

## Health Belief Model Approaches and Ethical Principles

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## **Health Belief Model Approaches**

### **Introduction**

The use of health care resources and, by extension, the health status of Hong Kong's residents are directly tied to the health-seeking behavior of the local population. There is a determination the extent to which people use nutritional health supplements, and the objective is to identify possible contributors to this trend. However, such indicators are too difficult to make meaningful judgments on the effectiveness of Hong Kong's healthcare system or the city's influence on people's health. Micro-based strategies aggregate the expected effect of health on wages at the individual level to the macroeconomic level. According to this paper, micro-macro belief behavior is structured in a main issue that sociological theory and the discipline must address. Physical, socioeconomic, cultural, or political factors might influence how people behave regarding their health. This study's main goal is to investigate the phenomena of habitual self-use of nutritional supplements in the context of macro and micro perspectives on health and health behavior.

### **Social Epidemiological**

The most recent epidemiological investigations in Hong Kong have indicated alarmingly high complication and death rates in achieving therapeutic goals (Ng et al., 2018). This means that the Chinese disease epidemiology is estimated that 10 percent of Hong Kong's adult population is diabetic. Ng et al. (2018) claims that the government-funded nonprofit

rates may be lowered or kept under control if people adopt healthier habits. According to Chung and Chai (2022), 19.7 percent of people aged 15 or older reported using dietary supplements such as vitamin and mineral supplements the month before the poll. When age groups were considered, those aged 45 to 54 (22.9%) reported using nutritional supplements the month before the poll, with those aged 55 to 64 coming in second (Chung & Chai, 2022). In Hong Kong, there are concerning trends in the incidence and prevalence of chronic illnesses.

### **Beliefs about health and health-seeking behaviors**

In the specialist subject of medical sociology, the social institution of medicine, the structure of the healthcare system, and issues related to health and sickness are thoroughly studied (Zeng et al., 2021). The biological model serves as the foundation for most of nursing's expertise. Nurses must have a thorough grasp of their patients and a deep understanding of the

one's health. The six exterior causes of illness and their interactions with the seven primary feelings are the theoretical basis for disease pathology in Chinese medicine (Zeng et al., 2021). Experience boosted the Chinese people's comprehension of natural occurrences and the number of times natural principles were used in Chinese medicine.

### **Macro approaches**

The epidemiological discovered shows an increase in the prevalence of obesity and diabetes, and also a rise in the number of Chinese men who smoke. This strategy shifts the focus from personal accountability and attribution to social organization and the many organizations, structures, disparities, and beliefs that support healthy behavior (Chan & Leung, 2015). Recent research on the dynamics of health behavior mixes a social determinants viewpoint with biosocial techniques. Sociodemographic factors have an impact on health through various lifestyle factors. The Hong Kong residents are profiled based on their sociodemographic and lifestyle characteristics, and disparities amongst the profile groups are

contrasted. The group with worse health was mostly male, younger, employed, and educated from high to middle school (Chan & Leung, 2015). The results give information for developing health promotion initiatives by revealing a high-risk population's sociodemographic features and lifestyle behavior patterns.

## Micro Factors

People are being pushed towards more autonomy regarding their health as a direct outcome of this concept. The consequences of these elements are felt most acutely in the daily lives of older adults (Xue et al., 2019). A person's health behavior includes whatever they do

found in the occurrence of five main diabetes-related complications from 2001 to 2016 in the retrospective study of data from the whole territory of Hong Kong, including Chinese people aged 20 and older who had diabetes (Wu et al., 2020). Most results show that the quality of treatment for most individuals with diabetes in Hong Kong has improved in recent years.

### Phenomena Of the Habitual Self-Use of Nutritional Supplements

Hong Kong is experiencing a double burden of malnutrition, as the urban population has a sharp increase in obesity and chronic illnesses. According to Gong et al. (2018), questionnaires were completed by parents and children to collect information on dietary

difference was not attributable to diabetes itself (Gong et al., 2018). Because of their greater financial capacity and awareness of the need for preventative care, city dwellers use NS more than their rural counterparts.

### Common Phenomena Nutritional Supplements in Hong Kong

It is normal practice in Hong Kong to supplement one's diet with iron, zinc, vitamin A, and multivitamins. Additionally, most Chinese people use iodine supplements, followed by calcium. Consumers in Hong Kong place a great value on nutritional supplements, and this label serves as a symbol of quality to them (Kårlund et al., 2019). Due to the lack of government oversight of the nutritional supplement industry in Hong Kong, American producers also profit from cross-border e-commerce purchases from mainland China. Hong Kong's special status in China contributes to its development. Because of this, many people in Hong Kong use nutritional supplements, including protein powders, dietary fibers, and goods boosting joint and bone health to stay fit and healthy (Leung & Lum, 2011). More bacterial amino acid metabolism occurs in the colon while eating a high-protein diet than in a moderate- or low-protein diet.

