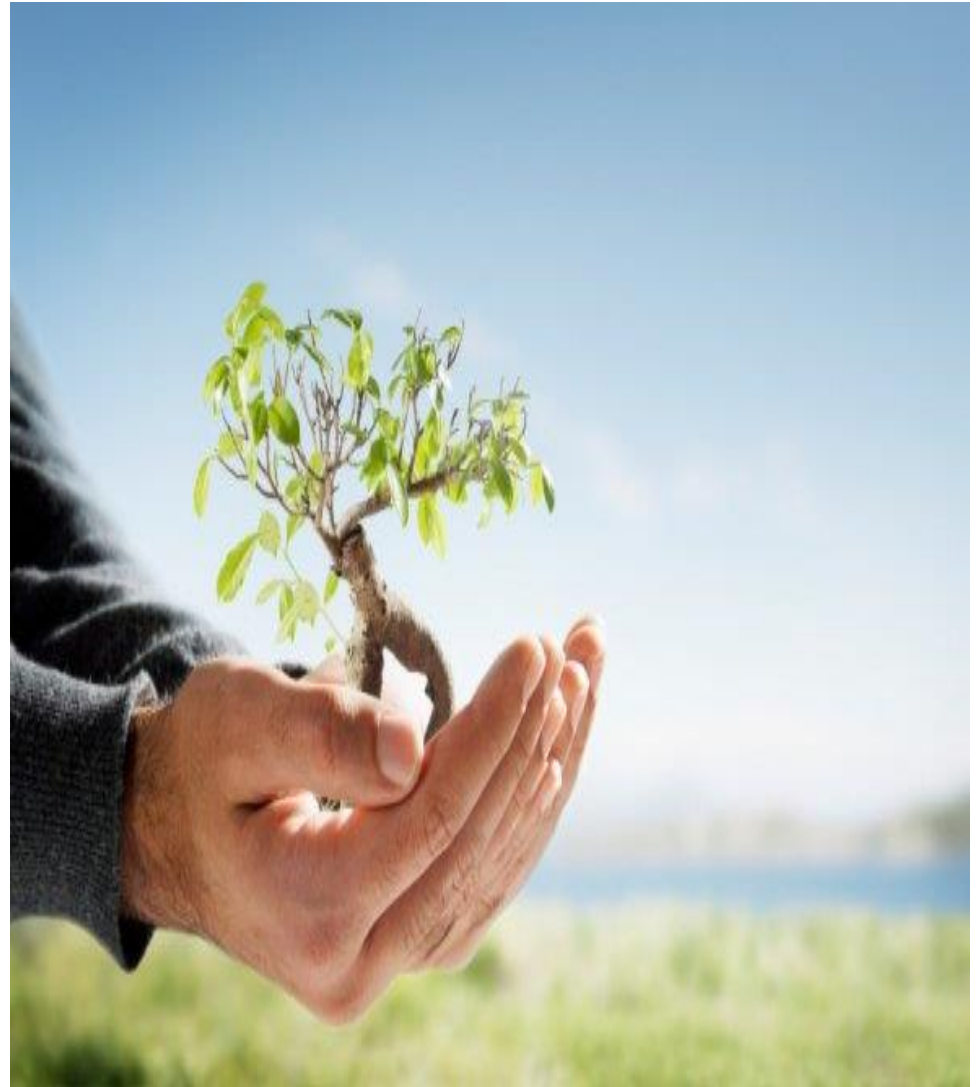
- Your job as a support worker is to help clients achieve or maintain optimal health.



Your Specific Role

- Support
- Improve
- Maximize

**...A person's
health
potential**



What is Health?

Early Definition of Health

Health was defined as not being sick (1800's).

Leading causes of diseases are those that are transmitted from one person to another.

- Pneumonia
- TB
- Influenza

Considered as contagious diseases that are contracted by breathing in small droplets that contain the organisms that can cause illness.
avoid being infected during an outbreak you are considered healthy.

Early Definition of Health

- Vaccinations
- Antibiotics
- Health Education
- Cleaner Environment

- People were living longer and getting sick less often

- Health promotion and prevention. Changes the way people think of their health

- Health is more than the absence of disease.

Modern Definition of Health

- Health is affected by factors other than disease
- Lifestyle
- Environment
- Emphasis on Holistic health

What is Holism?



What is Holism?

- Holism means whole.

Focus on all dimensions:

- Physical Health
- Emotional health
- Social health
- Spiritual health
- Intellectual health



The "Nussbaum" Chart

What is Health?

- Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



As a Support Worker

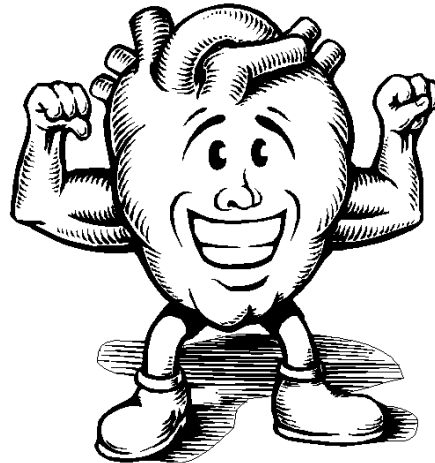
- *When providing holistic health care, you care for all dimensions of the person not just the physical*

What is Physical Health?



What is Physical Health?

Physical health is achieved when the body is strong, fit, and free of disease.



What Are The Factors Affecting Physical Health?



What Are The Factors Affecting Physical Health?

- Nutritious diet
- Exercise
- Living in a smoke free environment
- Drinking alcohol moderately or not at all
- Having good night sleep
- Following safety practices, such as using seat belts and helmets
- Seeking medical attention when needed

What is your role as a Support Worker In Maintaining Client's Physical Health



Role Of Support Worker In Maintaining Client's Physical Health

- Maintain clean, safe and comfortable environment
- Prepare nutritious meals
- Assists clients with physical activity



What is Emotional Health?



What is Emotional Health?

- Emotional health is not merely the absence of negative emotions but the ability to function well in and adapt appropriately to circumstances whatever they may be...



People Who Are Emotionally Healthy

- Feel good about self
- Strong self-esteem
- Self-control
- Self awareness
- Ability to appropriately express emotions
- Ability to learn
- Ability to have meaningful social interactions and connections

When is the time that you
experience yourself as being
emotionally fragile?

Behaviour

- Taking less care of themselves
- Finding it difficult to relate to others
- Being very withdrawn
- Acting noticeably different in some way, for example being unusually cheerful
- Being tearful, or trying hard not to cry
- Finding it hard to concentrate
- Being less energetic, and/or seeming particularly tired
- Eating less (or more) than usual
- Sleeping badly and/or waking early
- Losing appetite or eating more than usual

Role As A Support Worker In Helping Client With Emotional Difficulty



Role As A Support Worker In Helping Client With Emotional Difficulty

- Avoid judging
- Give client the time, opportunity & ability to explain him/herself, & then listen to the client with the intent to understand
- Explore comments, attitudes, behaviours of client to discover underlying meaning
- Help clients find best possible solution by assessing client's knowledge level, & discussing the client's beliefs & wishes



Case Study

Patient's Profile:

Name: Mr. George Barron

Age: 60

Relationships: Widower. Daughter died in car accident. Grandson died from drug overdose

Diagnosis: Chronic Heart Failure

Likes: Going out with friends

You are caring for Mr. Barron in the community. One day while caring for him, Mr. Barron stated “ My life is helpless, I feel so alone and lonely. I would rather end this misery.”

Question:

1. Identify on how can you help Mr. Barron in this situation?
2. What would be your initial reaction?

What Is Social Health?



What Is Social Health?

- Social health is achieved through stable and satisfying relationships.
- Socially healthy people treat others with respect, warmth, and openness.
- They naturally like and trust others.
- People with poor social health may show little regard for others, and may use others for their own gain.



Who Are At Risk For Social Isolation?

- Elderly
- People with disability
 - New immigrants



Role Of Support Worker

- Companion
- Comfort
- Emotional support
- Encouragement
- Social support system



Companion

- Companionship
- Feeling of
belongingness

Comfort

- daily tasks
- bathing.
- sponge bath
- requires knowledge of the proper cleansing technique, patience and discretion.
- Talk with the person and make sure she is comfortable with you bathing her.
- Ask if she is comfortable with this process or if she would prefer that someone else take on the task.

Case Study

Patient's Profile:

Name: Mrs. Margaret Richards

Age: 80 y.o.

Diagnosis: Alzheimer's, Hypertension,

Mobility: 1 person assist during care; use Hoyer lift for transferring

You are assigned to Mrs. Richards in the facility. She is scheduled for her shower today. When you went to her room, she stated that she is not ready for her shower and does not want to be bothered. She also refused to receive care the night before.

Question:

1. How would you encourage Mrs. Richards in this situation?

Emotional support

- As people age,
- emotional needs may change.
- loss of a spouse
- health problems.
- may not have the same support system they had when they were younger
- children moving away or retirement.

Your Role

- Listen to individual concerns.
- Don't assume all elderly are lonely.
- Encourage the person to express their feelings and
- be a good listener
- ask questions and don't be judgmental

Case study

Patient's Profile:

Name: Mrs. Pat Ennis

Age: 67 y.o.

You are assigned to care for Mrs. Ennis in a retirement home. One morning as you were doing your rounds you noticed Mrs. Ennis crying inside her room. When you asked her she stated "I am okay" and continues to cry.

