



## Concept of Nursing Care in Daily Life Activities

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**Annotation:** This lecture outlines the educational technologies and methodological recommendations for teaching the subject "Fundamentals of Nursing." These recommendations are designed taking into account didactic principles, methods, and tools for developing lecture and practical lesson technologies, and their essential characteristics for technologizing education. This lecture includes the curriculum, working curriculum, calendar-topic plan, educational technology developments, topic-specific slides, and developments of lecture and practical lesson topics of the "Fundamentals of Nursing" subject, intended for teaching the "Nursing" direction in medical colleges.

### **Keywords:**

1. Health
2. Disease
3. Heredity
4. Psychology
5. Factors



## **Introduction:**

The essence of daily life activities related to health. What is health? Health is one of the most important concepts for life. There are various words to describe health: healthy, unhealthy, half-healthy, sick, painful, frail, and so on. Each person has a different understanding and perception of health.

The World Health Organization (WHO) defines "health" as follows: "Health is not just the absence of disease or infirmity, but a state of complete physical, mental, and social well-being" (1947).

In 1999, at the 52nd Assembly of the World Health Organization, it was proposed to amend the definition of "health" from the perspective of the Islamic world, but this did not come into effect.

Main factors affecting health:

- Heredity factors: Diseases that arise due to changes in the genotype are called hereditary diseases. Not all hereditary diseases are passed from generation to generation because individuals with hereditary diseases often die early or cannot reproduce. Hereditary diseases occur under the influence of mutagenic factors in the external environment. Such diseases are called multifactorial hereditary diseases if both environmental factors and genotype are significant in their occurrence. Examples include peptic ulcers, liver and lung diseases, atherosclerosis, hypertension, and certain malignant tumors.

- Age: Health and diseases change with a person's age.

-Physical factors: These factors have a direct impact on human health.

-Lifestyle:A healthy lifestyle is the foundation of health.



- Environmental factors: The impact of the external environment on health is significant.

Protection: Necessary measures for maintaining and enhancing health.

The number of hereditary diseases is increasing year by year. The reasons are: firstly, the improvement of methods for diagnosing hereditary diseases, and secondly, the pollution of the environment with mutagenic factors. According to information, 5% of children are born with hereditary diseases, and every person has 5-10 genes that could mutate in the future. Currently, more than two thousand hereditary diseases have been identified. The difference between these diseases and other ailments is that their occurrence is prolonged.

Social health: It is a factor that drives society socially, economically, and politically. Knowing the main indicators of social health is essential for every

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