

The intervention mapping model article reviews example

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The aim of the article is to reduce the chances of musculoskeletal conditions among individuals through reduction of impairment, occurrence, and limitation in the social participation and, and functional limitations. This enhances reduction of osteoporosis and fractures that occur because of increased intake of calcium. Chronic back conditions, osteoporosis, and arthritis affect the ability of individuals to work, the quality of life and the daily activities of human beings. There are many types of arthritis, which are accompanied with chronic conditions such as obesity, diabetes, and heart disease. Interventions that treat pain are important in helping the people with chronic conditions increase their physical activity. Osteoporosis is characterized by reduced strengths of bones that lead to high risk of bone fractures. According to the 2020 osteoporosis objective, bone mineral density is a measure that causes risks for fractures that are related to osteoporosis (Looker et al 2006). However, the obese people can reduce arthritis through engaging in physical activities, management of self-education, and reduction of weight.

The article addresses both the prevention perspective and the biomedical perspective. The article explains that the pain caused by arthritis can be reduced through engaging in physical activities. Self-management education is important in reducing the pain caused by arthritis. This happens when people are taught techniques and skills that deal with the daily issues resulting from arthritis. Weight loss is also a preventive perspective that is applied in order to reduce the symptoms of arthritis. The article addresses fatigue as a clinical symptom that shows availability of rheumatic conditions, which are associated to arthritis. Anti-rheumatic drugs are used to in the

treatment of osteoporosis and arthritis. The use of the anti-rheumatic drugs at an early age allows for an early assessment and the treatment of the chronic back conditions (Looker et al 2006). These chronic conditions are associated with depression and anxiety among the infected persons.

A biomedical perspective refers to a modern way of diagnosing illness using biological factors exempting psychological, social, and environmental factors. Such biological factors include tests. The main involved in biomedical perspective is that good health means that an individual is free from any kind of pain or illness. Healthcare professionals tend to scrutinize body malfunction or biophysical effects on a patient rather than enquiring on the history of the patient. Application of biomedical perspectives mainly focuses on laboratory tests because they are accurate in detecting the cause of illness compared to patient history or their subjective feelings (Hootman, et al 2006). Prevention perspective is taking responsibility in ensuring that body malfunction and illness are avoided. Prevention perspective is most suitable for children but it is also applicable for adults. The article on Arthritis, Osteoporosis, and Chronic Back Conditions constitutes both biomedical and prevention perspective.

The article has addressed biomedical perspective because arthritis, osteoporosis, and back conditions affect daily activities and ability to work hence disrupting the quality of life. The article discusses the methods suitable for diagnosing these diseases to improve life quality. The article also discusses steps that can be practiced to reduce arthritis such as increasing physical activities, preventing overweight, and managing health education (Hootman, et al 2006). The three steps address prevention perspective

because they aim at preventing the occurrence of arthritis infection.

The social-ecological model comprises of four levels. At the Individual level an individual is exposed to infections because of a series of several factors throughout their past. Arthritis, Osteoporosis, and Chronic Back Conditions are diseases that are caused by the human behavior and lifestyle over their past.

Arthritis involves the inflammation of body joints because of inappropriate diet and life style. Although genetic causes are probable, most of the factors that cause arthritis emanate from lifestyles. Obesity is a common factor that causes too much strain on the joints, which in turn induces arthritis. The best means of prevention include individualized education and physical therapy.

Osteoporosis is the thinning of bones, mainly due to deficiency of calcium in the diet of the individual. This cause exists at individual level. Excessive smoking, poor diet, and lifestyle are the main causes of osteoporosis (Dahlberg 2002). Their effect is mainly experienced during old age. Painful fractures, low sex hormones, and immunity are the major symptoms of this condition. Therapeutically, individual education, curricular orientation, and similar aspects are used to enhance proper diet and lifestyle.

Osteoporosis, arthritis, among other factors cause back pain and back related conditions. Chronic back conditions start mainly during midlife and proceed to old age. Inadequate exercise and diet mainly lead to chronic back conditions. The remedy to such problems includes proper education and emphasis on proper lifestyles. Chronic back conditions are inclined at the individual level.

The above three conditions are emanate from individual irresponsibility and

poor guidance during growth. Proper individualized education and self-initiative is the major factor that facilitates prevention of Arthritis, Osteoporosis, and Chronic Back Conditions. The article emphatically relates these problems to the individual level and advises that individual initiative and close guidance is necessary for effective prevention of these conditions.

References

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