Question:

Identify the ways on how can you help Mrs. Ennis in this situation

Encouragement

- avoid stereotyping
- As their health deteriorates
The elderly person begins to have low expectations of their abilities and performance.
- walking slower
- memories fail quicker
- they under-rate their own abilities
- reduced will to live, a directly negative effect on health.

Your Role

- Maintain and promote independence
- give a sense of pride and achievement
- and can prevent them giving up on life completely.
- make them feel that they are not dependent on help from others and can still do something for themselves.

Spiritual Health

- Have a clear understanding of what they believe to be right and wrong
- Behaviours reflect their beliefs
- Life has meaning
- Concerned about personal fulfillment than material things
- Compassion
- Honesty
- Humility
- Forgiveness
- Charity (elements)

Your Role

- Respect client's expressions of spirituality
- Be responsible for transporting clients to religious services
- Handle items with care and respect

Case Study

Patient's Profile:

Name: Mrs. Wanda Singer

Age: 90 y.o.

Religion: Catholic

You are assigned to care for Mrs. Wanda Singer in the community. Mrs. Singer has been discharged for hip surgery. Following treatment, the doctor advised her to increase her protein intake. Mrs. Singer's daughter tells you to follow the doctor's order despite of Mrs. Singer's request. You learned that every Friday Mrs. Singer does not eat meat due to her religious beliefs.

Question:

How would you handle this situation.

Cognitive Health

- Keeping the mind active and creative
- Maintain curiosity throughout life
- Analyze
- Reason
- Solve problems

Your role

- Recreational programs and activities
- Encourage residents to take part in games and outings
- Encouraged them to be continually active – reading, crosswords puzzles, crafts, knitting
- Talk to them about community and world events.

Factors Of Poor Intellectual Health

- Passive approach to life
- Poor social participation in the community
- Avoid being involve in the lives of others
- Poor emotional, social and physical health



What Is Culture?



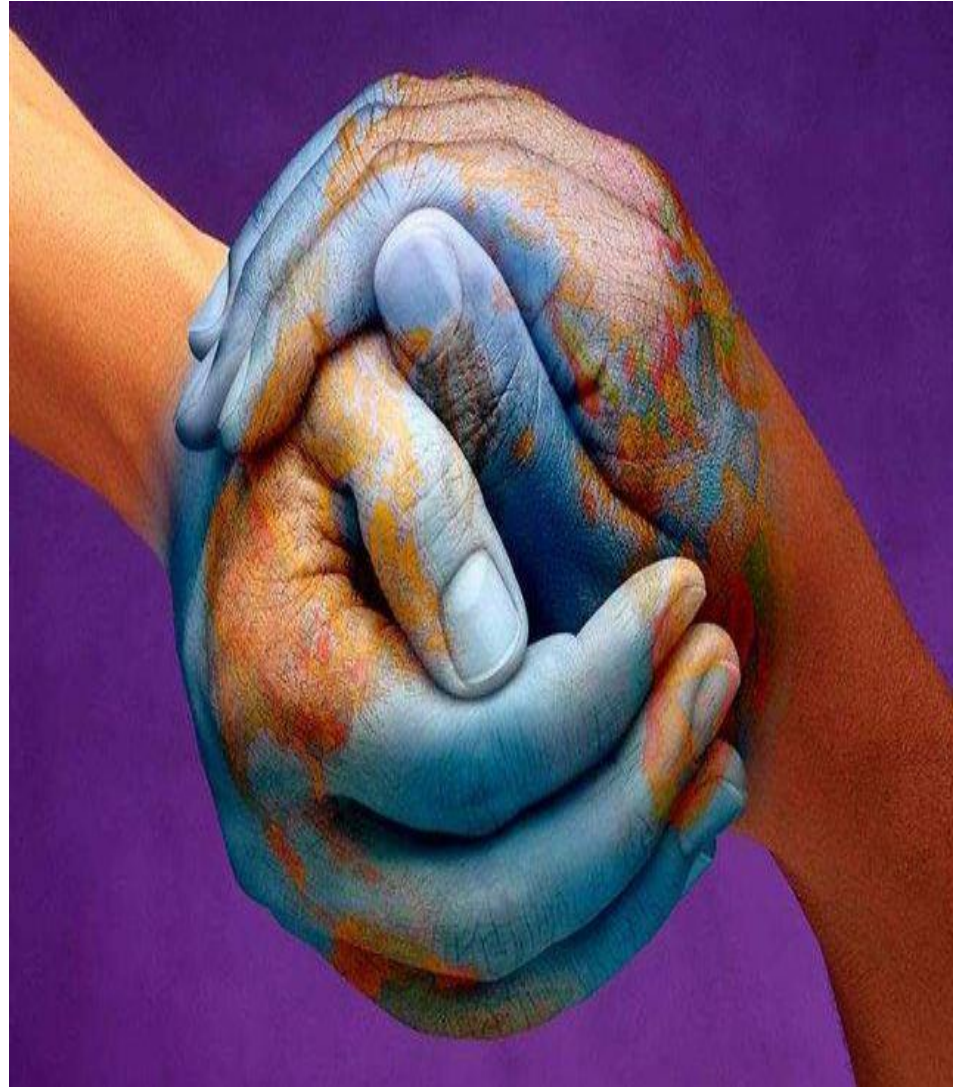
What Is Culture?

