

2024

SUMMARY FOUNDATION

CHAPTER 2

HEALTH AND ILLNESS



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Health

is the **absence of disease**, It is a **subjective** state and defined by each person as perceived

الصحة هي غياب المرض و إنها حالة ذاتية و يحدد كل شخص الصحة كما ينظر اليها

We can describe health as:

- Being **free** from **symptoms** of **disease** and **pain** as much as possible.
- Being **able** to **be active** and to do what they want or must. يصف بعض الناس الصحة بأنها:
 - الخلو من أعراض المرض والألم قدر الإمكان.
 - القدرة على أن تكون نشط والقيام بما تريد أو ما يجب عليك القيام به.
 - البقاء في حالة معنوية جيدة معظم الوقت
- Being in **good spirits** most of the time

WHO (1974) definition of Health:

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

○ الصحة هي "حالة من الرفاهية الجسدية والعقلية والاجتماعية الكاملة، وليس مجرد غياب المرض أو العجز"

Disease

is a **Pathological change** in structure &/or function of the body or mind

• المرض هو "تغير مرضي في بنية و/أو وظيفة الجسم أو العقل.

Illness

is the **response** of person to disease

• المرض هو استجابة الشخص للمرض

Wellness

is a **more active** state, is a **dynamic** process that is ever changing from time to another.

• العافية هي حالة أكثر نشاطًا و هي عملية ديناميكية تتغير باستمرار من وقت لآخر.



The **ill person** usually has some **degree of wellness**

وعادةً ما يكون لدى الشخص المريض درجة معينة من العافية.

The **well person** usually has some **degree of illness**

عادةً ما يكون لدى الشخص السليم درجة معينة من المرض



Factors associated with health status

ترتبط الحالة الصحية بعدة عوامل:

- 1 ✨ **Health care access** ✨ -1 الوصول إلى الرعاية الصحية ✨
- 2 ✨ **Economic conditions** ✨ -2 الظروف الاقتصادية ✨
- 3 ✨ **Social issues** ✨ -3 القضايا الاجتماعية ✨
- 4 ✨ **Environmental issues** ✨ -4 القضايا البيئية ✨
- 5 ✨ **Cultural practice** ✨ -5 الممارسة الثقافية ✨

CHAPTER 2 QUESTIONS



1. The world health organization (WHO) in 1974 defined health as

- A. Being free from symptoms of disease and pain
- B. Being has disease and pain
- C. Being in bed spirit most of time
- D. A state of complete physical, mental and social well being

2. Wellness is oriented toward which one of the following

- A. Increasing the response of a person to disease
- B. Absence of disease
- C. Maximizing the potential of individual
- D. Minimize the potential of the individual

3. Health is subject state and therefore some people may describe health using which of the following

- A. Being in good spirits most of the time
- B. Being free from symptoms of disease
- C. Being active and do what you want
- D. All of the above

4. A more active state than just being free from illness, and it is also dynamic process that is ever changing from time to time" refers to which of the following?

- A. Disease
- B. Illness
- C. Sickness
- D. Wellness

5. A pathological change in structure and function of the body is called?

- A. Disease
- B. Illness
- C. Wellness
- D. Health

6. Illness is

- A. The response of person to health
- B. The response off person to wellness
- C. The response of person to disease
- D. The response of person to heath

7. Health is

- A. The presence of the disease
- B. Being have disease and pain
- C. The absence of the disease
- D. Being in bad spirit most of time

8. Wellness is

- A. Adynamic process that is ever changing
- B. A dynamic process that is not changing
- C. Not dynamic process that is ever changing
- D. The response of person to health care

9. Health is defined as

- A. Being free from symptoms of disease and pain
- B. A state of complete physical, mental, social wellbeing
- C. Being in a good spirit most of the time
- D. Being able to be active and to do what you want

10. Health is considered as

- A. Subjective and objective state
- B. An objective state
- C. Subjective state
- D. Neither subjective nor objective

Health indicators (CDC)

- 1 Disease المرض
- 2 Morbidity rate معدل الإصابة بالأمراض
- 3 Mortality rate معدل الوفيات

تقرير الإصابة بالأمراض والوفيات الأسبوعي هو تقرير وبائي أسبوعي للولايات المتحدة ينشره مركز السيطرة على الأمراض

Morbidity and Mortality Weekly Report

is a weekly epidemiological report for the United States published by the center for disease control (CDC)



The Human Dimension.

