

Gordon's Health Patterns

HEALTH PATTERN	DEFINITION	ASSESSMENT
HEALTH PERCEPTION HEALTH MANAGEMENT PATTERN	Perceived pattern of health and well being and how health is managed.	Quality of usual health (scale 1 – 10). Perceived ability to control health. Health history. Self care measures used. Medications. Allergies. Reason for this admission and history of presenting challenge(s). Expectations for outcome of current health problem.
NUTRITIONAL – METABOLIC PATTERN	Food and fluid consumption relative to metabolic need and pattern indicators of local nutrient supply.	<i>Endocrine System</i> <i>Gastrointestinal System</i> <i>Integumentary System</i> Diet. 24 hour diet recall. Quality of appetite. Swallowing. Dentures. Food likes and dislikes. Use of supplements. Usual weight. Nutrition knowledge. Skin.
ELIMINATION PATTERN	Excretory function (bowel, bladder, and skin).	<i>Genitourinary System</i> <i>Integumentary System</i> <i>Musculoskeletal System</i> <i>Neurological System</i> Usual bladder pattern (discomfort voiding, difficulty starting stream, frequency, nocturia, incontinence, self care, assistance, other i.e., catheter and etc.) <i>Gastrointestinal System</i> <i>Musculoskeletal System</i> <i>Neurological System</i> Usual bowel pattern (frequency, description, last bowel movement, incontinence, ileostomy, colostomy, aids, self care, assistance).
ACTIVITY EXERCISE PATTERN	Exercise, activity, leisure, and recreation	<i>Cardiovascular System</i> <i>Musculoskeletal System</i> <i>Neurological System</i> <i>Pulmonary System</i> Self care ability. Activities of daily living (eating/drinking, bathing, dressing/grooming, toileting, bed mobility, transferring, ambulating, other). Description of usual daily and, if different, weekend activities. Gait/balance. Respirations. Cough. Hobbies. Occupation.
COGNITIVE – PERCEPTUAL PATTERN	Sensory perceptual and cognitive pattern	<i>Neurological System</i> <i>Sensory System</i> Mental status. Ability to understand. Education level. Eyes, vision, hearing, taste, smell, feel, and sensation. Communication. Pain (description, frequency, duration, location, and relief measures).

Pattern Of Health

CH Cherryholmes



Pattern Of Health:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Pattern Of Health** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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