

EFFECTS OF ILLNESS AND DISEASE

Impact on the client

Illness can lead to changes of client's lifestyle, body image, and self-concept, and loss of autonomy.

Changes vary depending on the nature, severity, duration of illness, attitudes about illness, the financial demands, and the lifestyle change.

1. Lifestyle changes:

Lifestyle: means a values and behaviors adopted by a person in daily life. Ill person may change his diet, activity, exercises, rest, and sleep patterns.

2. Body image changes:

Body image: means how a person perceives the size, appearance, and functioning of his or her body or its parts. (e.g. loss of body parts, scarring, crippling).

3. Self-concept changes:

Self-concept: refers to the collection ideas, feelings, and beliefs one has about oneself.

Many factors can play a part in a disturbance of self-concept and low self-esteem, such as loss of body parts, financial problems, dependence on others, unemployment, inability to participate in social functions.

4. Loss of autonomy:

Autonomy: means the state of being independent and self-directed without outside control.(e.g. crippling or handicap)

Nurses need to help clients express their thoughts and feelings: and help them effectively cope with change.

Impact of illness on the family:

A person's illness affects not only the person who is ill but also the family and significant others.

The kind of effect and its extent depends on:

- a. The member of the family who is ill.
- b. The seriousness and length of the illness.
- C. The cultural and social customs the family follows.

The changes that can occur in the family include:

- a. Role changes.
- b. Social customs change.
- C. Financial problems.
- d. Increased stress due to anxiety about outcome of the illness for the client.