Themes in Human Development

N 4225 Health Promotion and Disease Prevention Across the Life Span

Cross-cutting concepts
- biophysical
- nurturing
  - spousehood and parenting
- cognition and communication
- social relationships
- identity
- work and play

4 broad domains...
- family
- biophysical parameters
- psycho-social concepts
- socio-cultural variables

Family
- biologic; family of origin
- nurturant
- multiple definitions
- main agent of socialization
- factors influencing functionality

Biophysical Parameters
- genetics
- neurophysiologic
- maturational
- nutrition
- exercise
- rest and sleep
- play and leisure

Psycho-social Concepts
- behavioral
- cognitive
- emotional
- moral/spiritual
- developmental tasks
behavioral

- stimulus-response
- psychoanalytic
  - Freud, Erikson
- interpersonal
  - Sullivan, Jung
- social learning
  - Bandura

cognitive

- Piaget
  - sensorimotor
  - pre-operational
  - concrete
  - formal

moral/spiritual [not necessarily the same thing...]

- Kohlberg
  - Pre-conventional
  - Conventional
  - Post-conventional
  - Universal focus
- Gilligan
  - Selfish - responsible
  - Goodness - truth
  - Moral equity

developmental

- Maslow
  - hierarchial
    - physiologic
    - safety
    - love and belonging
    - esteem
    - self-actualization

Socio-cultural Variables

- culture...sum total of learned ways of doing
  - learned
  - subject to change but usually stable
  - common components across every culture
    - physical welfare, communication, property, human response patterns, family and sexual patterns
- manifest culture vs. ideal culture
- ethnicity

socio-cultural variables relevant to HPDP activities

- cross-cultural variations in perception of health
  - folk practices, spiritual/psychic healing
  - ‘good health’ of variable value: proactive vs. reactive
  - ‘normal’ one place may be ‘illness’ another
- culturally sensitive communication practices
  - non-verbal
    - silence, distance, eye contact, emotional expression, concept of time
  - verbal
    - formality (names, speed of speech), rapport, subjects
• HPDP by APNs is the interface of multi-parametric knowledge of individuals and families with evidence-based approaches to interventions!