البعد الإنساني.

All of these interdependent parts compose the whole person

كل هذه الأجزاء المترابطة تشكل الشخص بأكمله

- **Agent-Host-Environment** (Health Belief Model).
- **Health/Illness Continuum** (Health Promotion Model).
- **High-Level Wellness Model** (Health Promotion Model).
- **المسبب - المضيف - البيئة** (نموذج الاعتقاد الصحي).
- **استمرارية الصحة/المرض** (نموذج تعزيز الصحة).
- **نموذج العافية عالية المستوى** (نموذج تعزيز الصحة).

مثلث المسبب - المضيف - البيئة
The Agent - Host - Environment Triangle



1. Mortality rate is type of

- A. Health indicator
- B. Health prevention
- C. Health promotion
- D. Tertiary prevention

2. All of the following are factors affecting health and illness, EXCEPT

- A. Emotion dimension
- B. Biochemical dimension
- C. Sociocultural dimension
- D. Spiritual dimension

3. Which of the following is not an indicator of health and illness?

- A. Economic condition
- B. Healthcare access
- C. Environmental issues
- D. Lack of health education and promotion

4. All of the following are components of (CDC) center of disease center except

- A. Disease
- B. Morbidity rate
- C. Mortality rate
- D. Economic conditions

5. Host in agent-host-environment model" can be

- A. Hospital
- B. Virus
- C. Human
- D. Bacteria

Type of Illness

مرض حاد

Acute Illness

- Generally **rapid** onset of symptoms.
- Last only relatively **short time**.
- Example: Influenza

- عادة ما تبدأ الأعراض بسرعة.
- تستمر لفترة قصيرة نسبيًا.
- مثال: الأنفلونزا

مرض مزمن

Chronic Illness

Physical and mental alterations in health with one or more of the following:

- **Permanent** change
- caused by, **irreversible** alterations in normal.
- Requires **special concern** for rehabilitation
- Requires **long** period of **care** or **support**

هي التغيرات الجسدية والعقلية في الصحة مع واحد أو أكثر من الأمور التالية:

- تغير دائم
- ناتج عن تغيرات لا رجعة فيها في الوضع الطبيعي
- يتطلب اهتمامًا خاصًا بإعادة التأهيل
- يتطلب فترة طويلة من الرعاية أو الدعم

Indicator of health and illness

هناك خمس مراحل لسلوك المرض:

Stage 1	Experiencing Symptoms	المرحلة 1: الشعور بالأعراض
Stage 2	Assuming Sick Role	المرحلة 2: تولي (افتراض) دور المريض
Stage 3	Medical care contact	المرحلة 3: الاتصال بالرعاية الطبية
Stage 4	Assuming Dependent Role	المرحلة 4: تولي (افتراض) دور التبعية
Stage 5	Achieving Recovery & Rehabilitation	المرحلة 5: تحقيق التعافي وإعادة التأهيل

Prevention

الإجراءات التي تهدف إلى القضاء على أو إزالة أو **eradicating, eliminating, or minimizing** the **impact** of disease and disability
تقليل تأثير المرض والعجز