### Nutritional supplements are useful for Children/Adults/ Elderly

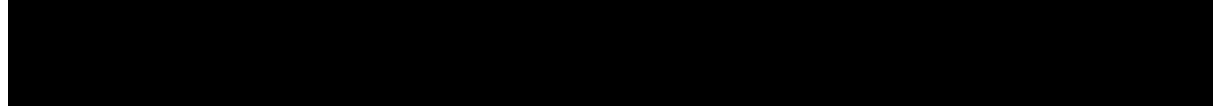
In alternative and complementary medicine, dietary supplements play a crucial role. Single-ingredient supplements and complex formulations, including many vitamins, minerals, and other elements, are now widely available to Chinese parents. This paper found that

dietary supplements. Supplement usage is more common among younger age groups than among those of senior age. Supplement usage is widespread among Chinese elementary school children. Supplemental diets are acceptable alternatives to regular meals. With the consumption

of iron, zinc, vitamin A, and niacin becomes most like the high among those who used multivitamins (Liu et al., 2019). However, there is now clear indication on whether children who use dietary supplements get an excessive amount of nutrients.

**The side effect of nutritional supplements is harmful.**

In the side effect of nutritional supplement many people can obtain what they need from a healthy, well-balanced diet. When used properly, supplements may help you prevent the



school students consumed vitamins, resulting in hospitalization. Hong Kong lacks comprehensive data regarding the dangers of using health supplements (Leung & Lum, 2011). Even while there are few scientific proofs to back the claims, that does not stop manufacturers from saying things like can boost the immune system or treat arthritis" when there is none.

**Conclusion**

The paper focuses on the health system in Hong Kong and the general public health issues that all megacities confront, as well as those unique to Hong Kong. The medical professionals a patient chooses to utilize might depend on several things. In a cultural context, a physical ailment might be interpreted by considering it to be a component of a larger spectrum of misfortune. Macro and Micro metrics, however, stand out as trustworthy markers of a health system's effectiveness in providing people with access to medical treatment that is shown to have a favorable effect on health. Hong Kong's population health indicators are among the best compared to other prosperous megacities. This paper examines the routine self-use of nutritional supplements from both broad and narrow vantage points of health.

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## **Ethical Principles**

According to Hong Kong's health sector, healthcare professionals can access and exchange information about specific patients to employ RFID, a wireless identification technology, for potential medical applications, including microchip implants. The proper actions to take in light of all the circumstances are what ethics is all about (Howe, 2006). It discusses the difference between proper and wrong at a certain moment and in a particular society. Medical ethics is concerned with physicians, hospitals, and other healthcare providers' duties to patients and other health professionals. Conflicts with coworkers, inconsistencies in ideals or principles, and problems in patient care may all give rise to these ethical problems. Nursing staff members are responsible for respecting moral and ethical standards and providing their patients with safe, effective care. In this study, the moral precepts of beneficence, nonmaleficence, and justice will be examined to explore the ethics that surrounds nurses. The ethical standards, norms, and professional concerns related to implanting RFID chips in patients with Alzheimer's disease will be discussed in this article.

### **Nature of the Issue and the Dilemma**

The increasing number of people with dementia will raise serious ethical concerns in healthcare settings, demonstrating RFID's far-reaching global and Hong Kong-specific influence, which allows radio-based automatic identification (Howe, 2006). RFID tags are affixed to objects and send information that can be read by RFID readers that have been strategically placed. Ethical concerns, such as those around using ineffective substances and

begun debating this method's merits (Howe, 2006). The ethical concerns raised by the increasing visibility of the problem of older people with Alzheimer's disease going missing from care will be considered.

### **Ethics, Ethical Principles Based on Ethical Theories**

According to Joshi et al., (2014), ethics is the branch of philosophy concerned with studying right and wrong in human affairs. When patients and their families make choices about the treatment they will or will not take near the end of life, difficult ethical questions might emerge. It may be difficult for nurses when their ethics and ideals are at odds with their

people who have been diagnosed with Alzheimer's disease or dementia to slow the illness's spread (Vermont Ethics Network, 2022). Ethical concepts, including beneficence, nonmaleficence, and justice, as well as ethical regulations and professional concerns, will be used to examine and explain the moral dilemma the case nurse faces.

