

Ageism

- Discrimination, stereotyping, etc.

- WHO definition of health— a state of complete physical, mental and social well-being and— a resource for life
- Determinants of health, have direct and indirect consequences for the health and well-being of the population
- The combination and interaction of health determinants result in differences in health status; this in turn leads to disparities among different people and populations
- The health determinants go beyond looking at the health of an individual and encourages nurses to look at other aspects that affect a persons overall health and well-being
- By incorporating the health determinants in nursing assessments, patients are receiving holistic care and are being directed towards personally appropriate resources within the community
- Health determinants are a complex network or web of interchangeable variable that facilitate depiction of the health of an individual or a population
- Some populations are healthier than others, typically due to financial disparities
- Population health IS NOT the same as public health
- Type I vs. Type II alcoholism
- How do politics fit with social determinants of health? (Ie. smoking policies)
- Policy is key in shaping health behaviours
- Most challenging environmental issue is population growth
- John Snow discovered that cholera was spread through water contamination
- Health is measured by health indicators
- Genetics and lifestyle are the predominant effectors on how we age

- 120 questions
- 50% of grade
- You have 2 hours 15 minutes to write the exam

Things to Study (but not limited to)

- Who are elderly people most commonly abused by?
- Stress (distress vs. Eustress)
- Levels and description of prevention
- Dimensions of health (and meaning)
- Components of health (and meaning)
risk factors
- GAS (General Adaptation Syndrome)
- The “free” health care system
- Transmission of disease

Types of Questions

- Definitions
- “Which of the following is true”
- Examples
- Scenarios
- Facts