Levels of prevention

Primary Prevention Activities أنشطة الوقاية الأولية	<ul style="list-style-type: none"> • Prevention of problems before they occur. • Example: Immunizations, Diet, Exercise 	<ul style="list-style-type: none"> • الوقاية من المشاكل قبل حدوثها. • مثال: التطعيمات، النظام الغذائي، التمارين الرياضية
Secondary Prevention Activities أنشطة الوقاية الثانوية	<ul style="list-style-type: none"> • Early stage of the disease • Early detection and intervention. • Example: Screening tests such as <i>screening for breast cancer (mammograms)</i> 	<ul style="list-style-type: none"> • المرحلة المبكرة من المرض • الكشف المبكر والتدخل. • مثال: اختبارات الفحص مثل فحص سرطان الثدي (تصوير الثدي بالأشعة السينية)
Tertiary Prevention Activities أنشطة الوقاية بعد الثانوية	<ul style="list-style-type: none"> • Late stage of the disease • Correction and prevention of deterioration of a disease state. • Example: Teaching insulin administration at home, physical therapy or rehabilitation 	<ul style="list-style-type: none"> • المرحلة المتأخرة من المرض • تصحيح ومنع تدهور حالة المريض. • مثال: تعليم إعطاء الإنسولين في المنزل، العلاج الطبيعي أو إعادة التأهيل

1. A permanent physical or mental change (alteration) of health that is irreversible is presented in
 - A. Acute illness
 - B. Chronic illness**
 - C. Health promotion
 - D. Health prevention

2. All of the following are levels of prevention, EXCEPT
 - A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention
 - D. Morbidity rate**

3. Secondary preventative care includes activities as I
 - A. Mammography**
 - B. Diet
 - C. Medical therapy
 - D. Physical therapy

4. primary preventive care focuses on which of the following
 - A. Medical therapy
 - B. Skin cancer
 - C. Exercise**
 - D. Family counseling

5. Diet, exercise, and drug are
 - A. Primary preventive care**
 - B. Secondary preventive care
 - C. Tertiary preventive care
 - D. Quaternary preventive care

6. An acute illness is characterized by being
 - A. Weak
 - B. Prolonged
 - C. Slow
 - D. Rapid**

7. Relating to stages of illness behavior, experiencing symptoms is the
 - A. First stage of illness**
 - B. Second stage of illness
 - C. Third stage of illness
 - D. Fourth stage of illness

8. Relating to stages of illness behavior, achieving recovery and rehabilitation is the
 - A. First stage of illness
 - B. Second stage of illness
 - C. Third stage of illness
 - D. Fifth stage of illness**

9. Which of the following is a characteristic disease (chronic)
 - A. A result from temporary and reversible alteration
 - B. Last only for short period of time
 - C. Results from permanent change or damage**
 - D. Rabid onset of symptoms

CHAPTER 2 QUESTIONS



10. Screening of early signs of breast cancer (mammogram) is an example of?

- A. Tertiary prevention
- B. **Secondary prevention**
- C. Primary prevention
- D. Quaternary prevention

11. "actions aimed at eradicating, eliminating, or minimizing the impact of disease and disability" refers to which of the following

- A. Wellness
- B. Disease
- C. **Prevention**
- D. Health

12. Teaching insulin administration at home is an example of which level of prevention

- A. **Tertiary prevention care**
- B. Primary prevention care
- C. Secondary prevention care
- D. Quaternary prevention care

13. Which of the following is an example of an acute illness?

- A. Diabetes
- B. Hypertension
- C. Asthma
- D. **Influenza**

14. All of the following are a characteristic of chronic illness except

- A. A permanent change
- B. **Rapid onset of symptoms**
- C. Irreversible alteration in normal
- D. Requires long period

15. An acute illness is characterized by being....

- A. Weak
- B. Prolonged
- C. Slow
- D. **Rapid**

16. Primary preventative care focuses on which of the following?

- A. Disease
- B. Weak
- C. Skin
- D. **Diet**

17. The stages of illness are:

- A. Two stages
- B. **Five stages**
- C. Four stages
- D. Three stages

18. Related to level of prevention, the immunization is an example of

- A. **Primary prevention**
- B. Secondary prevention
- C. Tertiary prevention
- D. Health

