Functional Health Patterns with Related Nursing Diagnosis

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

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

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

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

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

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

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

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)

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

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

Part 6
Sexuality-Reproductive Patterns
NANDA Nursing Diagnoses
- Rape-Trauma Syndrome
- Sexual Dysfunction
- Ineffective Sexuality Patterns