

HEALTH ASSESSMENT

→ Health :

- Health is a balanced state of physical, mental, social & spiritual well-being. The individual is able to perform various functions related to these dimensions & functions as a whole person. The individual attain a level of health which promotes quality living.

→ Health Assessment :

- Definition: - Health assessment refers to measurement of health status of an individual, family, group of people & community.
- It is no more limited to measurement of presence or absence of a disease.
- It means collection & analysis of information about physical, mental, social & spiritual well being & the factors affecting the well being & factors affecting the well being of an individual, a family, group of people & community.

→ Objectives :

- To find out health & functional status
- To find out any deviation/disease i.e actual problems
- To find out risk factors which affect or may affect health i.e potential health problems
- To determine health needs.

- To plan & implement the plan of action to meet health needs

→ Purposes :

- To promote & protect health
- To prevent diseases
- To regain & maintain health

→ Major Categories of Information :

- There is a variety of information which needs to be collected to make a comprehensive health assessment of an individual, a family & community
- The information which is collected to assess an individual's health is categorised as under :

1) Human Biology :

- Personal information such as age, sex, address, marital status, religions, education, occupation, income, immunization etc
- vital signs such as body temperature, pulse, respiration, BP
- Anthropometric measurements such as weight, height, head, chest, arm circumference
- Nutrition status based on food intake, overweight, deficiency, sign & symptoms.
- Nutritional status based on food intake overweight, underweight.
- characteristics of skin, hair, nails, eyes, lips, tongue & teeth

- characteristics of body movements, appetite, sleep, bowel & bladder movements, speech, sense of hearing, sight, taste, touch, sexuality etc
- Developmental tasks as per age & sex.
- skills in handling, various gadgets, appliances etc in daily use as per age
- self concept, self perception, adjustment with others.
- Family composition, relationship, communication, community interest
- socio-cultural practises, ethical values, spiritual belief.
- Presence of any illness, discomfort, disability, body aches, mental tensions, mental problems
- Family medical history.

2) Lifestyle :

- Attitude towards health, concern about health & about preventive & promotive aspects
- Health habits regarding diet sleep, rest & exercise, safety measures, recreational activities, stress control, alcohol, smoking.

3) Environment :

- Quality of living environment, working environment, neighbourhood & community
- Exposure to polluted environment, noise pollution & radiation

4.) Resources:

- Economic, material, manpower & time resources.

⇒ Health Assessment of people in Different Age Groups:

The collection of various pieces of information varies according to different age-groups because of difference in their growth & development.

→ Health Assessment of Under-five children:

- Under five children include infants, toddlers, pre-school children.
- The following information is collected about under-five children in these age-groups to assess their health status & health needs to promote & maintain their health.

i.) Obstetrical history

ii.) General physical examination

iii.) Growth & nutritional assessment

iv.) Assessment of development

v.) Child's nutrition

vi.) Immunization status

vii.) Medical examination

viii.) Medical history

ix.) Family history

x.) Mother's attitude towards child health practices & healthful living.

- Frequency of assessment of under five children requires periodical assessment, especially to monitor growth & development, nutrition, immunization, presence of any ailment & the care given by mother.
- Ideally an infant's health should be monitored once in a month, toddlers, & pre-school health children should be monitored once in 3 months
- If it is not possible then the infant's health should be monitored & assessed at least in 3 months & toddler's & pre-school children's once in 6 months
- Supervisory health services are provided at maternal & child health centres & in many hospitals in urban areas & sub-centres / primary health centres / community health centres.

→ Health Assessment of School children:

- The regular periodical health assessment of school children is very essential to identify their health status, health problems, & health needs
- The under-mentioned information is collected:
 - i) General physical examination
 - ii) Medical examinations
 - iii) Dental examinations.
 - iv) Family compositions & characteristics.

A thorough health appraisal is recommended at the time of entry in school & thereafter every 4-5 years.

- It can be more frequent, if feasible

- In addition, teachers are expected to do daily inspection to make observation of personal hygiene, any change in appearance & behaviour.

- They also check & record weights & heights at an interval of 3 months

→ Health Assessment of Adolescents

The individual in age group of 10-18 yrs is referred as adolescent.

