

1. Record Nr.	UNINA9910473450003321
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Titolo	Health Promotion in Health Care – Vital Theories and Research // edited by Gørill Haugan, Monica Eriksson
Pubbl/distr/stampa	Springer Nature, 2021 Cham : , : Springer International Publishing : , : Imprint : Springer, , 2021
ISBN	3-030-63135-4
Edizione	[1st ed. 2021.]
Descrizione fisica	1 online resource (XVI, 380 p. 35 illus., 30 illus. in color.)
Disciplina	610.73
Soggetti	Nursing—Study and teaching Alternative medicine Medical care Public health Promoció de la salut Salut pública Nursing Education Complementary & Alternative Medicine Health Services Research Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1. Introduction to this book -- Part 1. Introduction to Health Promotion -- Chapter 2. An introduction to the health promotion perspective in the health care services -- Chapter 3. The overarching concept of salutogenesis in the context of health care -- Chapter 4. The Ethics of Health Promotion – from public health to health care -- Part 2. Central health Promoting Concepts and Research -- Chapter 5. Sense of coherence -- Chapter 6. A salutogenic mental health model: Flourishing as a metaphor for good mental health -- Chapter 7. Dignity – an essential foundation for promoting health and well-being -- Chapter 8. Hope – a health promotion resource -- Chapter 9. Meaning-in-life – a vital salutogenic resource for health -- Chapter 10. Self-Transcendence - a salutogenic process for well-being -- Chapter 11.

Nurse-Patient Interaction – a vital salutogenic resource in nursing homes -- Chapter 12. Social Support -- Chapter 13. Self-efficacy in a nursing context -- Chapter 14. Empowerment and health promotion in hospitals -- Part 3. Empirical Research on Health Promotion in the Health Care -- Chapter 15. Health Promotion Among Families Having a New-born Baby -- Chapter 15. Salutogenic Oriented Mental Health Nursing – Strengthening Mental Health among Adults with Mental Illness -- Chapter 17. Health promotion among individuals facing chronic illness - The unique contribution of The Bodyknowledging Program -- Chapter 18. Health promotion among cancer patients – innovative interventions -- Chapter 19. Health promotion among long-term ICU patients and their families -- Chapter 20. Health Promotion and Self-Management among Patients with Chronic Heart Failure -- Chapter 21. Older adults in hospitals: health-promotion when hospitalized -- Chapter 22. Socio-cultural aspects of health promotion in palliative care in Uganda -- Chapter 23. Health promotion among home-dwelling elderly individuals in Turkey -- Chapter 24. SHAPE- A healthy aging community project designed based on the salutogenic theory -- Chapter 25. Health Promotion in the Community via an Intergenerational Platform: Intergenerational e-health Literacy Program (I-HeLP) -- Chapter 26. Coping and health promotion in persons with dementia -- Part 4. Closing Remarks -- Chapter 27. Future perspectives of health care – closing remarks.

Sommario/riassunto

This Open Access textbook represents a vital contribution to global health education, offering insights into health promotion as part of patient care for bachelor's and master's students in health care (nurses, occupational therapists, physiotherapists, radiotherapists, social care workers etc.) as well as health care professionals, and providing an overview of the field of health science and health promotion for PhD students and researchers. Written by leading experts from seven countries in Europe, America, Africa and Asia, it first discusses the theory of health promotion and vital concepts. It then presents updated evidence-based health promotion approaches in different populations (people with chronic diseases, cancer, heart failure, dementia, mental disorders, long-term ICU patients, elderly individuals, families with newborn babies, palliative care patients) and examines different health promotion approaches integrated into primary care services. This edited scientific anthology provides much-needed knowledge, translating research into guidelines for practice. Today's medical approaches are highly developed; however, patients are human beings with a wholeness of body-mind-spirit. As such, providing high-quality and effective health care requires a holistic physical-psychological-social-spiritual model of health care is required. A great number of patients, both in hospitals and in primary health care, suffer from the lack of a holistic oriented health approach: Their condition is treated, but they feel scared, helpless and lonely. Health promotion focuses on improving people's health in spite of illnesses. Accordingly, health care that supports/promotes patients' health by identifying their health resources will result in better patient outcomes: shorter hospital stays, less re-hospitalization, being better able to cope at home and improved well-being, which in turn lead to lower health-care costs. This scientific anthology is the first of its kind, in that it connects health promotion with the salutogenic theory of health throughout the chapters. We here expand the understanding of health promotion beyond health protection and disease prevention. The book focuses on describing and explaining salutogenesis as an umbrella concept, not only as the key concept of sense of coherence. .