- Refers to the learned values, beliefs, norms, and way of life that influences an individual's thinking, decisions, and actions in certain ways.



Culture Can Influence A Person's Will To...

- Seek medical treatment
- Take prescribed medications
- Take herbal or medical supplements
- Accept care from someone who is not a family member
- How a person will accept care in general



Personal Factors That Can Influence Health

- Personal Life Style Choices
- Stress
- Personal beliefs about Health Care
- Social relationships and Belonging
- Sense of Control – make own decisions. Not be influenced- personal empowerment

Personal Life Style Choices

- Health choices- foods
- Parents to children
- Knowledge and education to make the right decision
- >2 drinks/day is harmful for most
- Women: 9 drinks/week = >cancer
- Men: 14 drinks/week= >rates of alcohol-related problems

Personal beliefs about Health Care

Influences

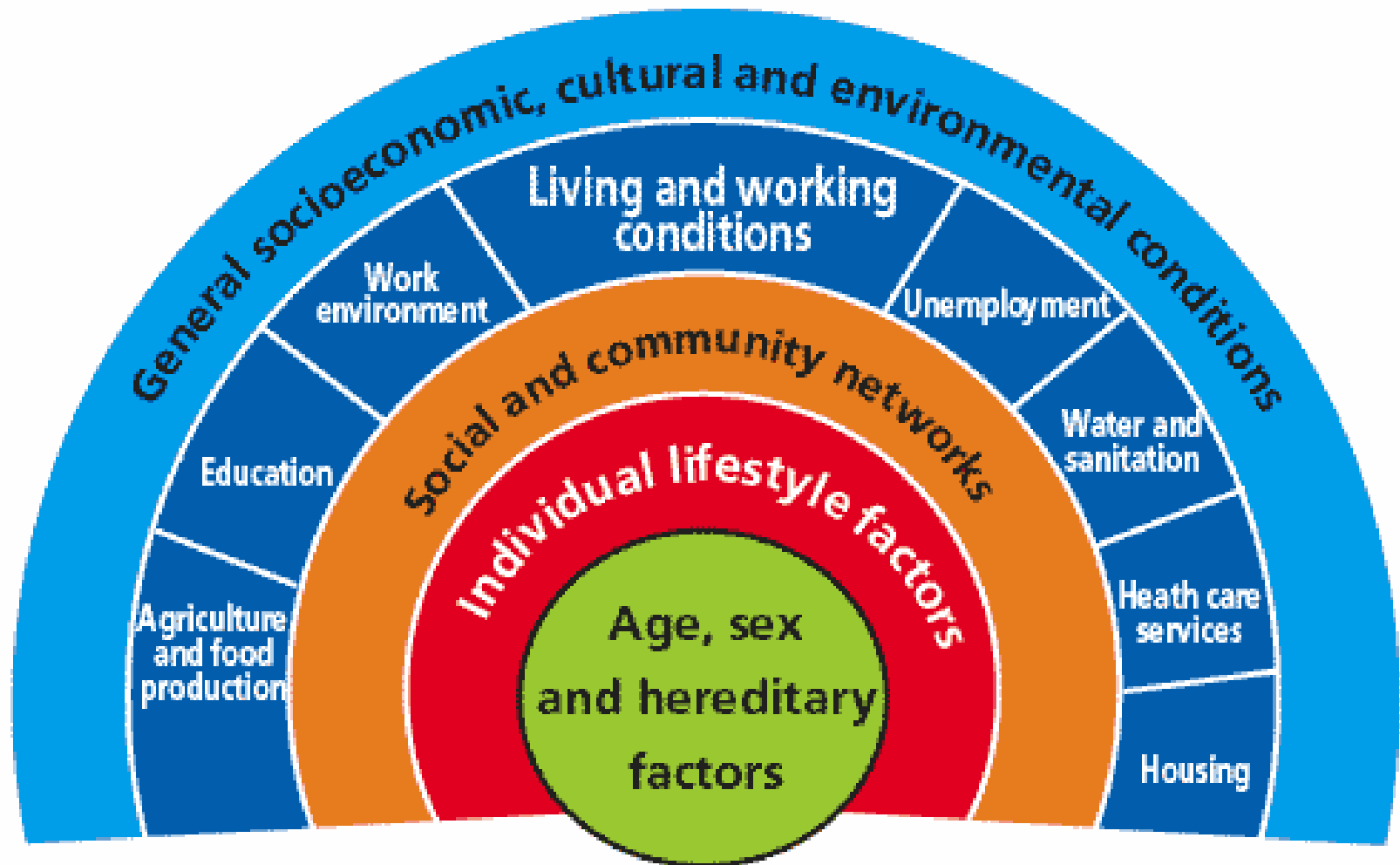
- Medical treatment
- Take prescribed medications
- Herbal or non-medical supplements
- Accept care from someone who is not a family member

Question

“A client from First Nation Community requests that a sweetgrass ceremony be performed in the hospital as part of the treatment. The ceremony involves chanting and burning some substances, which will result in small amount of smoke (similar to that burning an incense stick)...”

