

Preliminary activity

Literature



Healthcare Points of View Reference Center Reed, Vita. " Healthcare." Orange County Business Journal 28. 18 (2005 17-42.

2. Young, Pierre L. and Leigh-Anne Olsen. The Healthcare Imperative: Lowering Costs and Improving Outcomes: Workshop Series Summary. New York: National Academies Press, 2010.

Reed helped me define health care which is diagnosing, treating and preventing illness, injury, and other mental and physical impairments in humans. Healthcare is usually offered by practitioners in nursing, pharmacy, medicine, dentistry, and other care providers.

Young and Olsen informed that health care involves provision of secondary care, primary care, quaternary care, tertiary care, and finally public health.

CQ Researcher

1. Kollack, Ingrid. " The Concept of Self Care". In Kim, Hesook Suzie; Kollak, Ingrid. Nursing Theories: Conceptual and Philosophical Foundations. Springer Publishing Company. 2006.

2. Taylor, Susan G., Katherine Renpenning, and McLaughlin Kathie. Self-care Science, Nursing Theory, and Evidence-based Practice. Springer Publishing Company. 2011. pp. 39-41.

Kollack outlined that there are still debates on the specific work of secondary care, primary care, quaternary care, tertiary care, and public health personnel. For instance, primary care professionals in healthcare act as the first point of consultation for all patients such as the primary care physician, while secondary care is given by medical specialists who do not have first contact with the patients, for instance urologists and cardiologists.

Taylor assisted me to know that there are still debates on home care and self-care since both are viewed as healthcare services offered at home.

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Ebsco Host Academic Search Elite

1. Palo Stoller, Eleanor. Ory, Marcia G.; DeFriese, Gordon H., eds. Self-care in Later Life: Research, Program, and Policy Issues. Springer Publishing Company. 1998. pp. 24–25.
2. Laurin, Jacqueline. “ Commentary”. In Kikuchi, June F.; Simmons, Helen. Developing a Philosophy of Nursing. Sage. 1994. p. 27.

These two articles taught me that self care is defined by Palo (24) as attitudes and actions that make a contribution to the maintenance and of the human well-being and enhancing human development. With reference to health maintenance, self care is referred to as any activity of an individual or a community which is intended to enhance, restore, treat, or prevent. Laurin (27) argues that patients who are more learned and well informed have been found to have a greater motivation for self care. Most people do carry out self care, even though professionals and experts support self care in order to make people do improved self care.

Using Lexis Nexis Academic

1. Chambers, Ruth, Wakley, G., and Alison Blenkinsopp. Supporting Selfcare in Primary in Primary care. New York: Radcliffe Publishing. 2006. pp. 15, 101, 105.
2. Maia, S. Obesity and Treatment Meanings in Bariatric Surgery Candidates: A Qualitative Study. *Obes Surg* , 22, 2012: 1714-1722.

I learnt from the article by Chambers, Wakley and Blenkinsopp the major aspect of self-care is evaluation and recognition of symptoms. The major issues associated with self care and the onsets of diseases are typically medically related, for instance, changes to lifestyle, side effects of drugs, emotions and psychological issues, and knowledge acquisition to assist in

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decision-management.

In that perspective, Obesity is a source of distress which is linked to a negative body image, more intimate and interpersonal problems, and more hardships in professional issues. This distress which is connected to the contemporary culture stigmatizes obese people. As a result, it increases the probability of internalizing negative information about them, and this causes obese persons to feel psychologically discomfited about their physical appearance (Maia, 1716).

Project Muse

1. Jaunoo, S., & Southall, P. J. Bariatric Surgery. *International Journal of Surgery* , 8 (2), 2010: 45-65.
2. OBrien, P., MacDonald, L., Anderson, M., Brennan, L., & Brown, W. Long-term outcomes after bariatric surgery: fifteen-year follow-up of adjustable gastric banding and a systematic review of the bariatric surgical literature. *Journal of Ann. Surgery*, 257 (1), 2013: 87-94.
3. Pories, W. Bariatric surgery: risks and rewards. *The Journal of Clinical Endocrinology and Metabolism*, , 11 (1), 2008: 89-96.

