

**The Macro and Micro Approaches to Health on Habitual Self-use of Nutritional Supplements**

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## **The Macro and Micro Approaches to Health on Habitual Self-use of Nutritional Supplements**

### **Introduction**

The use of nutritional supplements has been used to correct nutritional deficiencies, as well as prevent congenital disabilities from improving the quality of life. However, the supplement may have severe adverse effects, such as dermatologic disorders (Anselmo et al., 2021). The Center for Health Protection in Hong Kong report indicates that over 19.7% of the Hong Kong population aged fifteen years and above took nutritional supplements, with females taking more supplements than males. The habitual self-use of nutritional supplements relates to the actions undertaken by an individual to add essential nutrients to the body to improve or

behavior on taking nutritional supplements factors are influenced by the socio-psychological factors, which entails the demographic, individual, and self-actions aspects. The essay discusses the macro and micro approaches to health behavior that leads to taking nutritional supplements.

### **The Micro Factors Affecting an Individual's Health Behaviours in Taking Nutritional Supplements.**

The socio-psychological theories connect an individual to the environment they live within. They describe how individuals interact with others to meet their needs and achieve their determined goals. They describe how people think, feel, believe, intend, and aspire with the influence of societal structure developments and social functioning (McLachlan et al., 2011). Some socio-psychological factors that influence the taking of nutritional supplements include demographic factors, individual beliefs, and individual actions. Gender is a critical aspect in

over dietary foods due to the lack of undesired food content such as cholesterol, purines, and fats, which an individual has to work out to eliminate or control their amounts in the body (Hassan et al., 2020). Equally, females pay more attention to maintaining their health than men, resulting from the societal setting for women to be appreciated based on physical characteristics or how they manage or maintain their form (Hou et al., 2016). Age was also a demographic factor influencing the uptake of nutritional supplements due to their social activities. The report shows that the aging population between 45-54 was the highest in using nutritional supplements, which can be associated with significant functioning changes as females experiencing menopause that is associated with significant body hormonal changes such as progesterone and estrogen that decrease the body functioning (Tom et al., 2012), which the report noted to be one of the reasons for taking nutritional supplements in terms of controlling the hormones. Hence, it is notable that age also influences the taking of nutritional supplements.

Individual belief also plays a critical role in influencing the taking of nutritional supplements; people have a perceived self-efficacy such that an individual believes they can execute a particular routine and achieve the desired outcome; for instance, a study by (Peters et

al., 2003) report on the respondents indicating to have the knowledge that taking vitamins prevent future health problems hence, the taking of vitamins is necessary according to one of the respondents who indicated that she takes the supplements despite not seeing the actual physical effects to require vitamin intake. Therefore, she believes that her routine of taking vitamins is

(Peters et al., 2003). However, the study outlines that nutritional supplements are meant to be taken at a prescription and when the body requires a nutritional boost. Equally, individuals develop the habitual use of nutritional supplements from the family and doctors. After a prolonged taking of the supplements, the individuals adopt a habitual behavior of nutritional supplements intake. For instance, a specialist recommended using vitamin B-2 to treat canker sores, which the patient adopted to use for their daily routine (Peters et al., 2003).

The personality-induced actions also contribute significantly to the intake of nutritional supplements. Despite the personalities being unique to every individual, the consumers of nutritional supplements have similarities such that the interest in a certain brand or nutritional supplement notes them. The individual's actions are influenced by the actions resulting from how the people are stimulated. Hence, some people fear they could be affected by the habitual use of nutritional supplements, which makes them self-conscious of the changes in their behaviors (Tuvi, 2019).

### **The Macro Factors Affecting an Individual's Health Behaviours in Taking Nutritional Supplements.**

The macro-factors involve aspects such as the political, economic, socio-cultural, and technological aspects that influence the intake of nutritional supplements. The social-cultural aspects involve the influence of the culture and subculture in an individual's decision-making. The cultural aspects could involve the trends in a particular habit within a specific society (Tuvi, 2019). Based on the survey, 58% of the population in 2022 was noted to have increased the frequency of taking nutritional supplements to improve and strengthen the immune system (Ma,

supplements for a goal that supplement intake cannot meet. For instance, the dietary report shows that it is correct to take a dietary supplement to improve the immune system and treat immunodeficiency disorders. However, a prescription from a qualified medical practitioner should instruct on the frequency and necessity of using the specific nutritional supplement (Eggersdorfer, 2020).

Another macro factor that influences nutritional supplement intake includes the economic circumstances related to wealth distribution and the social class arrangement based on the purchasing power of an individual. The economic circumstance creates the aspect of affordability, which lead to the evaluation of lifestyle based on the price of activities, the relation

of products to the specific social class, and the perception of the product within the specified s

about fifty percent of the population lives within the median poverty line; hence, the government needs to ensure the population acquires preventive medical services (Lam et al., 2017). Hence, the economic circumstance within the population could influence people from accessing nutritional supplements, which could be necessary for the improvement and maintenance of the health of the people.

In conclusion, the use of nutritional supplements is in use in Hong Kong to maintain or improve the health of the people. However, it is notable that some factors have facilitated the development of the habitual use of supplements to achieve a particular belief, perception, or feeling. The essay has discussed the macro and micro factors that influence the behavior of the intake of nutritional supplements. In the discussion on the macro and micro factors influencing the intake of nutritional supplement habits, gender emerged as the most influential factor in the

experience within the age. The other factors include personality, cultural influences, individual beliefs, and economic circumstances. It is also notable from the discussion that taking nutritional supplements has significant benefits in improving the immune system of the body and treatment of the specific disorder. However, the habitual use of nutritional supplements without the prescription of a medical practitioner should be avoided to minimize the risk of potential side effects.

