Functional Health Patterns with Related Nursing Diagnoses

**HEALTH PERCEPTION**
- Perceived health status
- Perceived health management
- Health care behaviors: health promotion and illness prevention activities, medical treatments, follow-up care

**ELIMINATION**
- Patterns of bowel and urinary excretion
- Perceived regularity or irregularity of elimination
- Use of laxatives or routines
- Changes in time, modes, quality or quantity of excretions
- Use of devices for control

**VALUES-BELIEF**
- Values, goals, or beliefs (including spirituality) that guide choices or decisions
- Perceived conflicts in values, beliefs, or expectations that are health related

**NUTRITIONAL-METABOLIC**
- Daily consumption of food and fluids
- Favorite foods
- Use of dietary supplements
- Skin lesions and ability to heal
- Condition of the integument
- Weight, height, temperature

**ACTIVITY-EXERCISE**
- Patterns of personally relevant exercise, activity, leisure, and recreation
- ADLs which require energy expenditure
- Factors that interfere with the desired pattern (e.g., illness or injury)

**COOPER-STRESS-TOLERANCE**
- Capacity to resist challenges to self-integrity
- Methods of handling stress
- Support systems
- Perceived ability to control and manage situations

**SLEEP-REST**
- Patterns of sleep and rest/relaxation in a 24-hr period
- Perceptions of quality and quantity of sleep and rest
- Use of sleep aids and routines

**COGNITIVE-PERCEPTUAL**
- Adequacy of vision, hearing, taste, touch, smell
- Pain perception and management
- Language, judgment, memory, decisions

**HEALTH MANAGEMENT**
- Perceived health status
- Perceived health management
- Health care behaviors: health promotion and illness prevention activities, medical treatments, follow-up care

**PART 4**
- Activity and Exercise Patterns

**NANDA Nursing Diagnoses**
- Activity Intolerance
- Risk for Activity Intolerance
- Bathing/Hygiene Self-Care Deficit
- Dressing/Grooming Self-Care Deficit
- Impaired Bed Mobility
- Risk for Disuse Syndrome
- Deficient Diversional Activity
- Fatigue
- Risk for Falls
- Impaired Home Maintenance
- Impaired Physical Mobility
- Impaired Wheelchair Mobility
- Impaired Transfer Ability
- Impaired Walking
- Delayed Surgical Recovery
- Decreased Cardiac Output
- Ineffective Breathing Pattern
- Ineffective Airway Clearance
- Impaired Gas Exchange
- Risk for Peripheral Neurovascular Dysfunction
- Impaired Tissue Perfusion
- Ineffective Tissue Perfusion
- Impaired Spontaneous Ventilation
- Dysfunctional Ventilatory Weaning Response

**SEXUALITY-REPRODUCTIVE**
- Satisfaction with sexuality or sexual relationships
- Reproductive pattern
- Female menstrual and perimenopausal history

**ROLE-RELATIONSHIP**
- Perception of major roles, relationships, and responsibilities in current life situation
- Satisfaction with or disturbances in roles and relationships

**SELF-PERCEPTION-SELF-CONCEPT**
- Attitudes about self
- Perceived abilities, worth, self-image, emotions
- Body posture and movement, eye contact, voice and speech patterns

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