

Das Wellness-Pflege- Modell (WPM)

The Wellness-Care-Paradigm (WCP)



Eudemonic wellbeing as a philosophical
perspective of nursing

Wellness



Laut American Holistic Medical Association ist Wellness

„a state of wellbeing in which an individual's body, mind, emotions, and spirit are in harmony with and guided by an awareness of society, nature and the universe“

Wellbeing



Eudemonic wellbeing focuses on the meaning of self-realization, and describes wellbeing in terms of the degree to which a person is fully operational

In contrast, ***hedonic wellbeing*** focuses on happiness and defines wellbeing in terms of pleasure attainment and pain avoidance

Lifestyle



Refers to how one lives her or his life

How one handles problems

Interpersonal relations

To do with individual coherence

Is heavily influenced by childhood experiences

Dimensionen des Menschseins



sprachlich-kommunikativ

affektiv - geschichtlich

kognitiv - kreativ

physisch - mental

ethisch - religiös

Reflektieren

Gegenwart

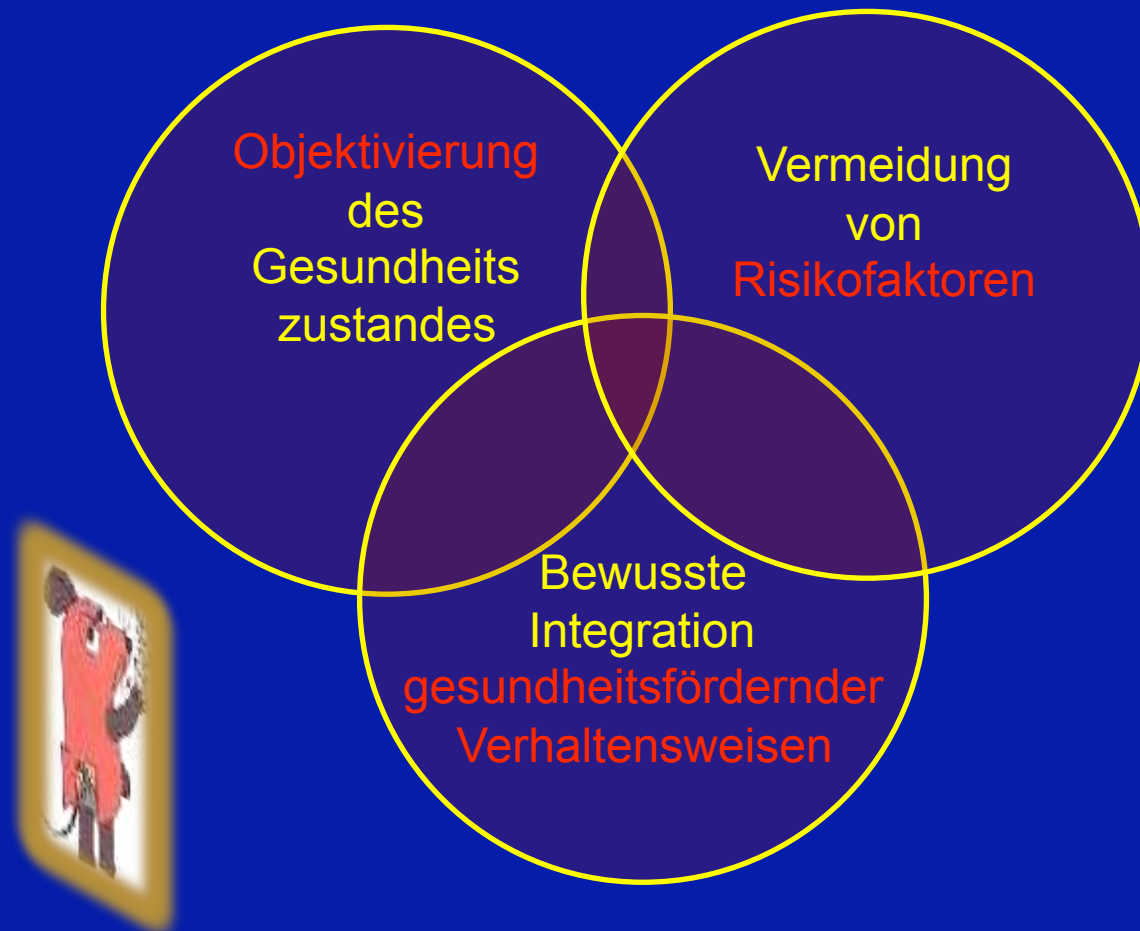
Zukunft

Vergangenheit

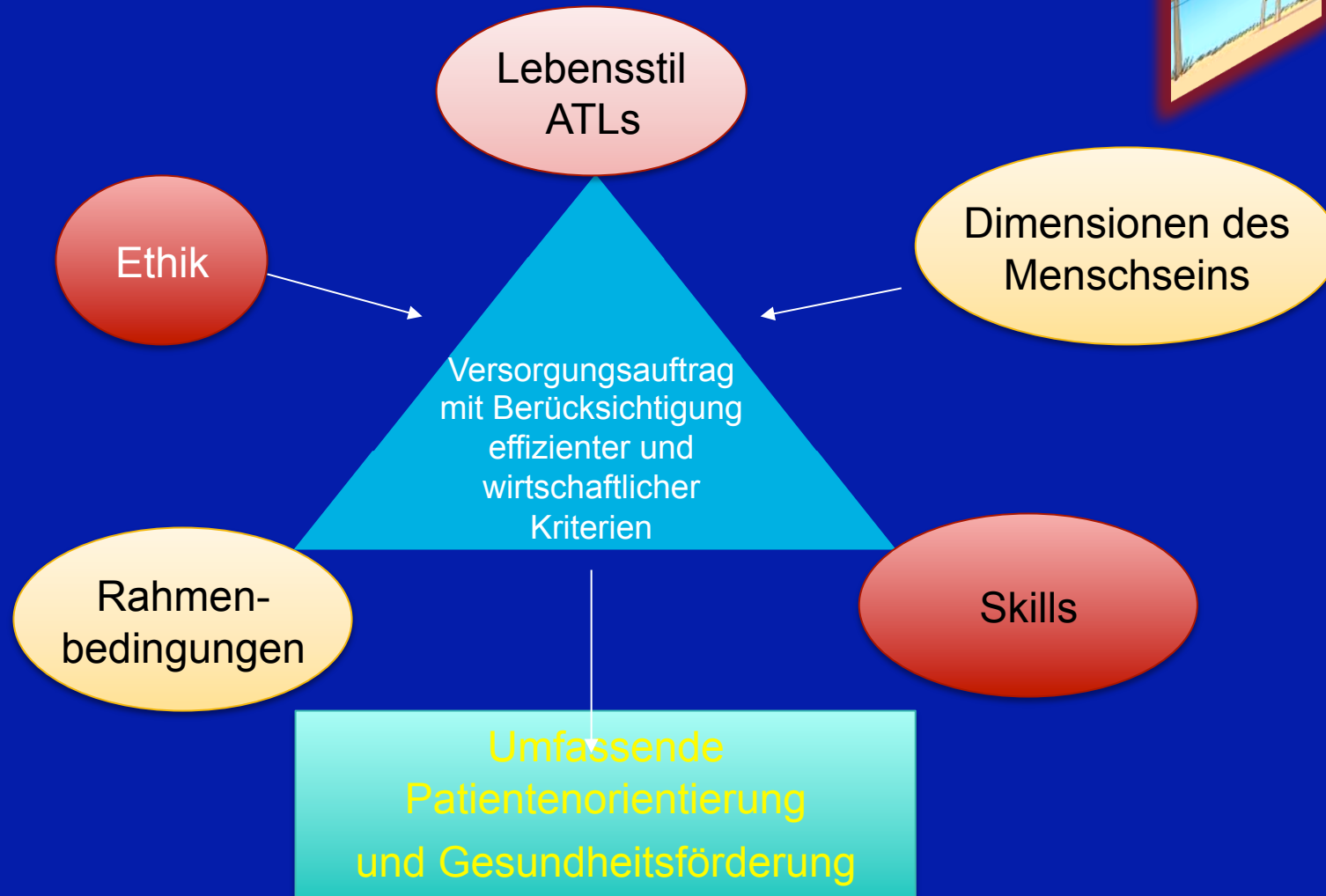
bewusst machen

modellieren

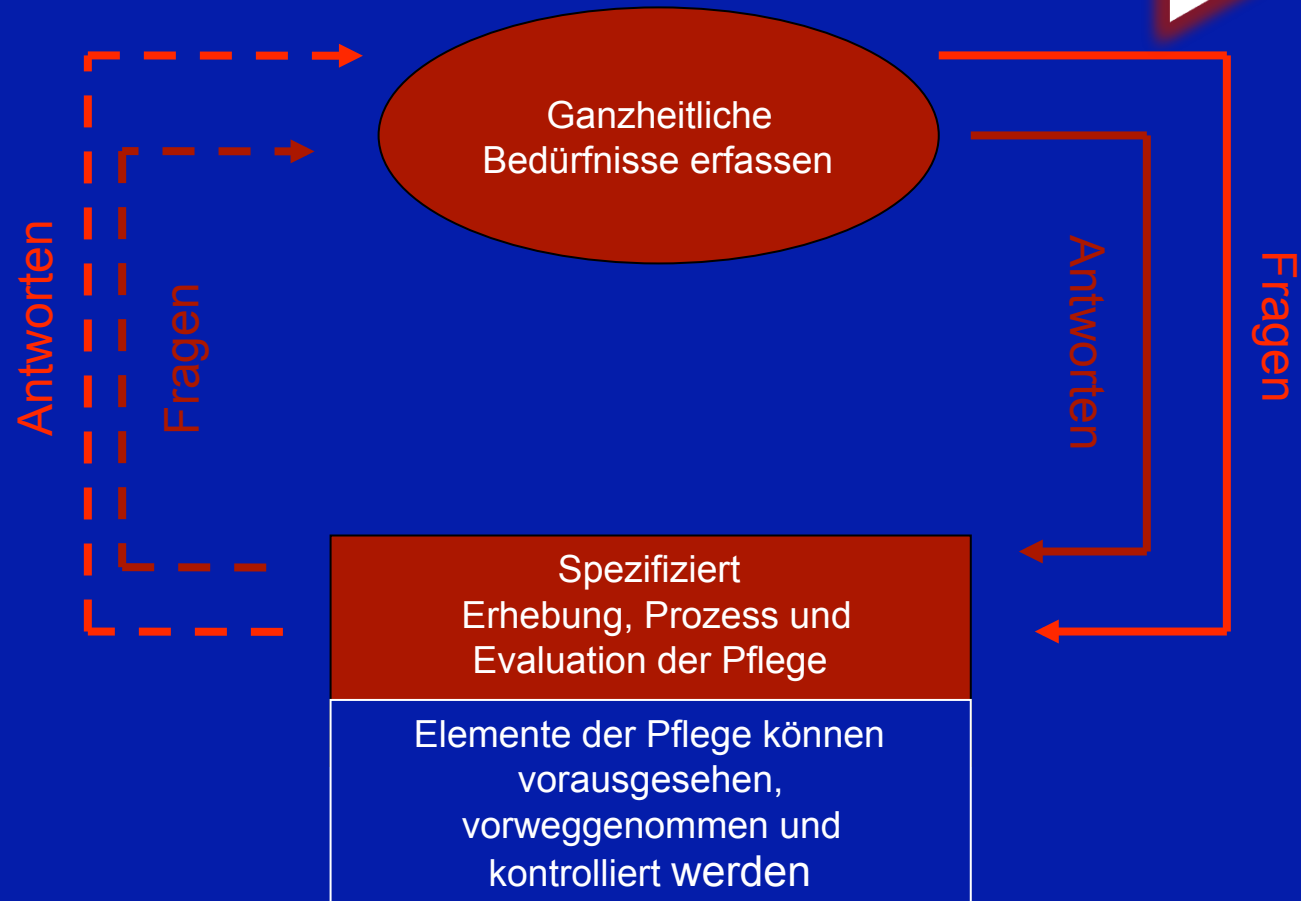
Wie erreicht und bewahrt man „Wellness“? Es werden drei Schritte empfohlen