How would you react in this situation?

12 Key Determinants of Health



12 Key Determinants of Health

1. Income and Social status
2. Social support networks
3. Health Education and Literacy
4. Employment and working conditions
5. Social support
6. Physical environment
7. Personal health practices and coping skills



12 Key Determinants of Health (Cont'd)

- 8. Healthy child development
- 9. Biology and genetic endowment
- 10. Health services
- 11. Gender
- 12. Culture



Income and Social status

- Health status improves as your income and social standing go up.
- High income determines living conditions
- safe place to live in
- ability to buy sufficient nutritious foods.
- People who are living at this state are the healthiest population in the society.
- Example:

Low-income mothers, lone mothers are more likely to live in poverty, to achieve low levels of education, to be on social assistance and have lower level of health. They are normally the ones who live below the low income cut off.

Social support networks

- These are type of support from families, friends, and communities.
- Having social support network is very important in helping people solve and deal with problems.

Health Education and Literacy

- Health education improves with level of education.
- Education is closely connected to socioeconomic status.
- Education improves people's ability to access and understand information that will keep them keep themselves healthy.
- People's ability to access computer. People nowadays do their own research about their illness

Employment and working conditions

- Unemployment, underemployment, stressful or unsafe work are all associated with poor health.
- People who have more control over their job and have less stress related demands in their jobs are healthier and often live longer.

Physical environment

- An important determinants of health.
- Contaminants in the air, water, and soil can cause a variety of adverse health effects, including cancer, birth defects, and respiratory (influenza, pneumonia) and G-I ailments (salmonella-food poisoning; E-coli – water and undercook meat).

Personal health practices and coping skills

- Actions by individuals that can help them cope with challenges, develop self-reliance
- (independence). Making the right choices that can influence your personal life skills, stress, culture, social relationships and belonging and a sense of control.

Healthy child development

- can be affected by many social, economic and environmental factors both in positive and negative ways.
- There are four main factors affecting a child's development, individual child behavior and health, family life, learning environment and socioeconomic environment.
- Example;
 - - Parental interactions with children can have a largely positive or negative effect on child development, Parents who spend time playing and teaching their kids through reading and by performing various types of hands-on games and activities can have a positive impact on their child's development.
 - Proper nutrition can have a direct impact on a child's development both physically and psychologically unhealthy eating can lead to weight gain and other negative effects if the child does not learn how to eat healthy early in life.

Biology and genetic endowment

- Although socioeconomic and environmental factors are important determinants of overall health, in some circumstances, genetic endowment appears to predispose individuals to particular diseases or health problems.
- Genetic make up can affect one's health status that is caused by abnormalities in genes or chromosomes.
- Genetic disorders may also be complex, multifactorial, or polygenic, meaning that they are likely associated with the effects of multiple genes in combination with lifestyle and environmental factors. Multifactorial disorders include heart disease and diabetes.

- The roles, personality traits, attitudes, behaviours, values and relative power and influence ascribed to the two sexes on differential basis. The relationship between gender and indicators of health status.

Example:

- A study showed that more women than men were diagnosed with mood disorder (Mood disorders may involve depression only (also referred to as "unipolar depression") or they may include manic episodes (as in bipolar), while more men were diagnosed with schizophrenia.
- More men had substance abuse while more women were likely to suffer from PTSD, but it also noted that more women identified support people present in their lives.

Illness And Disability



What Is Illness?

Loss of physical
or mental
health

another word for disease



What is Disability?

Loss of physical or
mental **function**



Disability

- Physical
- Cognitive
- Mental
- Sensory
- Emotional

developmental or some combination of these.

- Impairments: activity limitations, and participation restrictions.
- An impairment is a problem in body function or structure- amputated limbs
- An activity limitation is A difficulty encountered by an individual in executing A task or action - pain
- While A participation restriction is A problem experienced by an individual in involvement in life situations

Common Reactions To Illness And Disability

Fear and anxiety
Sadness and grief
Depression
Denial
Anger



Fear and anxiety

- Effects of their illness on their family
- Manage their daily responsibilities
- Financial problems
- Their family's future, and even their death

Sadness and grief

- Clients facing loss are usually sad.
- serious illness and disabilities often deal with many kinds of losses-
- loss of position, independence,
- loss of confidence.

