

## Gordon's Health Patterns

HEALTH PATTERN	DEFINITION	ASSESSMENT
<b>HEALTH PERCEPTION HEALTH MANAGEMENT PATTERN</b>	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.
<b>NUTRITIONAL – METABOLIC PATTERN</b>	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.
<b>ELIMINATION PATTERN</b>	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).
<b>ACTIVITY EXERCISE PATTERN</b>	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.
<b>COGNITIVE – PERCEPTUAL PATTERN</b>	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

**O García**



**Pattern Of Health:**

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