

BEHAVIOURAL SCIENCES

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Clinical applications of integrated health care model

Separating disease from sickness,Distress & Stress

Distress

- **Definition:** A temporary state of departure from homeostasis (physical or mental stability) due to challenging internal or external conditions.
- **Causes:** Minor illness, emotional stress, social conflict, or environmental change.
- **Symptoms:**
 - Headache, backache, indigestion
 - Lethargy, tiredness, sleep disturbances
 - Irritability, reduced motivation, general discomfort
- **Duration:** Usually short-term — lasting from a few hours to a week.
- **Outcome:** Self-limiting; improves with rest, social interaction, or pleasant experiences.
- **Management:** Lifestyle adjustments, relaxation, support from friends or family.

Stress

- **Definition:** A subjective state of “feeling unwell” or “not normal,” even without visible disease.
- **Key Point:**
- May occur *with or without* identifiable disease or pathology.
- One can feel sick without a disease, or have a disease without feeling sick (e.g., early cancer).

Continued

- **Examples:** Nausea, fatigue, malaise, or general discomfort.
- **Clinical Importance:** Helps clinicians assess perceived well-being beyond physical findings.

Illness

- **Definition:** The *personal* and *social experience* of being sick; involves how the individual, family, and society perceive and respond to symptoms.
- **Influences:**
 - Cultural beliefs, personal experiences, family attitudes.
 - Determines whether one seeks medical care or self-treats.
 - **Example:** Two people with the same symptoms may react differently — one may seek care immediately, another may ignore it.

Disease

- **Definition:** A pathological state caused by structural or functional abnormality in the body.
- **Diagnosis:**
 - Based on objective signs, laboratory, or radiological findings.
 - Requires identification of underlying biological cause.
- **Examples:** Diabetes mellitus, tuberculosis, hypertension.
- **Management:** Medical, surgical, or pharmacological intervention.

Sick role

- **Definition:** The social role adopted by a person who is ill, allowing exemption from normal duties and responsibilities.
- **Rights & Responsibilities:**
 - Right to care and exemption from duties.
 - Responsibility to get well and cooperate with treatment
- **Example:** A patient hospitalized for pneumonia may temporarily suspend work or family roles.

Integrated health care model concept

- **Concept:** Health is a balance of physical, mental, social, and environmental well-being.
- **Application:** Clinicians should recognize that distress, sickness, and disease can overlap but are distinct.
- **Goal:**
 - Treat not just the disease, but the person as a whole.
 - Promote self-care, stress management, and social support.

Summary Table

Concept	Nature	Example	Duration	Approach
Distress	Temporary imbalance	Headache, fatigue	Hours–days	Rest, support
Sickness	Subjective feeling	Nausea, malaise	Variable	Symptomatic relief
Illness	Personal/social response	Fear, worry, family reaction	Variable	Counseling, education
Disease	Pathological process	Diabetes, TB	Long-term	Medical/surgical care

Clinical Scenerio

- **Patient Profile:** Mr. X, 45-year-old clerk in taxation office.-
- **Symptoms:** Increased thirst, appetite, loss of sexual feelings, weight gain.
- - **Diagnosis:** Type II Diabetes Mellitus with fasting blood sugar 300 mg/dl and family history of diabetes.
- - **Factors:** -
- **Biological:** Insulin resistance, disturbed carbohydrate metabolism, genetic factors.
- - **Behavioural:** Preference for high-calorie sugar-rich food, sedentary lifestyle, stressful job, unhappy married life.
- - **Cognitive:** Disinterest in personal physique, thoughts of growing old/overweight/ugly, marital stress.

Continued

- **Management and Environmental/Sociocultural Factors-**
- **Management:** - Metformin (1 gram/day). - Sugar-free diet, lose 10 kg, manage injuries/infections. - Healthy home-cooked meals, walk to office, 3 km walk with wife. - Changed eating habits, short exercise bursts, improved marital interaction.
- - **Sociocultural & Environmental Factors:** - Clerks receive sweets/unhealthy food at office. - Colleagues with unhealthy habits, unhealthy food at canteen. -
- **Management:** Refused sweets, brought lunch from home, did exercises during office hours.

My
Questions

