

Unit - 3.

General and Chronic Health Problems.

general health problem are those referred to ~~these~~ a broad range of health issues that can affect individual and are typically not limited to a specific medical condition. These issues are acute (short-term) or chronic (long-term).

Eg - flu, cold, minor injuries, ~~and~~ occasional headaches and temporary stress or anxiety related to specific life events.

General health problems are episodic and not necessarily persistent over an extended period. They may resolve on their own or with short-term interventions.

general health conditions and causal factors

general H.C. in health & encompasses a large variety of acute health issues that individual may experience.

The conditions can result from various causal factors and health

↑st ps study ↑st aspect, causes effect & way to improve health outcomes.

①

Stress related conditions

headaches, gastrointestinal problems
sleep disturbances.

②

Pain

Acute pain can result from injuries
surgeries or other medical conditions.

③

Infectious disease -

general infectious disease like flu
common cold are caused by viruses
or bacteria.

④

Headaches

Acute headaches can be triggered by
various factors like stress dehydration
dehydration factors.

⑤

Insomnia

can result from stress anxiety and
poor sleep hygiene.

Health psychologists often try to understand
the interplay b/w causal & general
health conditions. They develop and
evaluate interventions to improve
outcomes.

Oral discourse on general health

Oral discourse refers to the communication and discussion of general health conditions through spoken language of whether it occurs b/w healthcare professionals and patients, within support groups or education setting

- It plays crucial role in addressing, managing & understanding general health conditions. Some of these aspects are :-

① Communication with parents

- Healthcare professionals, nurse, doctors, psychologists
- helps enhance adherence to treatment plan and ~~improve~~ promote better health outcomes

② Support groups

- sharing experiences, coping strategies
- discuss their challenges, emotions & successes
- can provide valuable emotional and informational support

③ Educate Patient education -

- Health ^{pt} & educators → health conditions, ^{prevent} strategies
- self care techniques,
- Educational, workshops, one to one sessions, seminars

- (4) Motivational interviewing
- techniques use to help patients change unhealthy behaviours
 - conversations facilitating to explore persons motivation, barriers & goals
 - providers can promote behaviour change

- (5) Doctor patient relationship
- a strong relationship essential for trust collaboration & patient satisfaction
 - can improve the overall health care experience and outcomes
 - adherence to treatment & follow up

- (6) Health promotion campaigns
- communal info about condition, to general population
 - radio ads, podcasts, public speakers, workshops

Effective OD in health & comes to inform, educate, support & empower individuals managing & addressing CHC.

establishing an environment where communication and active engagement is encouraged about individual health and well being.

Chronic Health Conditions

refers to medical condition or illness that are long lasting and often persistent, typically lasting for 3 months or more. They require ongoing management and treatment to maintain best possible quality of life.

- characterised by enduring nature and may or may not have cure.
- involve comprehensive, long term approach ~~to~~ life style management.
- Eg. diabetes, high ~~BP~~ high BP (hypertension), asthma, arthritis, heart disease, chronic pain disorder.
- These conditions need continuous, monitoring medication lifestyle management.

CHC & Causal factors

H¹ st understand the behavioural and psychological factors that contribute to the development progression & management of this condition. Some of them are:-

① Diabetes -

Causal factors

Type 1 - autoimmune disease

Type 2 - poor lifestyle diet, lack of physical activities and obesity

Psychological factors - Stress and poor coping mechanisms can affect blood sugar control in individuals with diabetes

② High BP (Hypertension) -

Causal factors - diet genetic, sedentary lifestyle and stress.

Psychological factors emotional stress, evoke a physiological response.

③ Asthma

Causal factors - combination of genetic and environmental factors including exposure to allergens & irritants

Psychological factors - Stress triggers and exacerbate asthma symptoms
anxiety

④ Chronic Pain -

Causal factors -

Chronic pain conditions like chronic back pain can cause due to inflammation, nerve damage or injury.

Psychological factors -

Psychological aspect of pain depression, anxiety and problem with daily functioning.

⑤ Heart disease

Causal factors - genetics, diet, lack of physical activities, smoking and high cholesterol.

Psychological factors - stress, depression and anxiety.

⑥ Chronic Mental health conditions - depression

Causal factors -

Conditions like depression, anxiety disorder and schizophrenia have genetic, environmental & ψ causal factors.

Psychological factors -

Oral discourse in Chronic H.C.

- ① Diagnosis & treatment discussions -
- diagnosis, nature of condition, treatment options & management strategies
 - help ensure understand patient the diagnostic, treatment plan, medication, lifestyle modifications to manage CHC.

- ② Health education -
- Health care providers & educators use spoken language to explain the causes, progression, & importance of adherence of treatment plans. Patient learn about the CHC complex self care practices like diabetes, sugar monitoring & diet

- ③ Medication adherence and self management encourage medication adherence & self management of CH. Behavioural change.

