

Health Assessment and Oral Care

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1a: Health Status Changes

Development Health

The terms "growth" and "development" describe patterns and predictable increases in an individual's physical, cognitive, and psychosocial factors. Growth is a gain in bodily size and function to optimal maturity (CDC, 2023). It is concerning that Mrs. Wan wishes to die before reaching old age or full maturity, as this may suggest a negative view of aging and potentially an underlying health issue. As a nurse, it is essential to further assess any signs of depression or other mental health concerns that may be impacting her cognitive development. Her psychosocial health is also not at an optimal level as she spends most of her time alone, which could contribute to feelings of loneliness, isolation, and decreased quality of life. She seems to struggle adapting to continual environmental change while living alone in a private residence with her late husband gone and her son relocating to the United.

Psychosocial Health

A person's self-perception, role, values, and beliefs form their psychosocial health, which includes their mental health, emotional, social, and spiritual health. The mental dimension is the rational component of psychosocial health (Eiroa, 2020). Mr. Wan does not seem mentally healthy. She is experiencing memory loss which can reduce her capacity to

spends much of her time alone at home and thinks that going out with her friends is bothersome. This indicates that she has poor outcomes in the psychosocial aspect. Spiritually wise, Mrs. Wan no longer visits the Wong Tai Sin temple to pray due to her decreased mobility. This may impact her hope, faith, and views about life and death (Božek et al., 2020).

Physical Health

When assessing physical health, we systematically examine the body system taking into account skeletal, muscular, digestive, respiratory, nervous, and circulatory systems. Mrs. Wan is elderly and spends her time sitting at home and watching, this puts her at risk of acquiring lifestyle illnesses such as heart disease, obesity, high blood cholesterol, and type 2 diabetes due

also deteriorating as she is experiencing memory loss and fewer social connections, which could lead to depression and blurry vision. As supported by Choi et al. (2015), lack of social interactions, physical inactivity, loneliness, a sense of meaninglessness, and despair can significantly affect the quality of life of an elderly patient. Thus, we might conclude that Mrs. Wan's physical health has significantly declined.

Spiritual Health

The spiritual health of Mrs. Wan may be influenced by her background and traditional cultural and religious values. Spirituality is an abstract and personal concept in Chinese understanding, and it can refer to an internal vital force, experiences of suffering, and traditional cultural and religious values (Niu et al., 2021). Life satisfaction, contentment, and happiness are all linked to spiritual health. Previously, Mrs. Wan would go to the temple once

health, causing her to feel disconnected from her spiritual practices and possibly contributing to her wanting to die early and feelings of meaninglessness (Niu et al., 2021). I can thus conclude that Mrs. Wan's spiritual health is deteriorating as she ages.

1b: Cultural Assessment

The patient's cultural background may somewhat impact her notion of health, ideal health, disease, and communication styles. (Andrews & Boyle, 2016). The impact of culture on a patient's behavior and how they perceive the behavior of others are often related. The five components of cultural assessment that influence health include communication, temporal connections, family patterns, food patterns, health attitudes, and practices (Hall et al. 2021).

Communication

Since Mrs. Chan comes from a different culture, she may experience communication barriers, and her mother-in-law is helping her to communicate effectively within her new environment. As noted, she is a recent immigrant from Guizhou, and she cannot communicate in Cantonese, which is a local language mostly used by community members. She thus relies on her mother-in-law to support her everyday business in Hong Kong, which is a good thing

of communication, quiet, secrecy, and receptivity to medical information are all part of communication that is likely to affect this patient's health outcomes. It is thus crucial to understand these language barriers to ensure that Mrs. Chan receives appropriate and culturally sensitive care that meets her unique needs.