19. Secondary prevention activities involve which of the following:

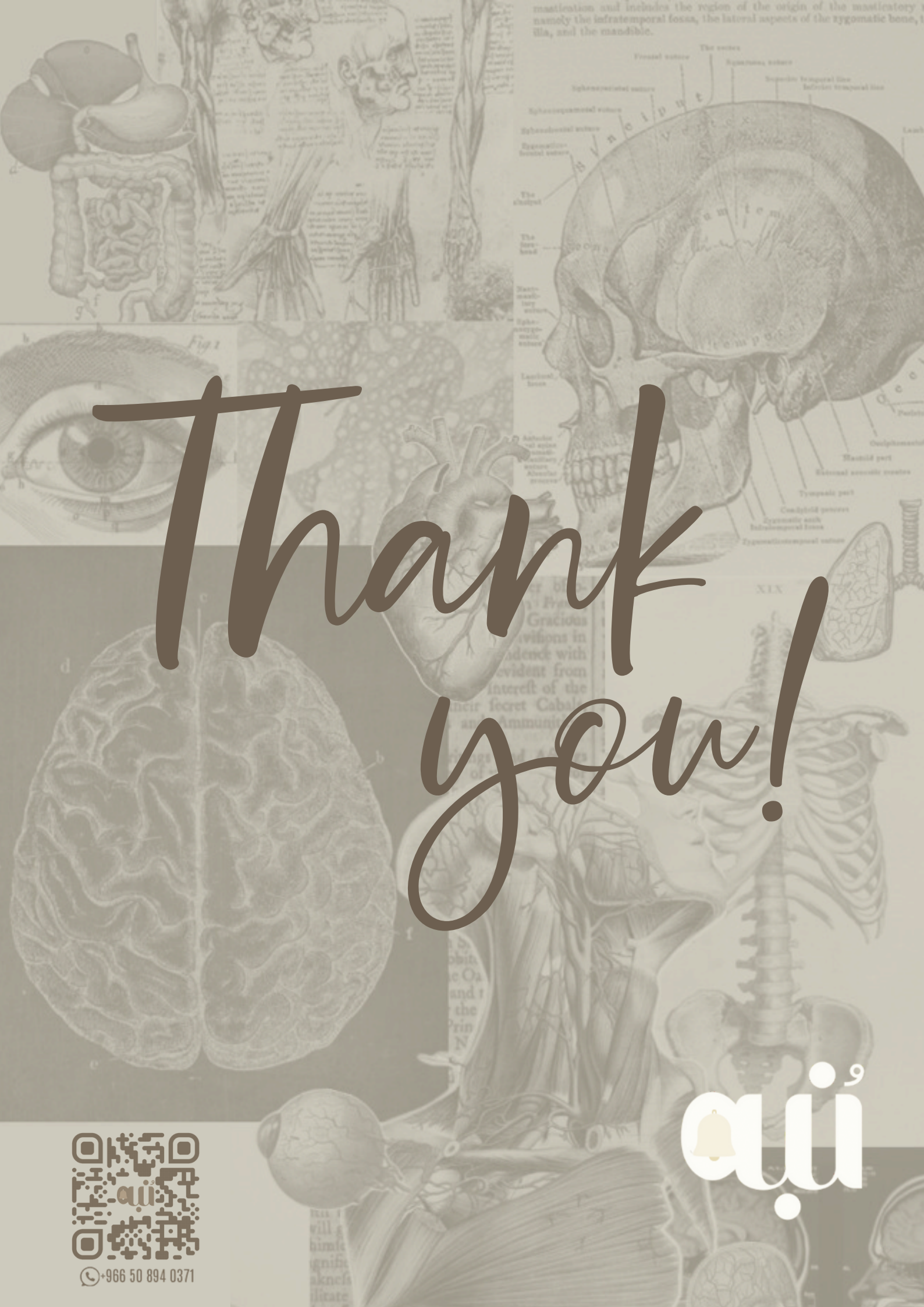
- A. **Early detection and intervention**
- B. Prevention of problems before they occur
- C. Correction and prevention of determination of a disease state
- D. Teaching insulin administration at home

20. Early detection and intervention activities is part of which level of prevention

- A. Tertiary
- B. Ambulatory
- C. Primary
- D. **Secondary**

21. Which of the following is characteristic of acute illness?

- A. A permanent change
- B. **Rapid onset of symptoms and lasts for short time**
- C. Irreversible alteration in normal
- D. Requires long period of care support



Thank you!



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