

Health and Wellness

OBJECTIVES/RATIONALE

Health care providers must have an understanding of safety as it relates to community and self in order to provide quality care. The student will research and describe wellness strategies for the prevention of disease and identify the availability of health screening and examinations.

TEKS 121.4 11A, 11B

TAKS ELA 1, 3
Social Studies 5

KEY POINTS

- I. The World Health Organization defines health, as “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
 - A. The definition of health has been expanded with emphasis on holistic health.
 - B. We think in terms of the body working as a unit (mental, physical, social, and emotional) in order to maintain and promote optimum wellness through our daily actions.
 - C. Wellness implies feeling good, regardless of infirmity or disease.
 - D. Holistic refers to well being of the whole person. It is important to meet all of these needs when giving care to the patient/client.
- II. Wellness and preventive health care emphasize keeping patients well and not waiting until they are ill to provide treatment. Health education is vital to maintaining good health.
 - A. The holistic wellness approach includes:
 1. Physical fitness
 - a. Achieved through routine physicals, rest, good nutrition, weight control, elimination of waste, aerobic exercise, immunizations, well-baby check ups
 - b. Avoid drugs, alcohol, tobacco, and excessive food intake
 2. Mental fitness—allows us to interact effectively with others and feel balanced
 - a. Characteristics of mentally healthy person
 1. self-directed
 2. have a sense of belonging
 3. trust their own sense and feelings
 4. accept themselves
 5. have self-esteem

6. practice stress management
3. Social Well-Being—allows individual to feel comfortable with others and allows the acceptance of behavior, attitudes, and beliefs. It includes enjoying companionship, sharing ideas and thoughts, having a sense of belonging and showing enthusiasm
- III. The Health Care System is a network of services available to people seeking treatment for health problems or assistance with maintaining and promoting health.
 - A. The services are primary, secondary, tertiary, and extended care
 1. Primary Care—health services provided by the first health care professional or agency. Ex. Family practice doctor in an office or clinic.
 2. Secondary Care—health services to which primary caregivers refer patients for consultation and additional testing.
 3. Tertiary Care—takes place in the hospital where complex technology and specialists are available.
 4. Extended Care—meeting healthcare needs of patients who no longer require hospitalization but continue to require health services. Ex. Nursing homes, home health agency.
- IV. National Health Goals – a national effort, which identified goals and strategies for improving the nations health by preventing chronic illnesses, injuries and infectious diseases. Combined expertise of individuals from public health services, state health departments, national health organizations and members of the Institute of Medicine of the National Academy of Sciences.
 - A. Goals
 1. Increase the span of health life for Americans
 2. Reduce disparities among Americans
 3. Achieve access to preventive services for all Americans
- V. Agencies involved in health and wellness in the community controlling infection include
 - A. Center for Disease Control and Prevention (CDC)
 - B. Infection control departments of hospitals and other agencies
 - C. City/county/public health departments
- VI. Schedules for required and desirable immunizations (Public Health Department (PHD))
- VII. Schedule for recommended physicals, procedures, and screening, and tests (Advice from physicians, American Cancer Society, American Heart Association, etc.)
- VIII. Recommended breast and testicular screenings/PSA schedules

ACTIVITY

- I. Conduct the **Community Health and Wellness Survey** to determine which strategies the population uses to maintain health and wellness.

- II. Compile data from the Community Health and Wellness Survey in chart or graphic form and present to the class.
- III. Participate in the organization of a Health Fair for Elementary Students. (Teacher Guidelines)
- IV. Develop a community awareness project to promote health and wellness using the HOSA competitive event guidelines. (Pamphlets, video, community display, community meeting).

MATERIALS NEEDED

Community Health and Wellness Survey
HOSA Community Awareness Project Guidelines

ASSESSMENT

HOSA Community Awareness Rating Sheets

ACCOMMODATIONS

For reinforcement, students will demonstrate a proper pre-exercise stretching routine used in sports medicine. (sports medicine competitive event)

For enrichment, students will develop pamphlets for several age groups to encourage health and wellness strategies.

REFLECTIONS

Community Health and Wellness Survey

1. How often do you wash your hands in a day? 1-3 4-7 8-11 12-15
2. Do you wash your hands before eating? Yes No
3. Do you wash your hands after using the restroom? (Every time) Yes No
4. Are your immunizations current? Yes No
5. Where can you go to obtain immunizations?
6. Which immunizations are required for entrance to public school?
7. When should a tetanus booster be given?
8. When should a female have her first gynecological examination?
9. When should the first mammogram be done on a female?
10. When should a male have his first prostate examination?
11. How often do you go to the dentist?
12. What do you do to relieve stress?
13. Do you use tobacco products? How often?
14. Do you consume alcohol or other drugs? How often?
15. Do you have unprotected sex?
16. Do you exercise? What kind and how often?
17. Do you know CPR?
18. On average, how much do you sleep in a 24 hour period?
19. Do you eat a well balanced diet?
20. Thank you for answering our survey. What is your age? Gender?

Health Fair for Elementary Students

Instructor Guidelines

Idea offered by D. Price at the Fall Professional Development Conference, 2001, in the
“Brain Dump” Session

The students are assigned to develop several different booths through which elementary students can rotate. These can include: hand washing, sun safety, dental care, personal grooming, nutrition, care of basic injuries, appropriate aerobic exercise, elementary body mechanics, etc. The students must contact the school, gain permission, establish a contact person with whom to work, set workable dates, establish a timeline for completion, divide themselves into groups, and monitor progress.