- ④ Support groups:
Sharing experience, coping strategies, emotional support. Their challenges, sense of community & shared understanding

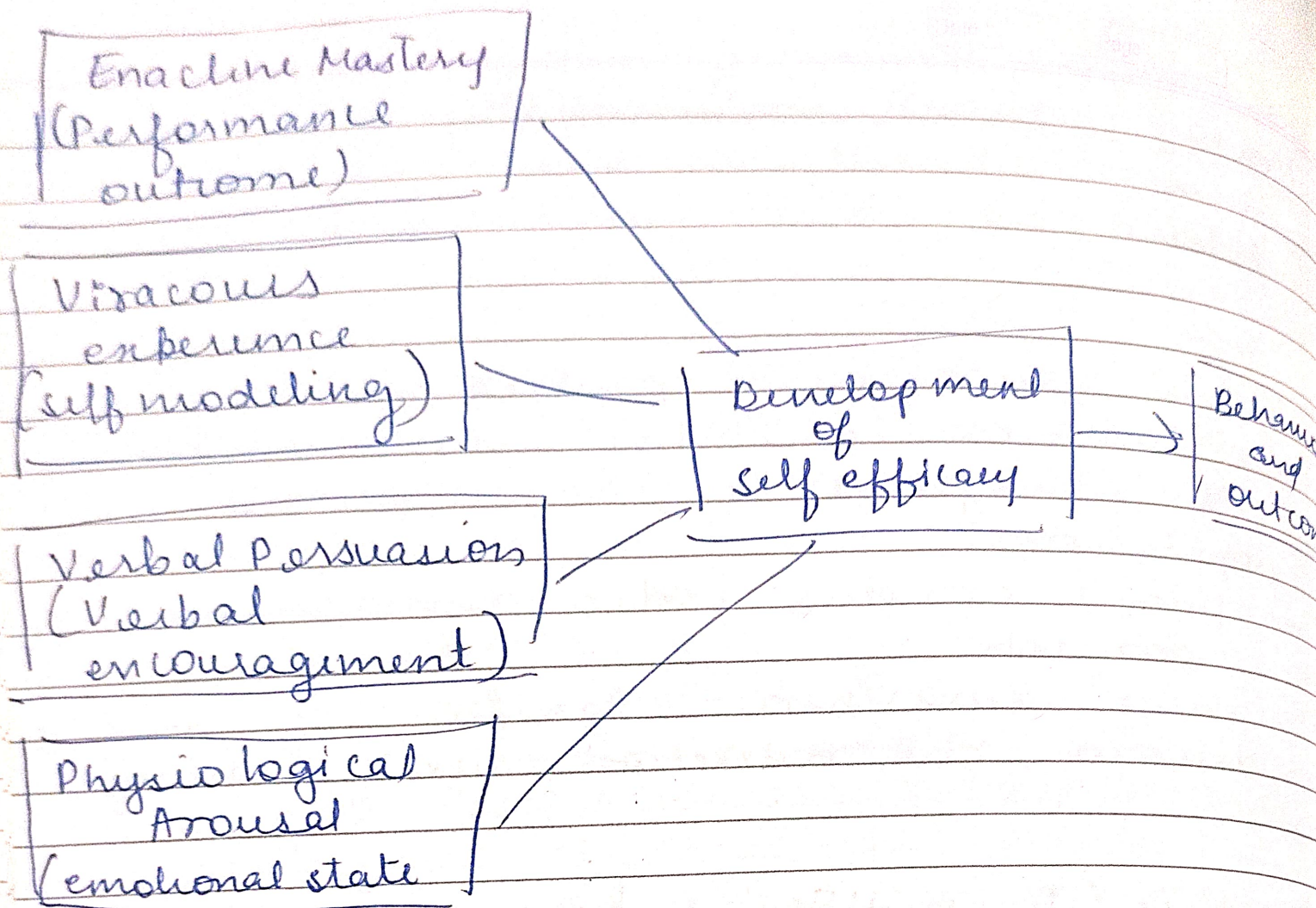
- ⑤ Doctor patient relationship
 - commitment to treatment and follow up, trust collaboration

- ⑥ Public awareness programmes
 - communal msg about prevention & management of CHC to general populations
 - public speeches, radio announcement podcasts
 - raise awareness, significance of early detection, risk reduction, lifestyle changes.

Effective OD in H4 is fundamental component in managing CHC.

SELF EFFICACY MODEL

- central concept of health + developed by psychologist Albert Bandura.
- focus on individuals belief in their own ability to take action and achieve specific health related goal
- critical factor in health behaviour change as it influences individual to engage in health promoting behaviours, maintain them overcome obstacles.



Key components of self efficacy model

① Self efficacy belief -
 person's confidence in the ability to perform a particular behavior or set of behaviors necessary to achieve a desired health outcome.

