

Health Promotion Model

9 pages | 2102 words

The Health Promotion Model (HPM), designed by Nola J. Pender, describes the multidimensional nature of persons as they interact within their environment to pursue health while increasing their level of well-being. Pender offers a theory that places importance on behaviors that improve health through a lifetime. The HPM offers insight into how influencing factors experienced by an individual and their interactions with the environment affect the pursuit of health. HPM remains applicable as health promotion and illness prevention continue to be as important as the treatment of disease.

Health is an active state in which constant efforts are made by the individual, in their environment, to achieve and maintain health. The patient has a distinct set of factors influencing their actions to attain health. The success of the HPM is based on the assumption that an individual is willing and able to play an active role through health promoting behavior (Alligood & Tomey, 2010). Internal evaluation and analysis of the theory identify assumptions, both explicit and implicit. Assumptions are statements that are understood to be true without proof or demonstration.

They are beliefs about phenomena one accepts as true. Pender's assumptions of the Health Promotion Model are explicit and testable. Explicit assumptions are statements that are clearly defined and eliminate (remove any) ambiguity. Due to the explicit nature, this model has been used as the basis of many research studies, both nursing and non-nursing. The explicit assumptions of Pender's theory include:

1) Persons seek to create conditions of living through which they can express their unique human health potential. 2) Persons have the capacity for reflective self-awareness, including assessment of their own competencies. 3) Persons value growth in directions viewed as positive and attempt to achieve a personally acceptable balance between change and stability. 4) Individuals seek to actively regulate their own behavior. 5) Individuals in all their biopsychosocial complexity interact with the environment, progressively transforming the environment and being transformed over time. 6) Health professionals constitute a part of the interpersonal environment, which exerts influence on persons throughout their life spans. 7) Self-initiated reconfiguration of person-environment interactive patterns is essential to behavior change (Alligood & Tomey, 2010).

How does the theorist define the four concepts of the paradigm of nursing? These concepts are: Nursing, Environment, Person and Health. Most theorists have defined these concepts differently. While the HPM focuses on health promotion and offers many holistic approaches to understanding health, the four major concepts of the nursing paradigm are not defined by Pender. The model helps nurses plan and implement health-promoting changes. It takes into consideration the multidimensional nature of persons as they interact within their environment to pursue health while increasing their level of well-being.

How does the theorist define and inter-relate major concepts of their own theory? While health promoting behaviors are the desired outcome of the model, Pender identifies relationships between concepts. The model links the major concepts under three headings: individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcome. Individual characteristics, which include prior related behaviors and personal factors, are the...

Health Promotion Paper

**Marco Akerman, Ana Claudia Camargo
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Health Promotion British Columbia Health Association, 1989 Health Promotion and Implementation of the NHS White Paper Cambridge Health Authority, 1990 **Health Promotion**, 1990 **Quality, Evidence and Effectiveness in Health Promotion** John Kenneth Davies, Gordon MacDonald, Gordon Macdonald, 2002-01-22 Health Promotion is a growth area there are a growing number of health promotion modules on Health Sciences Nursing and Sociology courses Gordon Macdonald is a best selling author and very well known in his field **Indicators for Healthy Living Goals - a Working Paper. *health Promotion** Saskatchewan. Minister'S Advisory Committee On Health Promotion, 1988 **Mental Health Promotion** Keith Tudor, 2013-10-23 Mental health promotion is an emerging field of interest to many health professionals This book traces its history defines it and distinguishes it from mental illness prevention Mental health is viewed as a positive concept and separate from mental illness and psychopathology Based on original research the conceptual analysis developed in the book offers policy makers and practitioners a coherent and comprehensive framework within which to design and implement practice Mental Health Promotion offers a new conceptual paradigm for mental health promotion applies it to policy assessment consultation education and training provides a comprehensive international literature review Suitable for a wide variety of courses at student and professional level in psychiatry nursing social work and community work Mental Health Promotion is a significant addition to the study of health promotion Implications for Health Promotion/disease Prevention, 1990 *International Handbook of Teaching and Learning in Health Promotion* Marco Akerman, Ana Claudia Camargo Gonçalves Germani, 2022-06-22 This international handbook brings together researchers and teachers from 25 countries of the five continents to share their experiences of teaching health promotion in undergraduate and graduate courses related to different health professions Chapter authors share teaching methodologies used in classes discuss the competencies students need to learn and indicate research opportunities Readers will be provided with real world examples of empowering participatory holistic intersectoral equitable and sustainable teaching learning strategies that aim to improve health and reduce health inequities This handbook was edited by an editorial board formed by 12 members of the International Union for Health Promotion and Education IUHPE from seven countries Brazil Belgium Canada Israel New Zealand Taiwan and UK and includes 45 chapters organized in seven thematic sections each one dedicated to a different aspect of the process of teaching and learning health promotion The health promotion curriculum Making health promotion relevant to practice Pedagogies for health promotion Special topics for health promotion Health promotion assessment and quality assurance Health promotion as a transformational practice Students reflections The International Handbook of Teaching and Learning in Health Promotion Practices and Reflections from Around the World aims to encourage a dialogue between teaching and learning practices carried out locally and the possibilities of replicating these experiences globally recognizing cultural differences and similarities This handbook is intended for a wide range of readers including education

