



GORDON'S FUNCTIONAL HEALTH PATTERNS

MOFATE

MOBILE FACILITATION TEAM



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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