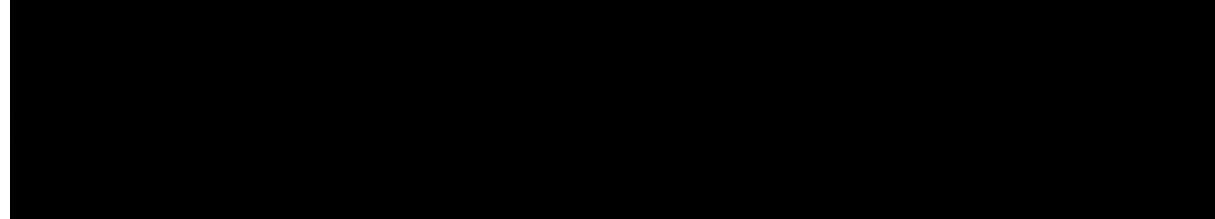
### **Beneficence**

Medical professionals must seek their patients' interests and do what's best for them under beneficence. Several ethical guidelines for protecting people from harm, accommodating those with special needs, saving lives, and so on are enumerated under this concept (Varkey, 2020). Alzheimer's patients are among the high-risk populations being tagged with RFIDs. The nurse's responsibility here is to ensure the elderly patient with Alzheimer's disease is properly fitted with an RFID system and that it passes all necessary tests. Although "beneficence" is often used in medicine, it has been the subject of very few academic investigations. The concept of beneficence highlights the ethical commitment to the benefit of the nursing field, including

protecting patients' rights, preventing damage to them, and assisting those in need. Beneficence, from an alternative perspective, is the cornerstone of all health care since it guarantees treatment delivery that helps and safeguards people (Lowey, 2013). Patients who benefit from the principle of beneficence in nursing care might reap the benefits of a method characterized by the clarity of the principle's approach.

### **Nonmaleficence and Justice**

The concept of nonmaleficence states that no damage should be done unless required. Nonmaleficence refers to the moral reason why damage is inflicted, even if certain treatments may be painful or harmful to patients. The conduct is permissible if it serves the patient's best interests and is not done maliciously (Howe, 2006). The RFID system is an example of this kind of solution that has been proposed to address the issues of the current scenario. Increased



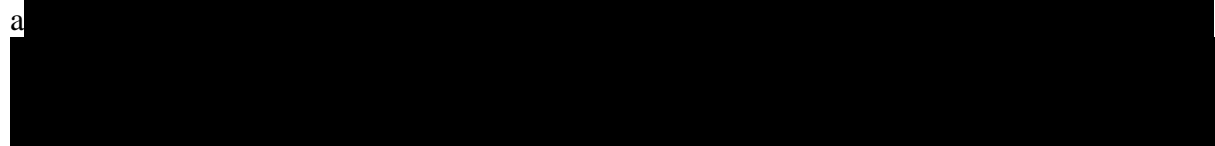
all patients, regardless of their ability to pay. When deciding who should get medical treatment, it's sometimes necessary to weigh the advantages against the costs involved. The case nurse must decide how to divide the limited resources between the two patients (Joshi et al., 2014). Among these technologies, patient surveillance stands out as one of the most useful for keeping tabs on the health of older patients

### **Ethical Theories**

There are several schools of thought and behavior and numerous ethical ideas which make up the discipline of moral philosophy known as ethics. Kantian ethics and utilitarian ethics are two of the most often-used philosophies (Whitehouse & Duquenoy, n.d.). Kant argues that although humans will drive moral action, this drive can only have a logical foundation. Utilitarian ethics falls within the category of consequentialist ethics, which bases moral precepts on the outcomes of one's acts. According to the utility principle, good deeds result in the most enjoyment when they benefit the most people or are of the most value to them. To help individuals choose wisely and behave appropriately, ethical theories may be a valuable starting point (Whitehouse & Duquenoy, n.d.). The health industry and eHealth as implicit support systems may be seen as being built primarily on ethical principles.

### **Biomedical Ethics and Social Science**

Bioethics is a large field of study, of which clinical ethics is a subset. It is a systematic framework for making healthcare decisions that adhere to ethical standards. This shows that bioethics subjects explores the ethical and philosophical issues that occur in the health, medical,



healthy but frail may have trouble keeping track of their items, forget to take their medications and forget important appointments. Nurses may need to hunt down and find their patients in an emergency. (Lowey, 2013). This kind of disciplinary self-affirmation might feel good, but it contributes nothing to the goal of making medicine and healthcare more moral.

### **Local Healthcare Context**

Nurses in Hong Kong are expected to provide safe and competent care, uphold professional standards, and work collaboratively with other nurses. The nurse's primary responsibility is to provide care in a competent and safe manner (Ting & Tsang, 2012). Hong Kong has been encouraged to adopt a digital health plan for the healthcare community so that

the city may develop and steer a regional digital health ecosystem that can provide accessible, high-quality treatment at a reasonable cost. Nurses are responsible to their patients and must be ready to handle difficult ethical situations while acting professionally and according to established regulations and guidelines. Hence the given proposed method is practical, feasible, and economical for hospitals in China, Hong Kong, and elsewhere. (Ting & Tsang, 2012). The healthcare system in Hong Kong is particularly difficult to navigate.

#### Conclusion

To act ethically in this scenario, the nurse must put both patients' needs first, while limiting potential damage and ensuring everyone involved gets what they deserve. The stakes in medical ethics debates are frequently quite high. Ethics is the study of making moral



facilities. Ethical standards do not remain unchanged and universal. What was regarded as moral a century ago may not be so now. A hospital administrator has to be well-versed in its legal and ethical obligations.

**Word Count: 1490**

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