and training providers health professionals and health care students Due to its intersectoral and interdisciplinary approach it will also be of interest to teachers and students in other fields of the Social Sciences such as Urban Planning Social Work Public Policy International Relations and Population Studies *The Role of Sport in Health-Related Promotion of Physical Activity* Enrico Micheleni,2014-11-20 Enrico Micheleni illustrates that sport plays a very marginal role in the contemporary health promotion This is the main result of the present analysis of national strategies for the promotion of physical activity issued by the health ministries of France Germany and Italy All these health strategies are rather ambiguous on this subject They mention sport systematically as an abstract term but they marginalise it as a medium of health in its traditional competitive form As a consequence while sport has generally been considered healthy over a long period in the past most health organisations today recommend only moderate physical activity as conducive to good health The author examines this paradigmatic change in the international discussion about the forms of health enhancing physical activity through a theoretical framework based on Luhmann s systems theory Health Promotion Jackie Green,Ruth Cross,James Woodall,Keith Tones,2019-01-26 Globally recognized as the definitive text on health promotion this fourth edition becomes ever more useful for public health and health promotion courses around the world It offers a firm foundation in health promotion before helping you to understand the process of planning implementing and assessing programmes in the real world New to the 4th Edition A chapter on Evidence Based Health Promotion addressing the development of an evidence base for health promotion Expanded coverage of health inequalities equity and social exclusion Further discussion of mental health promotion and well being Key concepts are now highlighted and explained throughout the book Critical reflection boxes have been added to help the reader think critically about an issue or approach The book is supported by online resources with up to 20 original case studies from around the world access to full SAGE journal articles and seminar questions for lecturers **Position Paper on Health Promotion** Alberta Association of Registered Nurses,1979 Staff Paper, a Guide for Starting Health Promotion Programs in the Workplace West Michigan Health Systems Agency,1984* *Perspectives on Health Promotion and Disease Prevention* Health Policy Council. Health Promotion Task Force,James M. Canton,1980 **Health Promotion** Elizabeth R. Sekerak,1983 *Health Promotion International* ,2007 Conscience and Critic Keith Tudor,2016-11-10 Health beyond the absence of illness An Ounce of Prevention-- : a Position Paper on Health Promotion and Prevention Issues New Brunswick. Premier's Council on Health Strategy,1992 The government of New Brunswick has taken an important step in recognizing the need for long term planning to meet the challenges of providing for the current health needs of citizens while working to improve the health status of the population for the future This document discusses guiding principles and health goals and concepts of health promotion and prevention It also includes a summary of recommendations **Physical Health of Adults with Intellectual and Developmental Disabilities** Vee P. Prasher,Matthew P. Janicki,2018-10-29 This fully revised and expanded second edition brings together findings from

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