Temporal Relation

The individual's orientation to the past, the present, and the future are known as temporal relations. In Chinese culture, there is often a strong emphasis on the past and the present, with less focus on the future (Lee et al., 2018). People in Western nations, however, put more importance on creating plans for the future (Lee et al., 2018). For instance, Mrs. Chan's mother-in-law may be focused on the present and immediate needs, leading her to request that Mrs. Chan be discharged from the hospital against medical advice, even if it could potentially lead to negative health outcomes in the future. Mrs. Chan's cultural orientation to the past and present may lead her to prioritize immediate symptom relief over preventive care, or she may be more receptive to traditional Chinese medicine approaches that focus on restoring balance and harmony to the body rather than Western medicine approaches that focus on disease treatment.

Health Beliefs and Practices

Health beliefs and practices can vary greatly across different cultures and communities. The Hong Kong medical culture religiously prioritizes health promotion and disease prevention (Liu et al., 2022). Beliefs relating to health and sickness in Hong Kong are rapidly changing

health benefits of a plant-based diet and may prefer to avoid meat for personal or cultural

reasons. It is important for healthcare providers to respect and accommodate these beliefs while also ensuring that Mrs. Chan receives adequate nutrition to support her health and recovery.

Dietary Patterns

Dietary patterns include a patient's regular eating habits, any specific dietary

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of the potential health benefits of a plant-based diet. As a vegetarian, I may infer from this situation that Mrs. Chan's actions may damage her health, in case she does not understand how to take a balanced diet. Her dietary restrictions may impact the types of foods she can consume while in the hospital, as well as the types of recommendations she may receive for managing her health. It is important to understand and respect her reasons for being a vegetarian and how it may affect her health and wellbeing.

Family Patterns

Family patterns are the established ways members interact. Family dynamics include the norms upheld, roles assigned, and methods used to make important choices. The protective elements that support resilience and coping strategies are also important to consider when assessing family patterns. In Chinese culture, family is highly valued and plays a significant role in health decision-making and care for the sick (Turagabeci et al., 2007). It is common for

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stay. Mrs. Chan is requesting to be discharged to go home and take care of her husband. She is really concerned about taking care of her family despite being sick. This shows that family is a high priority for Mrs. Chan and is a significant factor in her decision-making process. It may also indicate that Mrs. Chan feels a sense of responsibility to take care of her family, even when she is unwell.

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2a: Social Determinants of Health

Education

People with higher educational levels are likely to have better health status because they may have greater health literacy and can better regulate their health via their choices. Individuals with higher levels of education tend to have better health status and lower rates of chronic diseases such as obesity, hypertension, and diabetes. This is likely due to the fact that higher education is associated with greater health literacy, better access to healthcare services, and the ability to make informed decisions about one's health. In addition, higher education levels can lead to better job opportunities, higher income levels, and greater access to resources that support healthy living, such as healthy food choices and safe living environments (Chung et al., 2022).

Social Support or Alienation

A person's social support network influences their mental state, capacity to manage life stresses, and ability to make health-related choices to preserve health (Tam et al., 2023). However, discrimination and marginalization, such as racism and sexism, can lead to social exclusion and limit access to education and employment opportunities, particularly for

of everyday stress, which can adversely impact parent-child interactions and family cohesiveness. Thus social support or alienation can significantly impact an individual's mental state, ability to manage life stresses and make health-related choices.

Food

One important social factor affecting health is having access to healthy food. Limited or unclear access to appropriate food, also known as food insecurity, has been linked to poor health outcomes and a higher likelihood of developing chronic illnesses (Yung et al., 2022).

example, the economic downturn and decreased physical mobility caused by the COVID-19 pandemic may have impacted the level of food security or availability of healthy food, which could have affected individuals' health.

Housing

It has been shown that the availability of housing services, renters' perceptions of the quality of their homes, and neighborhood characteristics strongly correlate with health and happiness indicators. Housing quality and costs impact individuals' mental and physical health (Rolfe et al., 2020). Hong Kong has generally safe neighborhoods that promote public safety. This accessibility to housing and its associated services, along with easy access to

exposure to environmental hazards, can increase the risk of infectious diseases. On the other hand, good quality housing can promote health and wellbeing. Safe, secure, and affordable housing can provide individuals with a sense of stability and security, which can have a

positive impact on mental health. Access to basic amenities such as clean water, sanitation, and ventilation can also promote physical health.