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## **The Ethical Principles in Adopting Radio Frequency Identification Chips in the Health Care Sector.**

### **Introduction**

The medical principles of ethics are the universal rules that regulate the conduct of medical practitioners aiming to deliver valued services in healthcare. The main medical ethical principles involve the beneficence that provides a health practitioner with an obligation to act for the benefit of the patient, including supporting the moral values to protect and defend the rights of the patient, remove and prevent harm as well as help a person with the disabilities out of danger. The principle of non-maleficence provides a health practitioner with the obligation not to

of autonomy entails the determination of moral dilemmas, which are situations in which the decision-maker must consider two or more moral values and duties, but only one duty can be honored (Taylor, 2013). The principle of informed consent requires the health practitioner to provide the patient with adequate information that guides decision-making and ensures the patient is competent to understand and act voluntarily on the decision (Taylor, 2013).

Additionally, the health practitioner must practice truth-telling, which involves giving accurate information about the patient's condition; confidentiality which involves maintaining the secrecy of the patient's information; and justice, which involves ensuring any action directed to the patient does not infringe on their rights, and it is within the law (Taylor, 2013). Introducing a radio frequency identification system that uses a wireless system with a tag and reader to

difficulty in concentration. The use of radio frequency identification could improve the safety of the patient through ease of tracking and providing information on their condition. On the other hand, it could lead to potential risk of manipulation or harm due to sharing of sensitive information about the patient. The essay discusses the advantages and disadvantages of adopting radio frequency identification chips for patients in alignment with the ethical principles of health practitioners.

### **The Ethical Dilemma in Adoption of Radio Frequency Identification on Dementia and Alzheimer's Disease Patients**

The ethical principle of beneficence calls for the health practitioner to act in a manner that promotes and safeguards the well-being and interests of the patient. The health practitioner must balance the potential benefits and risks to prevent avoidable harm, such as inflicting harm, removing harm, promoting good, and preventing harm to the patient (Gelling, 1999). The use of radio frequency identification on patients with dementia could help to reduce the cases of misidentification in healthcare through the authentication of patients through their medical records. On the other hand, using radio frequency identification could result in a system error due to misreading or poor reporting, which can adversely affect the management of a traced missing elderly patient (Yao et al., 2010). For instance, to ease the adverse memory loss, the

patient could be misdiagnosed, resulting in increased health harm which contradicts the beneficence principle of the health practitioner. The aspect of inaccurate reporting could create a

information on how to access them in events they are missing.

The principle of non-maleficence explores the avoidance of doing any harm to the patient, which may entail the prevention of good, the prevention of another person carrying out a helpful activity to the patient, or failure to prevent the patient from harming themselves (Taylor, 2013). In employing radio frequency identification to reduce the cases of missing patients with dementia, the ease in tracing could reduce the emotional and psychological harm to the patient by ensuring the patients are found easily through tracking. On the other hand, the radio frequency identification system is expensive to install and manage as it requires surgery to insert chips, batteries to keep the system active, and a continuous reader monitor (Cheng & Kuo, 2016). The expensive nature could be contempt to the suffering patient as it could lead to increased psychological harm to the patient. Hence, the health practitioner must ensure the adequate traceability of dementia and Alzheimer patients and ensure they do not feel financially manipulated or psychologically discriminated against due to their health situation.

The confidentiality principle call for the health practitioner to ensure non-disclosure of information; hence, consider the information about the patient a secret (Gelling, 1999). The adoption of radio frequency identification involves dementia or Alzheimer's disease patients based on their location. Therefore, the health practitioner could choose to alter the principle of

give out information about the patient with their consent to help the patient or is it just to conceal the information of a patient, hold the secrecy to protect the patient from any possible harm. The principle of justice focuses on ensuring that due process is adhered to and a legal sense of a decision is achieved. The principle creates an aspect of no discrimination by considering circumstances and offering equal opportunities (Gelling, 1999), which could relate to ensuring the patients' rights are respected.

The principle of respecting autonomy focus on ensuring that acceptable choices are made to safeguard or protect the patient. The aspect involves ensuring privacy, free choice, voluntary behavior, and choosing the own moral position. Autonomy could be through thoughts, will, or action (Gelling, 1999). In adopting the radio frequency identification system for the patient with dementia and Alzheimer's, the health practitioners require the patient to use the tags to ensure easy tracking. However, the challenge involves the patient's voluntariness and the free choice to be traced (Ajami & Carter, 2013). If the patient does not want to be tagged, it is with non-maleficence that the health practitioner should respect the will and actions of the patient and ensure the patient is safe from any potential risk. The autonomy principle creates an ethical

dilemma on whether to respect the will and action of the patient, who have difficulty in making the decision or enforce the tagging to easily trace the patient.

In conclusion, the essay finds that ethical principles are critical in ensuring that health practitioners make the best decisions and judgments guided by values and regulations to safeguard life and improve a patient's condition. However, the strict adherence to ethical principles creates an ethical dilemma for health practitioners dealing with dementia and

actions towards the patient. However, the principle of non-maleficence requires the action to prevent any harm of action or omission, and the principle of beneficence provides the health practitioner to take adequate actions that safeguard the well-being and interest of the patient. Equally, the principle of autonomy provides freedom to the health practitioner to take adequate decisions that safeguard the life of patients with difficulty in judgment or responsiveness. Therefore, the use of radio frequency on patients with dementia and Alzheimer's disease should be applied to assist ease in tracking the patient and reduce the cases of missing patients, establish the safety of the patient by ensuring the on-time update on the whereabouts of the patient to judge on the need to take action on them and ensure the satisfaction of the provider of care to the patient.

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