

defining health and wellness - **correct answer** "a state of complete physical, mental, and social well being and not merely the absence of disease or infirmity (WHO 1948)

health and wellness: more definitions - **correct answer** traditional Chinese medicine (balance between the opposite energy forces of yin and yang, health as balance.

-ayurveda: traditional indian medical system health is the trinity of mind body and spirit

-nursing theorist jean watson: health includes overall physical social and mental functioning, the ability to maintain balance and functioning on a day to day basis and the absence of illness or the ability to address the illness constructively

health as perception - **correct answer** under this definition, someone with a terminal illness can be healthy. THE HEALTH ILLNESS CONTINUM?

defining illness - **correct answer** what is illness and what causes it? is illness more than a pathology affecting an organ or body system?

illness is like pain - **correct answer** PATIENT PERCEPTION IS KEY

nurse discussion question - **correct answer** name one thing that you believe causes illness that you can influence as a nurse

nurses' understanding of health and illness - **correct answer** experiences unique to each individual, illness usually described in terms of how it makes a person feel, what is the LIVED EXPERIENCE of the illness or disease process?

levels of prevention - **correct answer** traditional stages of prevention are primary, secondary and tertiary

primary prevention - **correct answer** true health promotion; interventions to promote and improve health before illness or injury occur

secondary intervention - **correct answer** for individuals experiencing health issues or problems, in order to prevent worsening of the problems or permanent injury or effect

tertiary prevention - **correct answer** interventions for individuals with permanent injury or chronic illness, in order to minimize the effect of long term illness or permanent disability

stages of behavioral change - **correct answer** pre-contemplation, contemplation, preparation, action and maintenance stage

precontemplation - **correct answer** not intending to make changes within the next six months

contemplation - **correct answer** considering a change within the next six months

preparation - **correct answer** making small changes in preparation for a change in the next month

Introduction To Wellness Final Exam Review

Cornell University



Introduction To Wellness Final Exam Review:

The College Wellness Guide Casey Rowley Barneson, The Princeton Review, 2021-08-03 A brand new guide that helps overwhelmed students manage their mental physical and social health and reach and maintain a healthy balance in their college lives Every year nearly two million students arrive at college campuses ready to embark on the best four years of their lives Yet the reality is that the current cohort of students is one of the most stressed anxious and depressed ever These stressors have real effects on students grades social life and physical health And the stakes are high Students with the right community and support services have better outcomes from increased chances of on time graduation to greater ability to take on head start opportunities like internships that have deep impact on post college life The Princeton Review is proud to introduce The Campus Wellness Guide an innovative new book that provides a mix of information resources and self assessment activities to help students reach and maintain their overall health The book includes Information on how to assess your college fit academically and socio emotionally Self assessment activities that students can use to ID their specific stressors and ways to alleviate those issues Sections on physical mental and social wellness each with data backed insights and research to help define the issues and strategies for handling Proactive activities for student use with reflection prompts to help develop roadmaps toward a healthier status quo Wellness highlights e g information on colleges with exceptional track records in specific wellness issues Resources for national and college specific help Promoting Health and Wellness in Underserved Communities Anabel Pelham, Elizabeth Sills, 2023-07-03 Starting from the premise that our health status vulnerability to accidents and disease and life spans as individuals and communities are determined by the organization delivery and financing or lack thereof of health care this book explores how educators and community caretakers teach the complex web of inter connection between the micro level of individual health and well being and the macro level of larger social structures Through the lenses of courses in anthropology ESL gerontology management information systems nursing nutrition psychology public health and sociology the contributors offer examples of intergenerational and interdisciplinary practice and share cutting edge academic creativity to model how to employ community service learning to promote social change Phlebotomy Exam Review, Enhanced Edition Ruth E. McCall, 2020-06-19 Phlebotomy Exam Review Enhanced Seventh Edition thoroughly prepares students for any of the national certification exams in phlebotomy *Social Convergence in Times of Spatial Distancing: The Role of Music During the COVID-19 Pandemic* Niels Chr. Hansen, Melanie Wald-Fuhrmann, Jane Whitfield Davidson, 2022-07-19 *Indiana University Bulletin*, 1979 **Federal Register**, 1999-04-14 *The Macmillan Guide to Correspondence Study* Modoc Press, 1996 **Current Awareness in Health Education**, 1983 *Bulletin to Management*, 2008 *Cornell University Courses of Study* Cornell University, 1992 **Guide to the Evaluation of Educational Experiences in the Armed Services**, The 2004 Guide to the Evaluation of Educational Experiences in the Armed Services American Council on Education Staff, 2004-10-27 **Psychology Applied to Modern**

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