Your role

- Observe and listen
- Understand their needs.
- Understand and care for the person

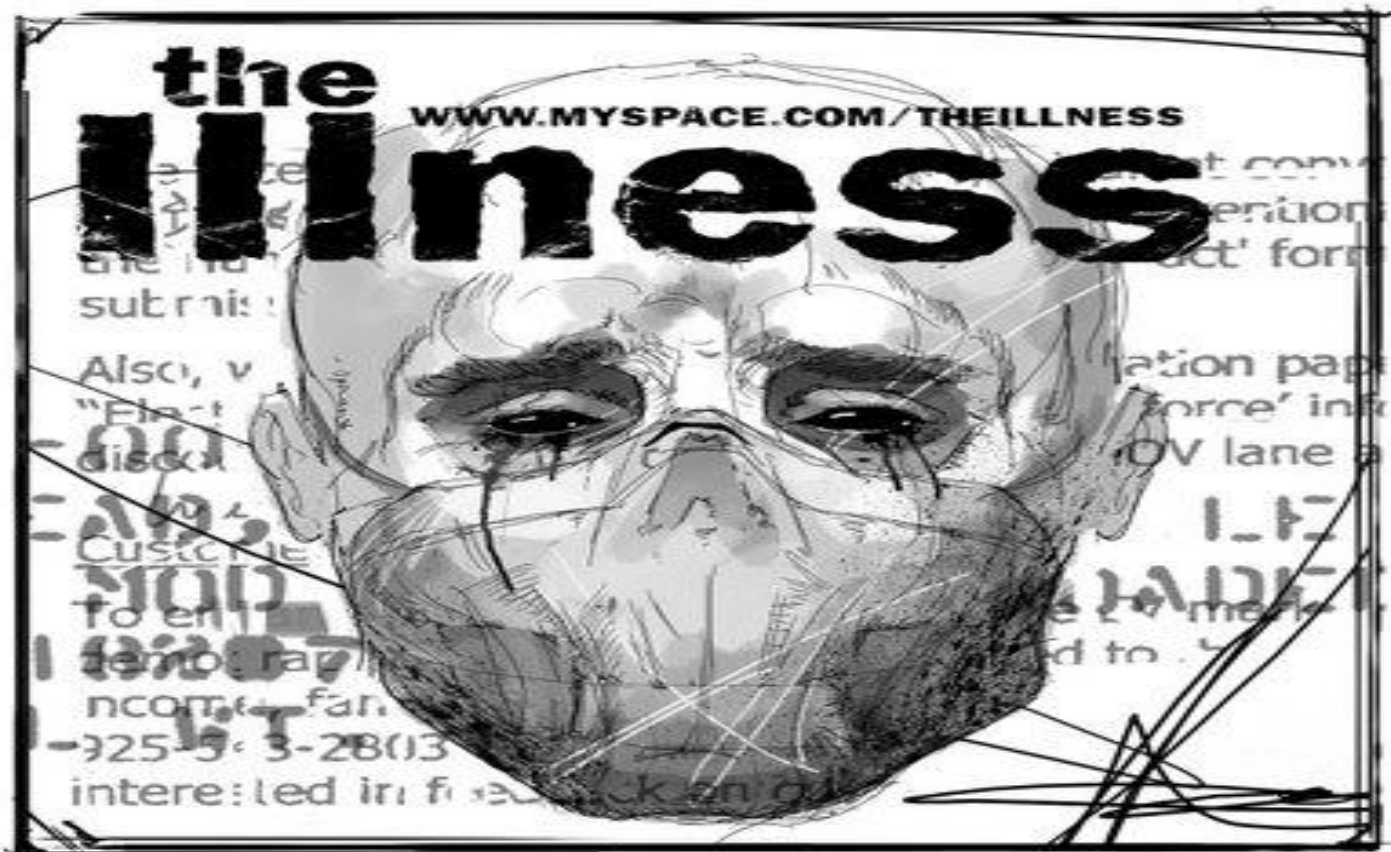
Depression

- Fear, anxiety, sadness, and grief
- This is called reactive depression.
- Those who are suffering from chronic illness and have lost their life long friends and family members are at risk for more serious depression called clinical depression.
- These are the clients who are often tired, anxious and uninterested in life.
- They may avoid contact with other people due to severe depression and may become suicidal.

Your Role

- Observe closely for any changes in the client's mood, energy and behaviour.

