Health as a major concept

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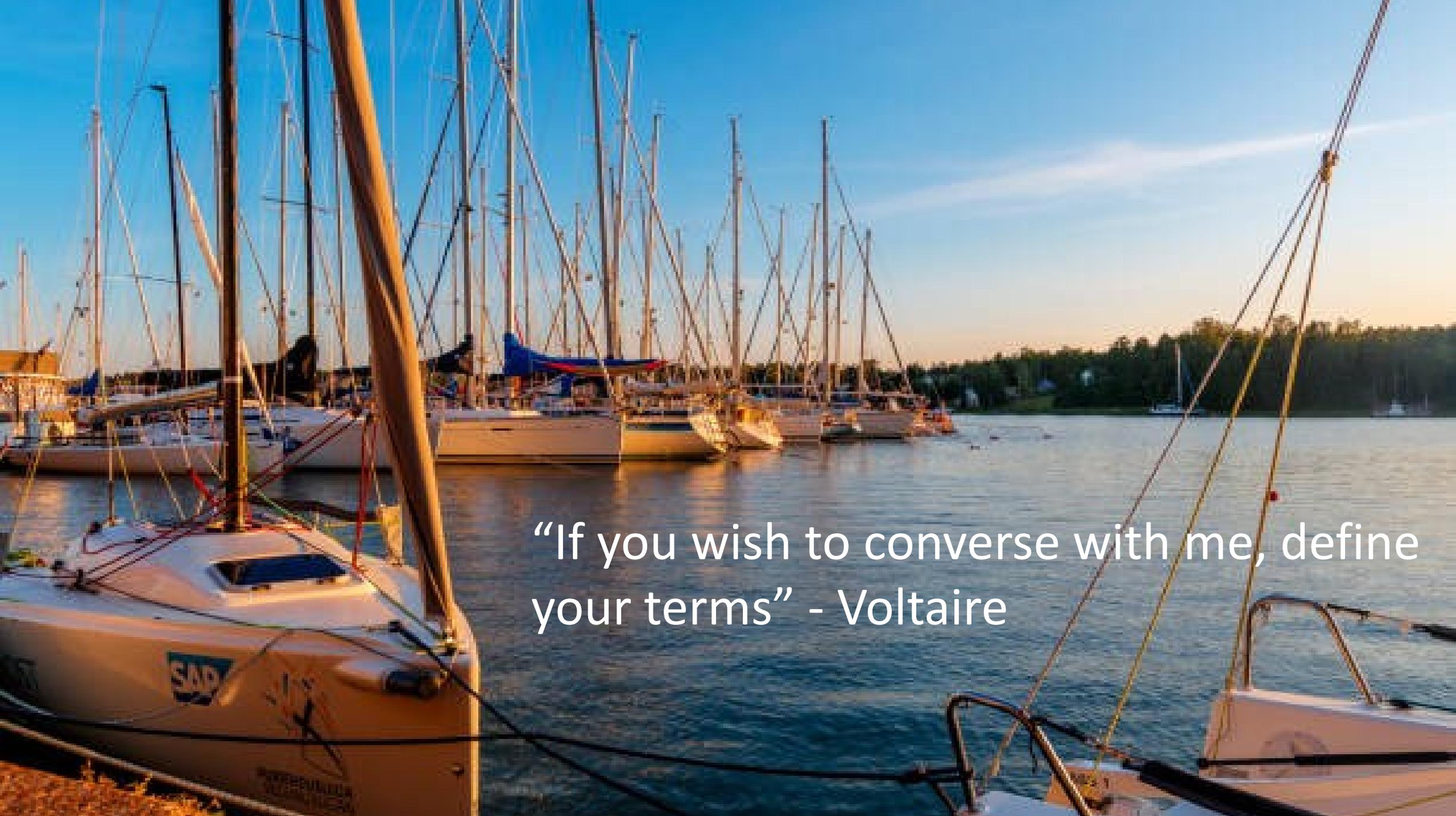
"If you wish to converse with me, define your terms" - Voltaire

Concepts within caring and nursing theories

❖ Caring and nursing theories are developed around four meta-concepts: human, health, nursing and environment/world

❖ Each theory has also developed major concepts, which reflect the content of the theory. The theories have an inner pattern of concepts.

