



GORDON'S FUNCTIONAL HEALTH PATTERNS

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PERSONAL PROFILE

- He is Rogers Alistides Kaiza a Registered Nurse (RN). Holder of Master of Science in Midwifery and Current he is an assistant Lecturer at St. John's School of Nursing. He have over seven year of teaching in areas of Anatomy and physiology, Pathophysiology, Nursing assessment and over one year teaching Nursing midwifery. He has marked achievements in supervising Nursing students in both theoretical and clinical perspectives that we can't express here all.



INTRODUCTION

- The modern practice of nursing has evolved from the situations where the nurse used to only look at the clinical aspects of the health of the patients.
- Nowadays, nursing takes a holistic approach to the patient;
- It attempts to understand some of the problems, which, though not clinical, may contribute to the health of the individual.



INTRODUCTION CONTINUES

- One of the most popular nursing assessment methods, which take a holistic approach to the health assessment of the patient, is Gordon's Functional Health Patterns (GFHP)
- Developed by Marjorie Gordon based on the belief that all human beings have in common 11 functional health patterns that contribute to their health.



FUNCTIONAL HEALTH PATTERNS

- A pattern is a configuration of behavior that occur sequentially over a period of time rather than isolated events.
- Health patterns is a manifestation of the whole
- They are the data used for clinical inference and judgments.



11 FUNCTIONAL HEALTH PATTERNS

1. Health perception-health management pattern
2. Nutritional-metabolic pattern
3. Elimination pattern
4. Activity-exercise pattern
5. Sleep-rest pattern
6. Cognitive-perceptual pattern
7. Self-perception and self-concept pattern
8. Role-relationship pattern
9. Sexuality-reproductive pattern
10. Coping-stress tolerance pattern
11. Value-belief pattern



GORDON'S FUNCTIONAL HEALTH PATTERNS

- **GFHP is defined as**
 - A guide for establishing and organizing a comprehensive nursing data base. or
 - A systematic and standardized approach or method to data collection, and enable the nurse to determine the aspects of health and human function.



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- GFHP is used for assessment as well as tool for documentation
 - When used for assessment it provide a comprehensive framework for assessing an individual's health
 - Strength a person's patterns
 - Weakness in a person's patterns OR
 - Functional patterns
 - Dysfunctional patterns
 - Potentially dysfunctional patterns and
 - Identifying areas of improvement.



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- The **functional patterns** of a human are the strengths and powers of a client to overcome dysfunctional and potential dysfunctional patterns.
 - The **dysfunctional patterns** of humans are the concerns where the nurse identifies the problem in normal health patterns.
 - **Potentially dysfunctional** patterns are risk conditions of a client which can develop in the future.



PATTERN 1

HEALTH PERCEPTION-HEALTH MANAGEMENT

- This pattern focuses on how individuals perceive their health and how they manage it.
- It includes factors such as health beliefs, health practices, and the use of healthcare services.
- By assessing this pattern, healthcare professionals can understand an individual's level of health awareness and their willingness to engage in health-promoting behaviors



PATTERN 2

NUTRITIONAL-METABOLIC

- The nutritional-metabolic pattern examines an individual's dietary habits, nutritional intake, and metabolic function.
- It helps identify potential nutritional deficiencies, food intolerances, and metabolic disorders.
- By understanding this pattern, healthcare professionals can develop personalized dietary recommendations and interventions to improve an individual's nutritional status.



PATTERN 3 ELIMINATION

- The elimination pattern focuses on an individual's bowel and bladder function.
- It includes assessing bowel habits, urinary patterns, and any issues related to elimination.
- By evaluating this pattern, healthcare professionals can identify potential gastrointestinal or urinary problems and provide appropriate interventions or referrals.



PATTERN 4: ACTIVITY-EXERCISE

- The Activity-Exercise Pattern examines an individual's level of physical activity, exercise routine, and ability to engage in activities of daily living.
- By assessing this pattern, healthcare professionals can identify barriers to physical activity and provide recommendations to improve an individual's overall fitness and mobility.



PATTERN 5 SLEEP-REST

- The sleep-rest pattern evaluates an individual's sleep quality, sleep duration, and any disruptions to their sleep routine.
- It helps identify sleep disorders, insomnia, or other conditions that may affect sleep patterns.
- By addressing this pattern, healthcare professionals can provide strategies to improve sleep hygiene and promote better restorative sleep.



PATTERN 6

COGNITIVE-PERCEPTUAL

- This pattern assesses an individual's cognitive function, sensory perception, and ability to process information.
- It helps identify cognitive impairments, sensory deficits, or cognitive-behavioral issues.
- By understanding this pattern, healthcare professionals can provide appropriate interventions or referrals to support cognitive well-being.



PATTERN 7

SELF-PERCEPTION-SELF-CONCEPT

- This pattern focuses on an individual's self-esteem, body image, and overall self-perception.
- It helps identify issues related to self-esteem, body dissatisfaction, or distorted self-perception.
- By assessing this pattern, healthcare professionals can provide support and interventions to enhance an individual's self-perception and promote positive self-esteem.



PATTERN 8

ROLE-RELATIONSHIP

- This pattern examines an individual's roles, responsibilities, and relationships with others.
- It helps identify issues related to role strain, role conflict, or dysfunctional relationships.
- By assessing this pattern, healthcare professionals can provide guidance and interventions to improve an individual's role performance and enhance their relationships.



PATTERN 9

SEXUALITY-REPRODUCTIVE

- The sexuality-reproductive pattern focuses on an individual's sexual health, reproductive function, and sexual relationships.
- It helps identify sexual dysfunction, reproductive issues, or concerns related to sexual health.
- By addressing this pattern, healthcare professionals can provide education, counseling, or referrals to support an individual's sexual and reproductive well-being.



PATTERN 10

COPING-STRESS TOLERANCE

- This pattern examines how individuals cope with stressors and their ability to adapt to challenging situations.
- It helps identify maladaptive coping mechanisms, high levels of stress, or ineffective stress management strategies.
- By assessing this pattern, healthcare professionals can provide support, resources, and interventions to improve an individual's coping abilities and enhance their stress tolerance.



PATTERN 11 VALUE-BELIEF

- The value-belief pattern explores an individual's personal values, beliefs, and spiritual practices.
- It helps identify values conflicts, spiritual distress, or issues related to belief systems.
- By understanding this pattern, healthcare professionals can provide support and interventions to promote spiritual well-being and address any conflicts or distress related to personal values and beliefs.



ADVANTAGES

- Guides collection of information on client
- A format for organizing assessment data and as corresponding structure for grouping and leading directly to nursing diagnosis.
- Encompasses a holistic approach and incorporates the concepts of client environment
- It assist in conduction of thorough assessment



LIMITATION

- Patterns may not capture all aspects of an individual's health, as they primarily focus on functional areas rather than specific diseases or conditions.
- Additionally, the patterns rely on subjective data provided by the individual, which may be influenced by factors such as cultural beliefs, social desirability bias, or limited health literacy.
- Healthcare professionals should be mindful of these limitations and utilize additional assessment tools and resources to ensure a comprehensive evaluation of an individual's health.



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The end
Thank you
For active listening

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