**Marjory Gordon's Functional Health Patterns**

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Gordon Marjorie was an educator and a nursing scientist who suggested in 1987 the Nursing Valuation Hypothesis called 11 functional health patterns for Gordon's patient care assessment. Gordon's functional health patterns consist of 11 categories that enable conscious and standardized handling of available information and allow healthcare supervisors to make decisions about health factors.

The first category is Health Insight and Health Controlling Pattern. The information provided focuses on the individual's apparent level of well-being and wealth, as well as samples to keep up with happiness. Tendencies that can be detrimental to well-being, such as smoking and alcohol and drug intake, are further assessed. You can identify actual or potential issues identified about executive well-being and well-being, as well as home change requirements or home care requirements. Health Awareness and Management Illustrated FHP Rating Question include: What is your view of happiness; isn't it an exaggeration to say that you have been vaccinated against seven objective illnesses; Last vaccination; Are you sensitive? If it is some sensitivity, have you had any medical procedures in the past? What kind of medical procedure; Last actual rating and for some reason, and isn't it an exaggeration to say that you have been taking medicine of late?

Another category is Metabolism and Nutrition pattern. The focus of the assessment is an example of food and water use compared to metabolic requirements. The additional amount in the neighborhood is evaluated. You can identify actual or potential issues identified with fluid balance, tissue reliability, and host protection, along with complications with the intestinal framework. Metabolism and Nutrition pattern Rating Questions include: Did you receive information about your scalp, skin, and nails; Are there any diet restrictions related to the illness perspective; Are there any dietary restrictions from a strict perspective; Do you have a favorite food or disgust; Do you have food allergies?

The next category is Elimination Pattern. The information provided focuses on examples of excretion (intestines, bladder, and skin). You can detect urinary problems such as incontinence, stool arrest, loose bowel, and urge to urinate. FHP Rating Question Elimination Figure include: Urine color, odors, frequency, amount, and arbitrary emissions; Urinary tract problems, anuria, dysuria, oliguria, and polyuria; is it safe to say that I am using laxatives? Yes, what chance; is there a problem with the passage of feces?

Another category is Activity and Exercise Patterns. The assessment focuses on daily exercises that require energy expenditure, such as self-care exercises, exercises, and relaxation exercises. Exercise status and important body structures related to exercise, such as respiratory, cardiovascular, and musculoskeletal structures, are assessed (Omwanghe et al., 2017). Activity and Exercise Illustrated FHP Rating Question include: Is Breathing Difficult? (What kind of apnea, hypoxemia, hypoxemia, hypercapnia.) Is there a hack? (Useful or useless); Are there any perspective clock shifts during training; Do you turn pale during exercise; what kind of activities do you do during the exercise, or are there any problems?

Next on the list is Perception and Cognition Pattern. The appraisal is centered around the capacity to fathom and utilize data and on the tactile capabilities. Information relating to neurologic accommodations is gathered to help this cycle (Karaca 2016). Tactile encounters, for example, torment and adjusted tangible details, might be recognized, and further assessed.

Illustration of Exercise and Activity Valuation Questions include; Direction no time like the present spot and individual; Loss of memory.

There is the Rest and Sleep Pattern. The valuation focuses on the relaxation of the individual sample. You can identify examples of reactions to rest interruptions, fatigue, and lack of sleep. Activity and Exercise Illustrated FHP Rating Question include: Doze Time; What do you feel after waking up; is it safe to say that I am taking medicine to fall asleep?

Following on the list are Self-Concept and Self-Perception Pattern. The valuation focuses on an individual's way of thinking about himself, including personality, self-awareness, and self-esteem. I was able to recognize the individual's reaction to self-confidence and the danger to his self-thought. Self-perception and Self-Concept FHP Rating Questions Include: How do you rate yourself; Isn't it an exaggeration to say that you are satisfied with your perception; Are you ready?

Relationships and Roles Pattern category. The valuation focuses on the relationship between the individual part of the globe and others. Employment sufficiency, occupational stress, or useless connections can also be assessed. Roles and Relationships Illustrated FHP Rating Questions include Who will fulfill your duty when you are in the clinic; Do all relatives agree with you; who the head of your household is.

Reproduction and Sexuality Pattern. The assessment focuses on individual contentment or disappointment with sexuality design and regenerative ability (Bland et al., 2018). You can recognize concerns about sexuality. Sexual and Reproductive Expressions FHP Rating Question include When you notice first menses at first; are you having sexual problems; Dynamic Sex; Separation; Advanced Sex.

Stress Tolerance and Coping Pattern. The valuation focuses on the individual's view of pressure and its adaptive technology. The support framework is evaluated, and signs of stress are recorded. The feasibility of individual adaptive technologies for stress tolerance can also be assessed. Illustrated sexuality and reproduction FHP rating questions include: How do you deal with stress when under pressure; what is your view on crying, anger, and brutality?

Finally, there is Values and Belief Pattern. Assessments focus on individual qualities and beliefs that monitor their decisions. Illustration of reproduction and sexuality and FHP rating questions include: What is your religious conviction; do you propose a petition?

**Reference**

Bland, L., McCabe, T., & Mort, F. (2018). Sexuality and Reproduction: Three 'Official ‘Instances. In Ideology and Cultural Production (pp. 78-111). Routledge.

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Omwanghe, O. A., Muntz, D. S., Kwon, S., Montgomery, S., Kemiki, O., Hsu, L. L., ... & Liem, R. I. (2017). Self-reported physical activity and exercise patterns in children with sickle cell disease. Pediatric exercise science, 29(3), 388-395.