

Optimal functioning
of the body

Basic human needs for optimal functioning of the body
- There are several factors or basic needs that are required for optimal functioning of our body.

1) Genetic factors and process of development

- presence of healthy gene acquired from parents.
- Normal development of child.

2) External environment

Pure air free from pollutants.

Safe water for drinking.

Spacious house.

Proper disposal of excreta and waste.

No noise pollution.

3) Nutrition and food hygiene :-

Balance diet

Hygienic food.

Socio cultural factors

- Healthy social custom and traditions.
- Supporting family.

Healthy life style :-

- Good sleeping habits.
- Recreation for enjoyment.
- Healthy dietary pattern.
- Self reliance.
- Absence of bad habits.

Personal hygiene

Healthy practices of personal hygiene for care of various body organ.

Physical Activity / Exercise

Physical active life at home and at work

Regular exercise

Mental health :- Good mental health with free thinking, good relations.

Financial Management

Additional income for security security in case of emergency.

Healthy Marital relations | sexual life.

- No extramarital sex.
- Normal sexual activity is a kind of physical exercise

Health Education

To know how to stay healthy

Occupation

A satisfying job without health risk.

Social support

Grout. support, support of family member, friends, relative, coworkers.

Availability of health Services :-

Community health services with latest health information and facility.

Need of Rest and Sleep

Right amount and quality of rest are essential for good health.

Requirement of Rest and Sleep:-

- Newborn require 16-20 hours sleep.
- Young children require 10-12 hr. sleep.
- Teenage require about 9 hrs. of sleep.
- 1) Adult require 7-8 hours of sleep per night.
- 2) Best time to go to bed is between 8pm to 10 pm.

Effect of Lack of Rest and Sleep:-

- It decrease efficiency and productivity.
- Loss of patience
- Impaired judgement
- Slow reaction time.
- High risk for accident.
- Impaired immune system.

Tips for getting enough rest and sleep :-

- Do not take stimulant (Tea, coffee) and alcohol.
- Make a regular sleep schedule.
- Have a warm bath before going to sleep.
- Meditation
- Wear comfortable night dress.
- Open window of room.
- Make comfortable room temperature
- Dark bedroom.
- Take light dinner.
- Listen to relaxing music.

Need for exercise :-

Advantages

- It tones up the muscle.
- Blood and lymph circulation improve.
- It stimulate appetite.
- Excretion of body waste via skin & kidney.
- It facilitates relaxation & sleep

- It help to reduce body weight.

Need of physical Activity:-

Balance lifestyle.

Physical activity -

- Walking, swimming, Aqua aerobics, golf, weight lifting, gardening.

Healthy Eating And Drinking habits.

- Require amount of protein, 50gm daily for adult.
- Require amount of fat.
- Good ratio α between carbohydrate and lipid 4:1.
- Essential micronutrient such as vitamin, mineral obtain from fruits and vegetable milk etc.
- Food should not contain poisonous and carcinogenic substance such as heavy metals, harmful food additives.

Healthy food Groups

fruits

vegetables

Cereals and pulses

Dairy product

Poultry fish

meat products.

Strategies for Healthy Eating

- Maintain balance b/w your calorie intake and calorie expenditure
- Eat a wide variety of food from the main group.
- Eat plenty of fruits, vegetables, grains, salt,
- Add regular physical activity and exercise to your healthy diet.
- Take time to chew your food.
- Avoid stress while eating.
- Stop eating when you feel full.

Self Actualization and Spiritual need.

Spirituality means in touch with deeper self and exploring the purpose of life.

Spirituality Include :-

Love for all creatures / humanity.

Purpose in life.

Certain principle in life.

Ethics and moral responsibility.

Hope in life.

Meditation, prayer

Positive sense of self.

Satisfying interpersonal relationship.

Love and care for self and others.

Effective coping skills.

Control of emotion

Resolve conflict

Sense of humor.

Respect for the rights -

Interpersonal and human relations

Qualities of a nurse for making good interpersonal relationship.

- Behave sincerely towards people.
- Allow people express thoughts and feelings.
- Having adequate facial / verbal expression
- Attempt to understand what people are really communicating.
- Pointing out discrepancies in behaviour.

Life style

Life style refers to a person's general way of living. Living conditions and individual patterns of behaviours that are influenced by socioeconomic factors. Life style choices may have positive or negative effects on health.

Healthy Habbits

- Eating a balance diet in required quantity is good for health.
- Boiling the milk before use prevent from milk borne disease.
- Eating chapati instead of bread.
- one day fasting in month
- Washing hand before and after eating the food.
- Eat slowly with proper mastication
- Brush teeth twice daily.
- Regular exercise for a good habit.
- Regular morning walk.
- Avoid saturated fats, alcohol, smoking.
- Sitting in sunlight for some time in morning it provides vitamin D.