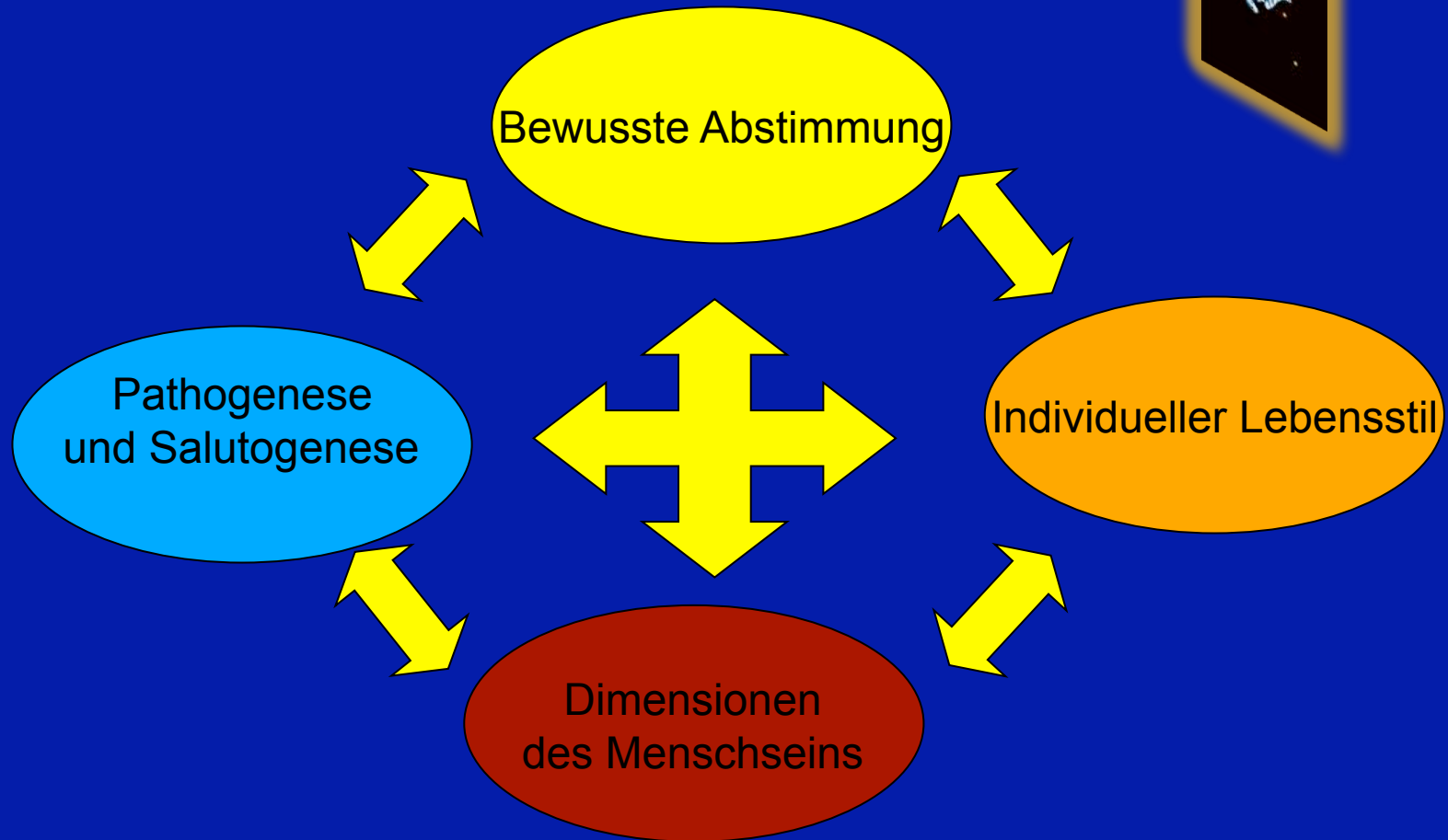
Handeln in der Pflege



Pflegeprozess



Prinzip des Wellness-Pflege-Models



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