



Fundamentals of Nursing Concepts, Process, and Practice

Kozier & Erb's | 9th Edition

Health, Wellness, Illness

Health was defined in terms of the presence or absence of disease.



Florence Nightingale

"state of being well and using every power the individual possesses to the fullest extent."



World Health Organization

"a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."



Talcott Parsons

Conceptualized health as the ability to maintain normal roles.

Wellness is a state of well-being.

- Anspaugh, Hamrick, and Rosato (2009) propose seven components of wellness.

Components of wellness

1. Physical
2. Social
3. Emotional
4. Intellectual

5. Spiritual
6. Occupational
7. Environmental

Models of Health and Wellness

Because health is such a complex concept, various researchers have developed models or paradigms to explain health and in some instances its relationship to illness or injury.

1. Clinical Model
2. Role Performance Model
3. Adaptive Model
4. Eudemonistic Model
5. Agent–Host–Environment Model
6. Health–Illness Continua

Illness is a highly personal state in which the person's physical, emotional, intellectual, social, developmental, or spiritual functioning is thought to be diminished.

- **Disease** can be described as an alteration in body functions resulting in a reduction of capacities or a shortening of the normal life span.
- **Etiology** causation of a disease or condition.



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