Common Illnesses and Disabilities



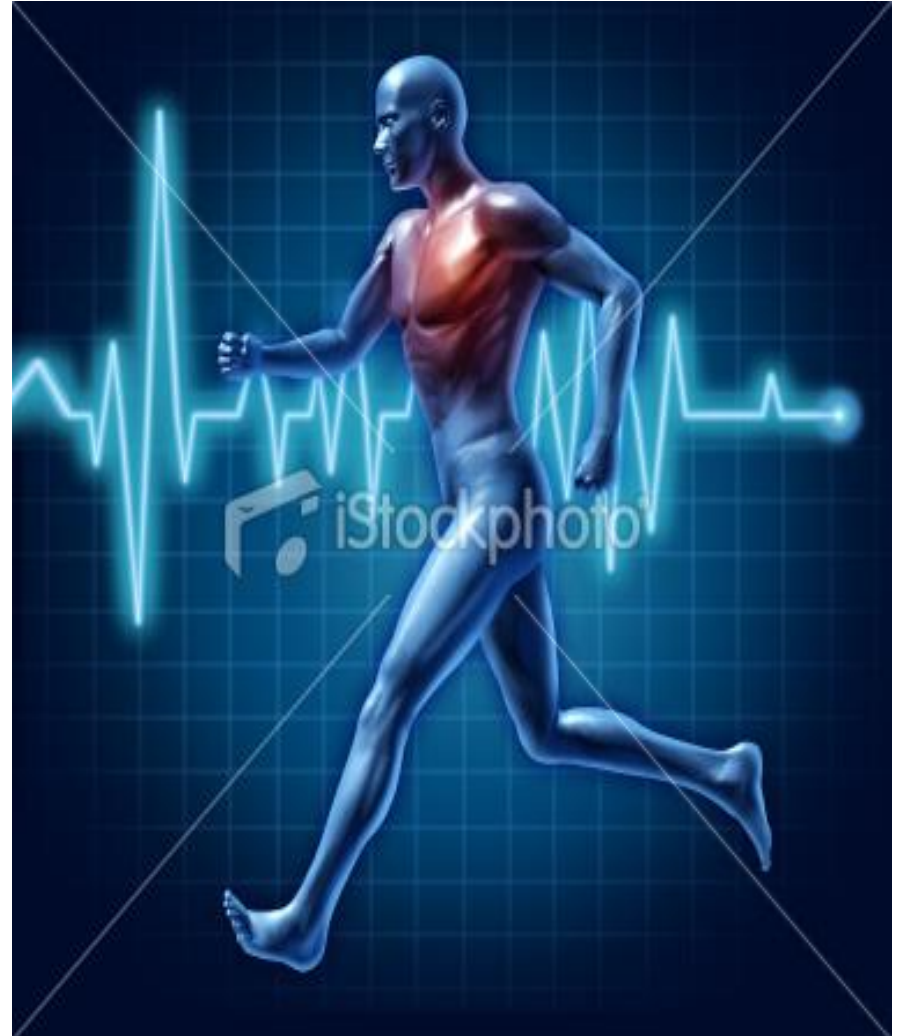
Common Illnesses and Disabilities

- Alzheimer's Disease
- Anxiety Disorders
- Asthma
- Cancer
- Coronary artery disease
- Dementia
- Diabetes
- Heart attack
- Parkinson's disease
- Paraplegia
- Quadriplegia
- stroke



Factors Affecting a Person's experience of illness and disability

- The nature of the illness and condition
- The person's age
- The person's level of physical fitness
- The amount and degree of pain and discomfort the person experience
- The Prognosis (the expected course of recovery based on the usual outcome of the illness)
- The person's personality and ability to cope with difficulties
- The person's culture