② Outcome expectancy
 what individual believe will result from their actions
 ↑ health - develop SE

- ③ Performant accomplishment - successful experience in experience a health behaviour efforts. positive result they can do it again future
- ④ vicarious learning - witness others similar to themselves successful engagement in health behaviour build confidence
- ⑤ Verbal persuasion - Encouragement and feedback from others + reinforcement & persuasin community can help ↑ individual's belief.
- ⑥ Physiological & emotional state - if experience pain or anxiety can ↓ SE or when in relaxed state ↑ SE

Concept Of Sthitpragya.

- Sthitpragya - Sanskrit term originated from ancient Indian philosophy Bhagavad gita.
- concept describes as state of calmness, wisdom and stable mental stability in a difficult situation.
- implications for stress management, & overall health & mental wellbeing.

- Sthita means steady or fixed
Pragya means wisdom or knowledge

In Bhagwat gita, Lord Krishna, imparts
teachings to the warrior Arjun who is
confused & morally conflicted about
going into battle

- Teaching emphasizes the importance of
remaining steady and wise in the face
of life's challenges and adversities.

This concept describes a person who
has achieved a state of equanimity,
wisdom and mental stability

- State characterized by inner peace,
emotional balance, and ability to
maintain composure in the difficult
situation

- ① Equanimity in pain & pleasure - ^{coping with stress}
- ② Clarity of mind - clear decision making
- ③ Contentment - reducing pursuit for more
and gratitude for what have in present
- ④ Unaffected by praise or blame - do not
drive self worth in external validation
- ⑤ Reduces social pressure & need for approval
- ⑥ Mindfulness & meditation - helps achieve
emotional balance & wisdom

⑥ Personal growth, self-realisation and self-actualisation.

⑦ Health benefits - benefits in physical health.

Implications

- Stress management
- Emotional regulations
- Quality of life
- Health behaviour change - easily & successful in adopting & maintaining health promoting behaviour.

Physical Symptoms of Pain.

- Physical symptoms are crucial aspect of health psychology. have significant impact on one's overall well being & quality of life.

- Pain is complex and subjective experience that can manifest in various ways.

Common ^{physical} symptoms associated with pain are.

① Sensory symptoms - actual perception of pain - aching, throbbing, stabbing burning or sharp pain type & intensity of these sensations can vary dependant on source & nature of pain.

- ② Location - localized or widespread
helps to diagnose the underlying cause
- ③ Intensity - mild discomfort, severe, agony,
use pain scale to describe severity
helps to assess & treat it
- ④ Duration - acute, chronic (lasting
for an extended duration 3 months)
Chronic pain impact on person's
psychological well being.
- ⑤ Referred pain - some of pain on part
but experience in another part
eg heart attack
- ⑥ Muscle tension - ^{pain} causes stiffness & muscle
tension causing discomfort & limit
movement
- ⑦ Changes in skin sensation -
Pain lead to colour, temperature,
sensitivity
eg extreme pain cold sweats & pallor
- ⑧ Inflammation
- ⑨ Autonomic Responses - triggers autonomic
Nervous system changes in heart rate
Bp respiration anxiety & distress

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⑩ Physical stimulation

Physical symptoms are crucial because it allows to assess & treat patient more effectively

Management of pain & discomfort

① Identify the cause - ^{medical} evaluating & ^{diagnose} tests

② Medications

③ Non medication approaches

- Physical therapy
- Occupational therapy
- Psychological " - CBT, Relaxation etc
- Acupuncture

④ Lifestyle modification

- Diet & nutrition
- Exercise
- Sleep
- Stress mgmt ← ^{mindfulness} yoga, meditation
- Weight mgmt

⑤ Invasive Procedure

- Nerve blocks - to injectors to block ^{pain} signals
- Surgery
- Complementary & Alternative medicine ← ^{herbal} ^{essential} oils, ^{aromatherapy}, ^{massage} etc
- Multi disciplinary approach ← ^{psychologist}, ^{physician}, ^{nurses}, ^{physical therapy} } ^{work together} to make ^{compr}

Counselling for Pain & discomfort

- Counselling of Pain in H+V is vital component of pain management
- use various ^{therapeutic} approaches to help individuals cope with both acute & chronic pain
- Some of them are

o CBT - identify & challenge negative thought regarding pain

eg chronic pain in back & belief that physical activity will worsen pain

o Mindfulness based Approaches

- focus on present ^{moment} ~~phenomena~~ without judgement.

- used to manage pain by ↑ awareness of physical symptoms sensation & promoting relaxation of stiffness and muscle tension.

o

o Acceptance & Commitment Therapy

helps accept the pain and commit to values based actions despite their discomfort

- Migraine - accept its presence while still engaging in activities that bring them ~~job~~ joy.

○ Pain education and coping -
benefit from understanding the mechanisms
of pain to reduce fear & distress
can learn practical coping skills such as
pacing activities & setting realistic
goals.