❖In the Theory of Caritative Caring the major concepts are following: the human being, health, caring, suffering, ethos, caritas.
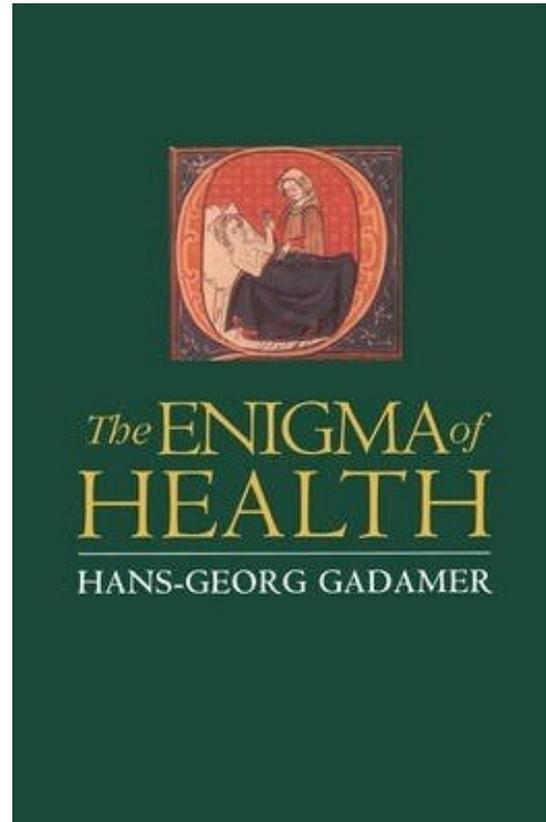
What is Health?

Health according to WHO:

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

WHO, 1946

"A resource for everyday life, not the objective of living. Health is a positive concept emphazising personal resources, as well as physical capasities"

WHO, 1986

Health as a concept in the Theory of Caritative Caring

❖ Health is an experience of wholeness

❖ Health is considered as soundness, freshness and wellbeing

❖ Health is relative

❖ Health is a movement

The Ontological Health Model

❖The substance and laws of health have been summed up in an ontological health model.

❖ Health is seen a movement, that strives toward a realization of one´s potential

❖ The direction of this movement is determined by the human being´s needs and desires

❖Health is concieved as a becoming, a movement toward a deeper holeness

and holiness.
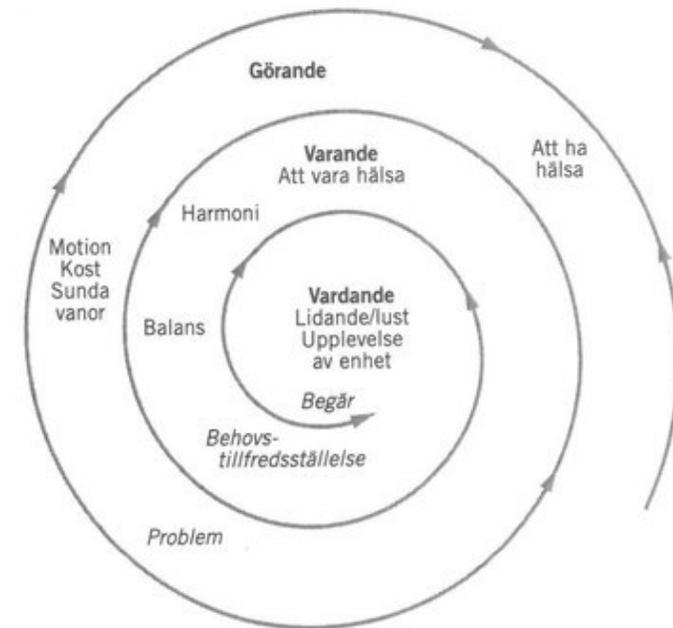
Figur 2: Hälsans dimensioner (efter Eriksson, Bondas-Salonen et al. 1995, s. 13).

Dimensions of Health

❖ The movement becomes visible in the **different dimensions of health** as doing, being and becoming

❖ In **doing**, the person's thoughts concerning health are focused on healthy life habits and avoiding illness

❖ In **being**, the person strives for balance and harmony

❖ In **becoming**, the human being becomes whole on a deeper level

❖ How you would describe your own health based on the ontological health model?

Thank you for your attention!

Pictures from Pixabay

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