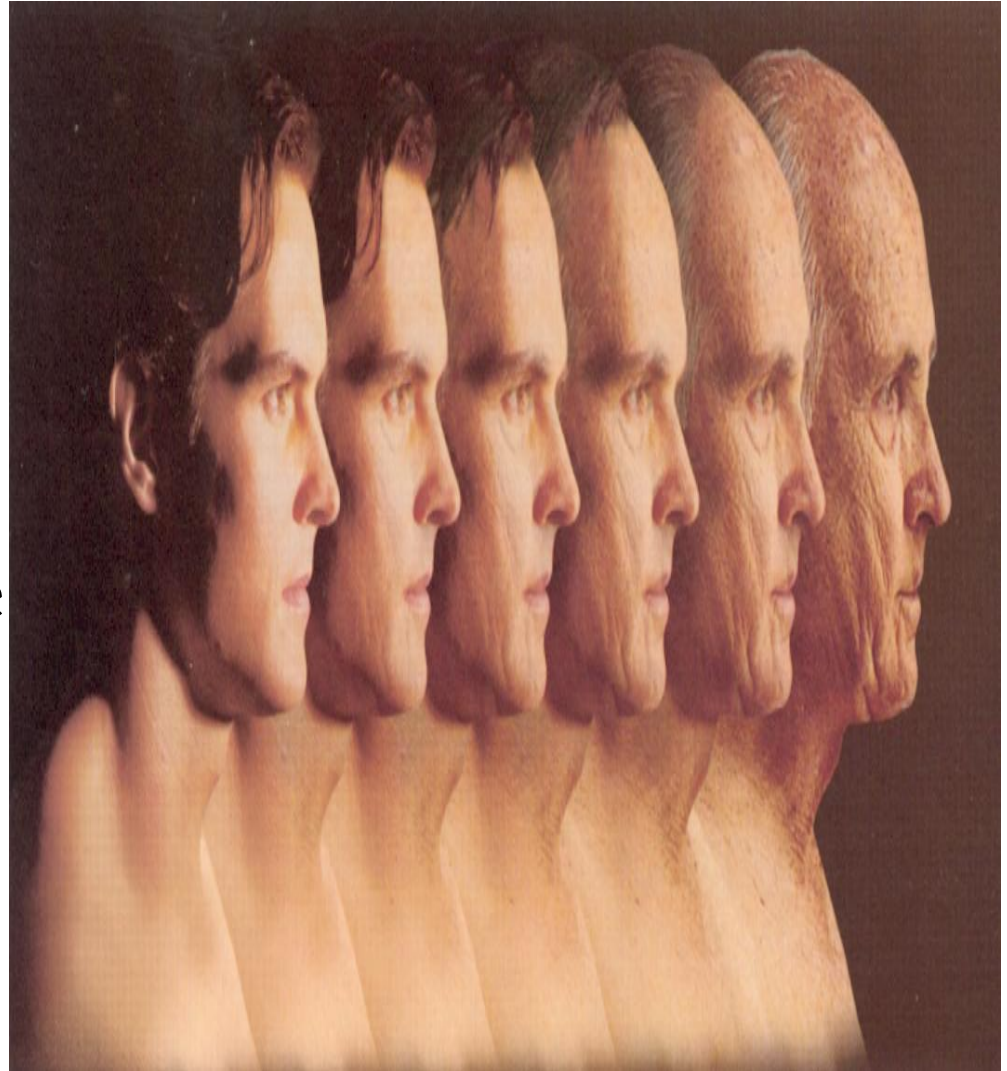


Change And Loss Associated With Illness And Disability



Change And Loss Associated With Illness And Disability

- Change in Routine
- Change in Work life
- Change in family life
- Change in sexual function
- Loss of independence
- Loss of dignity
- Change in self image



Change in Routine

- Daily routine almost always change.
- doctors appointments, tests and treatments.
- simple ADL's (Personal hygiene and grooming
- Dressing and undressing, Self feeding,
- Functional transfers (getting into and out of bed or wheelchair, getting onto or off toilet, etc.),
- Bowel and bladder management
- Ambulation, suddenly become challenges

Change in Work life

- Many clients with serious illness or disabilities quit or limit work.
- Client's who feel rewarded and fulfilled by their work may suddenly feel worthless when they can no longer work.
- The loss of work may also result in financial problems and loss of social interactions.

Change in sexual function

- Some medications may have side effects that can cause sexual dysfunction (Diuretics –furosemide, aldactone; high blood pressure drugs – metoprolol, propranolol, atenolol).
- Other diseases such as stroke, spinal injuries, and nervous disorders are some of the conditions that can affect sexual function.

Loss of independence

- losing one's independence can be very hard for the client. As the support worker, you must try at all times to enable your client to be as independent as they can be.

Change in self image

- Self image is the individual's perception of himself or herself.
Changes to a person's body caused by illness may affect self image.
- Clients who have lost body parts or have scars due to surgery or accidents may feel unattractive or even repulsive (reject).

Example : How would you know if a breast cancer patient who undergo mastectomy has accepted her condition?

Providing Compassionate Care



How To Care For Clients Who Are Ill Or Disabled

- Provide Dignity
- Maintain Independence
- Consider Client's Preferences
- Provide Privacy
- Provide Safety



Questions and Case Study



Question

- The membership of a health care team is determined by
 - A. The client's needs
 - B. The RN's needs
 - C. The Physician's needs
 - D. The needs of the client family

Question

- An RN delegates a task to you with which you are not comfortable. Which is a false statement?
 - A. You must perform the task
 - B. You can refuse to perform the task
 - C. You can ask for further training on how to perform the task
 - D. You can ask the nurse to stay while you perform the task.

Question

- You are assisting Mr. C with personal care in his home. Mrs. C asks you to change her husband's dressing. RNs have delegated dressing changes to you for other clients. What should you do?
 - A. Tell Mrs. C that you are not allowed to perform the procedure without the authorization of your supervisor
 - B. Tell Mrs. C that you can change the dressing if her husband (your client) ask you to do it
 - C. Tell Mrs. C. that you can change the dressing if she stays in the room during the procedure
 - D. Tell Mrs. C she has to obtain permission from your supervisor.

PSW Ontario

*Always Remember Who
You Represent!*