Obesity is chronic condition which is difficult treat with exercise and diet alone. This is where bariatric surgery comes in handy. It involves an operation on the stomach or the intestines that assists patients who extreme obesity for them to loose weight. There are risks and rewards associated with bariatric surgery (Pories, 90-93). The surgery works in manner that restricts the intake of food (Jaunoo and Southall, 46-48), thus promoting weight loss and reducing the risk of disease such type 2 diabetes and cardiovascular ailments. OBrien at al. (2013) noted that 80 % or more of patients do well after weight loss surgery. Currently, bariatric surgery is an <https://assignbuster.com/preliminary-activity/>

option for adults with severe obesity. This means that a majority of the affected persons have neglected good self-care practices.

Library's Catalogue

1. Ziguras, Christopher. *Sell-care: Embodiment, Personal Autonomy and the Shaping of Health Consciousness*. New York: Routledge. pp. 14–15. 2013.
2. Mertig, Rita G. *Nurses' Guide to Teaching Diabetes Self-management*. Springer Publishing Company. 2012. p. 240.
3. Segall, Alexander and Jay Goldstein. "Exploring the Correlates of Self Provided Health Care Behaviour". In Coburn, David; DArcy, Alex; Torrance, George Murray. *Health and Canadian Society: Sociological Perspectives*. University of Toronto Press. 1998. pp. 279–280.

The books *Sell-care: Embodiment, Personal Autonomy and the Shaping of Health Consciousness*, by Ziguras, *Nurses' Guide to Teaching Diabetes Self-management*, by Rita Mertig and "Exploring the Correlates of Self Provided Health Care Behaviour". In Coburn, David; DArcy, Alex; Torrance, George Murray. *Health and Canadian Society: Sociological Perspectives* by Alexander Segall and Jay Goldstein were very crucial since they pointed out that self care is a health care practice that comprises of all decisions made by people and their families about health so as to remain mentally and physically fit. It includes: exercising in order to maintain good mental health and physical fitness; eating a balanced diet; for the obese people it comprises of dieting; practicing good hygiene; avoidance of life threatening hazards like drinking and smoking. They also will assist me getting information on about public health interventions that are usually provided outside the health facilities including food safety surveillance, condom distribution, home care, needles exchange programs to prevent transmission of diseases, and self care.

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Other places to search for information.

The other places you can search for information on the internet include Bing, Amazon. com and eBay. The search engines assist one to get specific information by inserting the information to be searched in the search tab and click the search button. You can filter the documents by adding more information. For instance, ‘ insert the word health care”, after that add types of healthcare services which will give self care and other related information.

Works Cited

Chambers, Ruth, Wakley, G., and Alison Blenkinsopp. Supporting Selfcare in Primary in Primary care. New York: Radcliffe Publishing. 2006. pp. 15, 101, 105.

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Mertig, Rita G.. *Nurses’ Guide to Teaching Diabetes Self-management*. Springer Publishing Company. 2012. p. 240.

O'Brien, P., MacDonald, L., Anderson, M., Brennan, L., & Brown, W. Long-term outcomes after bariatric surgery: fifteen-year follow-up of adjustable gastric banding and a systematic review of the bariatric surgical literature. *Journal of* <https://assignbuster.com/preliminary-activity/>

Ann. Surgery , 257 (1), 2013: 87-94.

Palo Stoller, Eleanor. Ory, Marcia G.; DeFries, Gordon H., eds. Self-care in Later Life: Research, Program, and Policy Issues. Springer Publishing Company. 1998. pp. 24–25.

Pories, W. Bariatric surgery: risks and rewards. The Journal of clinical endocrinology and metabolism, , 11 (1), 2008: 89-96.

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