

Health promotion model and health belief model - discussion

[Health & Medicine](#), [Nursing](#)



Health promotion model and Health belief model of Health Promotion Model and Health Belief Model Health Promotion Model focuses on prevention of disease and changing way of thinking of individual with respect to their health. However, Nurses have multi-disciplinary knowledge and experience of health promotion in their nursing practice; they have the difficulty to promote it wisely regardless of cultural and social differences. Nola Pender came up with health promotion model that hunts the possible reasons that influence behaviors through motivation. It aims to improve the health of the community as a whole and not limited to individuals.

Health Belief Model was one of the first theories of health behavior. It is associated with the relationship between a person's beliefs and behavior. However, Health Promotion Model interacts with society. In this modified plan, nurses should manage to teach individual with basic health care information to achieve success with the ability for self-care to prevent diseases (Jarvis, 2012).

The Health Belief Model suggests that health-seeking behavior depends upon person's beliefs, how he perceived the illness and what necessary preventive measures can overcome illness. Habitual habits like smoking not only do bad to the environment but the person himself. However, if he has this mind setting that he is harming himself and the environment then he would take actions to quit the habit (Purnell, 2014).

In my opinion, health promotion model is productive than Health Belief Model. As a nurse, I personally believe that health can be maintained by manifesting knowledge of health care by health promotion model that aims good health care system taking into consideration the cultural and social

beliefs. Healthcare provider has the responsibility to serve regardless of cultural and ethnic differences. One should realize the cultural diversity practically. It will help health care providers to work in any possible manner to ensure better physical and emotional wellbeing of people. I came across many patients those who do not want to be treated by me because I am different from their race. It limits our abilities to providing better health. Due to cultural diversity in society, respecting each other's belief will help in providing better health care regimes.

References

Jarvis, C. (2012). *Physical Examination & Health Assessment*. New York: Elsevier/Saunders.

Purnell, L. (2014). *Guide to Culturally Competent Health Care*. New York: F. A. Davis.