- The beginning of adolescence is marked by profound physical & physiological changes including rapid body growth, hormonal changes, sexual development, mental & emotional development

- Adolescents are prone to develop sexual health problems, psychosocial problems, nutritional problems

- The following aspects are considered in assessment of health status of adolescence:

i) Physical health

ii) Physical development

iii) Physiological development

iv) Psychological development

v) Sexual development

vi) Nutrition status

vii) Health attitude.

viii) Health habits

ix) Medical fitness

x) Family history

→ Health Assessment of Adults :

- People in age group of 18-60 yrs are called adults
- This is longest span of life
- The individual in this age-group is fully mature physically, mentally, socially & emotionally
- In assessing the health status of adults, the following aspects :

- i) physical fitness
- ii) Medical fitness
- iii) Psycho-social development
- iv) Cognitive development
- v) Moral & spiritual development
- vi) Economic status
- vii) Living pattern
- viii) Health attitude & health behaviour

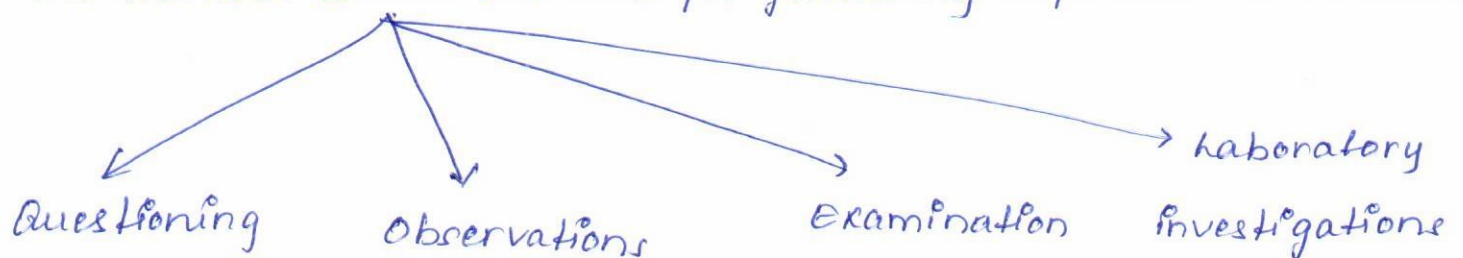
→ Health Assessment of Elderly :

- The individual in age group of 60yrs & above is referred as an old person
- Ageing is a natural process & goes through physical, mental, psychological, sociological & spiritual changes.

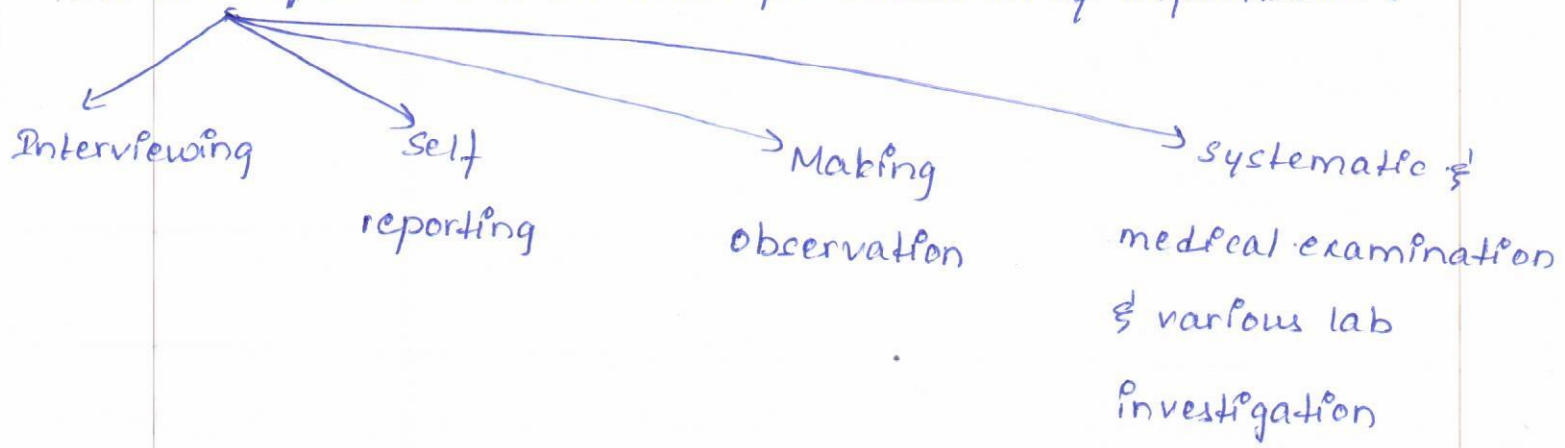
- Many changes can be either prevented or delayed
- Therefore, it is essential to do the health assessment of elderly to provide need-based care
- The following aspects are considered while assessing the health status of elderly:
 - i) Bio data
 - ii) Family background, family size, family composition
 - iii) Housing conditions
 - iv) Socio-economic security
 - v) Nutritional status
 - vi) Activities of daily living
 - vii) Cognitive abilities
 - viii) Medical history

⇒ Methods & Techniques:

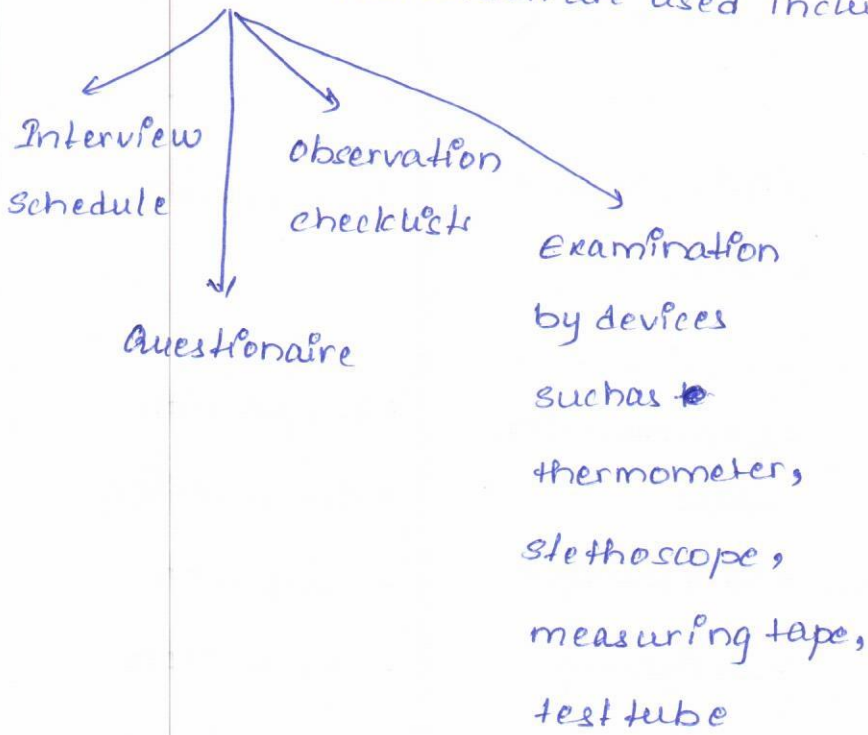
- The methods which are used for gathering information include:



- The techniques which are used for collection of information:

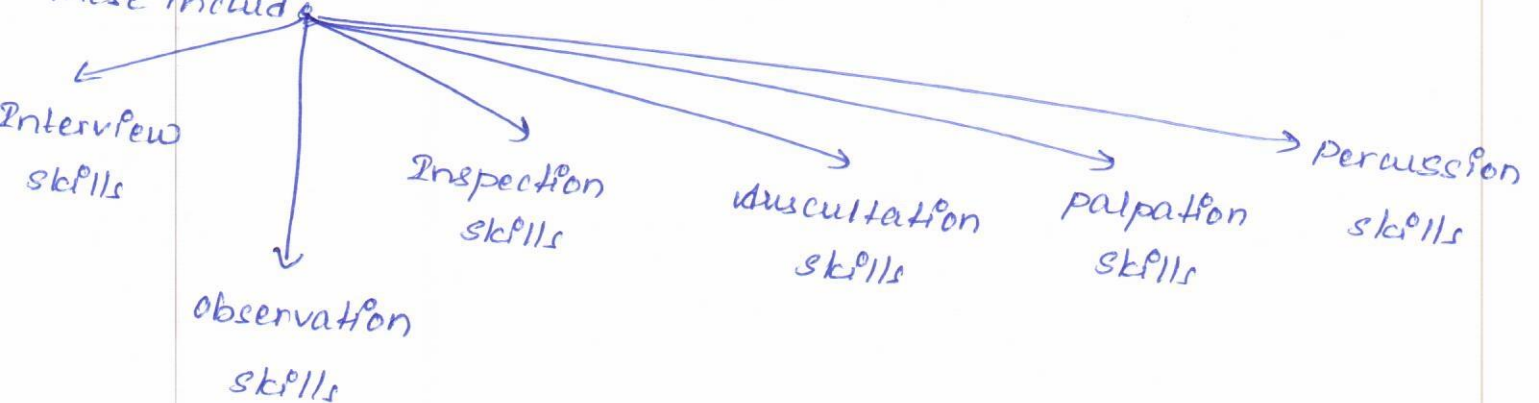


- The instruments which are used include



- There are certain specific skills which are involved while making use of various techniques:

- These include



⇒ Method & Techniques of Making Health

Assessment:

Methods	Techniques	Instruments	skills
Questioning	Interview self reporting	Interview Schedule Questionnaire	Interviewing
Observation	Making observation	Observation checklist	observation
Examination & lab investigation	Doing systematic, physical, medical examination & various lab investigation	<ul style="list-style-type: none"> • Examination table • Stethoscope • weighing scale • knee hammer • Test tubes • Specimen bottles 	<ul style="list-style-type: none"> • Inspection • Auscultation • Palpation • Percussion • collection of specimen • Testing

- There are no. of standardized instruments available for assessing the various specific aspects of health of people in different age groups.
- But it is useful to develop a simple comprehensive proforma to collect information using different method & techniques
- Health assessment is a team function
- The composition of a community health nurse, a physician, a social worker,
- The health assessment can be done in a clinic, at home, a hospital etc
- It is important to maintain a proper record.