Transportation

Transportation plays a crucial role in shaping an individual's physical health. Access to reliable and affordable transportation is necessary for individuals to access healthcare services, healthy food options, and recreational activities. Nonetheless, in cities like Hong

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cars, buses, and trains, which can have negative impacts on health. Exposure to air pollution has been linked to various health problems, including respiratory diseases, cardiovascular diseases, and even cancer.

2b: Community Participation

In Hong Kong, a primary healthcare strategy has been established to promote oral health via community participation and decentralization (Gao et al., 2018). Power is decentralized to local provinces, allowing for individualized resource distribution based on local needs. The private sector makes up the majority of the dental service industry in Hong Kong. Most dentists practice alone or in small teams with other doctors of medicine.

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intellectual and dental treatments (Department of Health, 2020). Furthermore, there are non-governmental organizations that have been selected to provide oral checkups, preventive dental treatments, and education for caregivers on daily oral care. The Healthy Teethe Collaboration program offers an escort subsidiary and transport subsidiary to applicants, which further encourages participation.

Intersectional Collaboration

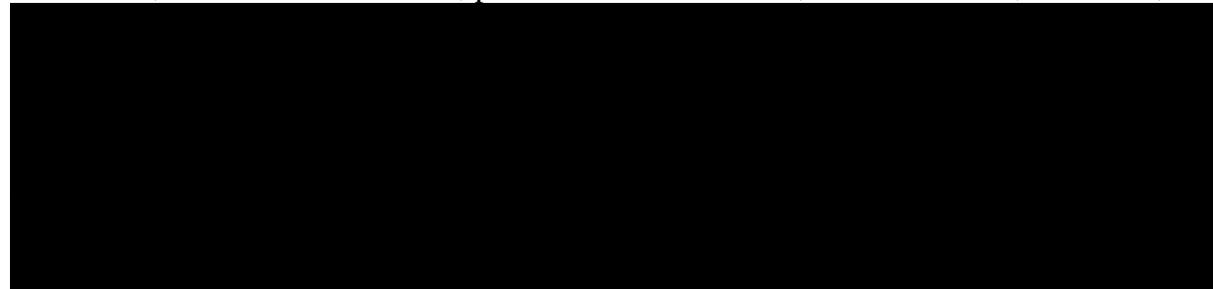
The effectiveness of the plans depends on collaboration between sectors. Nurses help the public build self-reliance and self-determination for meeting their health requirements while addressing the social and environmental elements affecting health care. Inherent in PHC is intersectoral cooperation (Adeleye & Ofili, 2010). Many individuals in Hong Kong have oral issues that they may not even know about. The lack of comprehensive oral health care may is

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residing in residential care homes, nursing homes, or using the service of day care centres, and training for their caregivers to promote prevention and early treatment and enhance oral hygiene. Non-governmental organizations appointed by the government deploy outreach teams to residential care homes, nursing homes, and day care centres to provide oral health care services (Department of Health, 2020). Also, a collaborative approach has been taken between the government and non-governmental organizations to ensure that the outreach teams have sufficient resources and facilities to provide services.

Equity

The primary healthcare approach has been adopted in Hong Kong to promote oral health with a focus on equity. The oral healthcare method in Hong Kong aims to achieve health equality, oral disease prevention, and health promotion. It covers several areas, such as risk assessment, oral health assessment, preventative intervention, communication, education, and



gap between the affluent and individuals with limited incomes is via an integrated healthcare approach in primary care (Petersen, 2014). The Healthy Teeth Collaboration program targets adults with intellectual disabilities who may not have access to oral health services due to their disabilities. The Outreach Dental Care Programme for the Elderly targets elders residing in residential care homes, nursing homes, or using the service of day care centres, who may not have access to oral health services due to their frailty and inability to travel to dental clinics (Department of Health, 2020). Additionally, the escort subsidy and transport subsidy provided under the Healthy Teeth Collaboration program and Outreach Dental Care Programme for the Elderly help reduce financial barriers and ensure that users can access oral health services.

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