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Health Seeking Behaviors (Specify)

Helena Lee

Marilyn Frenn

Marquette University, marilyn.frenn@marquette.edu

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Health Seeking Behaviors (Specify)

A state in which an individual in stable health is actively seeking ways to alter personal health habits and/or the environment in order to move toward a higher level of health (NANDA, 1990, p. 70).

Helena Lee, R.N., M.S.N.
Marilyn Frenn, R.N., Ph.D.

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DEFINING CHARACTERISTICS

- Desire for increased control of health practice
- Desire to seek a higher level of wellness
- Evidence of stable health with movement toward higher level of wellness
- Legislation and/or workplace policies promoting safety and health behaviors
- Observed consequences of unhealthy behaviors of others
- Perceived control of health
- Pursuit or seeking of health promotion information
- Response to health-seeking and role-modeling behaviors of others
- Sense of personal efficacy and self-confidence
- Situational/maturational event precipitating concern about current health status

CONTRIBUTING FACTORS

Pathophysiological

- Aging and its related physical changes
- Altered health status

Psychosociobehavioral

- Absence of interpersonal support
- Cultural factors that inhibit health behaviors
- Health values inconsistent with personal goals
- Inadequate knowledge/skills for promoting health in a specific way
- Lack of awareness/concern about environmental hazards affecting personal health

Lack of knowledge in health promotion behaviors
 Limited availability of health care resources
 Presence of specific environmental health hazards
 Unfamiliarity with wellness community resources
 Unhealthy living situation characterized by abuse, crime, overcrowding, pollution, poverty, stress

EXPECTED OUTCOMES

Client will engage in specific desired behavior(s) and will express satisfaction with changes.

Desire to make specific life style changes is expressed.

Information is used to plan for desired changes.

Motivation and personal competence to pursue behavioral changes is expressed.

Available community resources are sought to assist with planned changes.

Client will identify/take action toward necessary environmental changes to promote healthier life style.

Awareness of related environmental issues is demonstrated.

INTERVENTIONS

RATIONALE

Universal	
Assess specific life-style concerns.	Beginning a life-style program with focus on perceived needs enhances a successful outcome.
Determine facilitators and barriers to change (i.e., motivation, affective response, interpersonal support, stressors, knowledge, skills, resources).	Incorporating known assets and limitations to achieve goal(s) helps define scope and dimension of change to be made.
Identify time management and/or values conflicts.	Unresolved value conflicts about proposed changes or skill deficits in time management will interfere with goal achievement.
Promote development of a realistic plan for change.	Assuring successes in early stages of life-style change programs increases self-confidence and motivation.
Include outcome measures in plan for change.	Specific outcome measures allow immediate and individualized evaluation of progress.
Encourage participation of family/significant others in proposed changes.	Family involvement may enhance overall adaptation to change.

INTERVENTIONS

RATIONALE

Identify appropriate resources in the community.	Use referrals to individuals and agencies that will enhance the learning and mastery of specific behaviors.
Select appropriate role models for reinforcement.	Role modeling stimulates belief in the possibility of change and awareness of how change can occur.
Arrange for reevaluation of progress toward specific goal(s) after appropriate period of time with revision of plan, as necessary.	Awareness of future evaluation/reinforcement may promote adherence to original plan with modifications as necessary.
Provide support for learning about environmental issues that relate to specific health promotion change being addressed.	Environmental and social issues that remain unaddressed may have a negative impact on successful life-style change as well as reinforce unhealthy life-styles for others.
Instruct in specific health promotion behaviors using a variety of teaching methods.	Learning is promoted when it addresses expressed needs and when various approaches reinforce the material taught.
Inpatient	None
Community Health/ Home Care	None

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