

WHO definition of health:

“Health” is a quality of life, involving social, emotional, mental, spiritual and biological fitness on the part of the individual, which results from adaptations to the environment.

‘wellness’ refer to the achievement of the highest level of health in each of several key dimensions.

- **The dimensions are :**
- **Physical Health** → includes physical characteristics such as body size and shape, sensory acuity, susceptibility to disease and disorders, body functioning and recuperative ability.
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- **Social Health** → refers to the ability to have satisfying interpersonal relationships: to interactions with others, the ability to adapt to various social situations and daily behaviors.
- **Mental Health** → refers to the ability to learn, the ability to grow from experience and intellectual capabilities.

- **Emotional Health** → refers to the feeling component; Feelings of self-esteem, self-confidence, self-efficacy, trust, love and many other emotional reactions and responses are all part of emotional health.
- **Environmental Health** → refers to an appreciation of the external environment and the role individuals play in preserving, protecting and improving environmental conditions.
- **Spiritual Health** → may involve a believe in a supreme being or specified way of living prescribed by a particular religion. Spiritual health also includes the feeling of unity with the environment – a feeling of oneness with others and with nature – and a guiding sense of meaning or value in life.

What is self care

Self care: is personal health maintenance. It is any activity of an individual, family or community, with the intention of improving or restoring health, or treating or preventing disease.

- Self care includes all health decisions people make for themselves and their families to get and stay physically and mentally fit.
- Self care is exercising to maintain physical fitness and good mental health.
- eating well, self-medicating, practicing good hygiene and avoiding health hazards such as smoking and drinking to prevent ill health.

- **Self-care and Hygiene**

- washing your hands isn't about wetting them with cold water. **A good routine should include:**
- ☐ Remove any jewelers.
- ☐ Wet hands with warm water.
- ☐ With a suitable soap, wash vigorously for at least 30 seconds, paying attention to creases and under nails. It is important to work up a lather to remove any germs.
- ☐ Rinse hands.
- ☐ Dry hands on a clean towel.
Nails have more chance of staying clean if they are kept fairly short.

Oral Hygiene

Teeth should be brushed after each meal and a minimum of twice a day in an effective manner

☐ Toothpaste.

☐ Brush up and down in a light circular motion, in front, behind and across the top of the teeth, for three minutes.

☐ Rinse.

The principle of **not putting objects or fingers** in the mouth should also be firmly adhered to. Sugar and sweets also encourage **germ proliferation**

Personal Hygiene

A dirty body is a hotbed for developing germs. Dust, sweat and other secretions

A daily shower is therefore a must for everyone.

Clean clothes should be worn and underwear changed daily, yet this is still not obvious to everyone. Consider that a fabric contains germs per cm

How to avoid Lice:

- ❑ Brush and comb children's hair every day, and wash it regularly (one to three times a week depending on the child's activities).
- ❑ Monitor their hair.
- ❑ Avoid sharing hats **القبعة** and scarves.
- ❑ Change bedding at least once a week.

Nasal Hygiene

When talking of self or airborne contamination, the nose should automatically spring to mind. Nasal secretions are highly contaminating, and a runny nose or sneezing are an important source of germ

simple act

Place the tissue over the nose.

- ☐ Press one nostril with a finger to close it and blow through the other one. نفخ
- ☐ Repeat until the nostril is clear.
- ☐ Do the same with the other nostril.
- ☐ Wipe nose.
- ☐ Dispose of the germ-laden tissue

hot and cold eye compresses

- applied hot or cold, eye compresses are soothing and therapeutic.
- Hot compresses may be used to relieve discomfort. Because heat increases circulation (which enhances absorption and decreases inflammation), hot compresses may promote drainage of superficial infections.

- cold compresses can reduce swelling or bleeding and relieve itching. Because cold numbs sensory fibers
- a hot or cold compress should be applied for 20-minute periods, four to six times per day. Ocular infection calls for the use of sterile technique.

- ***Equipment***

- For hot compresses: Gloves, prescribed solution, usually sterile water or normal saline solution, sterile bowl, sterile 4 gauze pads, towel.
- For cold compresses: Small plastic bag (such as a sandwich bag) or glove, ice chips, (1.3 cm) hypoallergenic tape, towel, sterile 4 gauze pads, sterile water, normal saline solution, or prescribed ophthalmic irrigant, gloves.

**Thank you
for Listening
Dr. Huda**

