



Coöperatie
Wijkverpleegkundige Zorg
Rotterdam

The meaning of positive health in daily practise of the community nurse

An example from Rotterdam

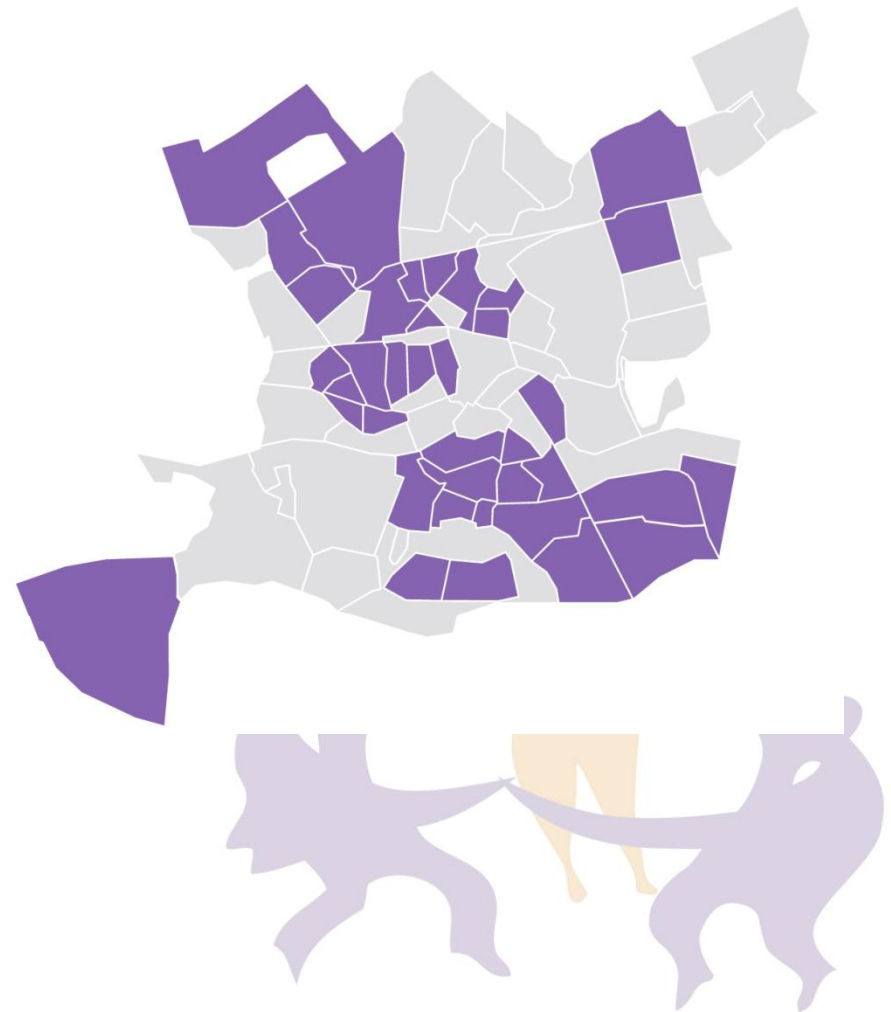
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Rotterdam, 5th October 2016



Cooperative Rotterdam

- Many deprived area's, health inequities
 - > About 25 neighbourhoods
 - > 50 nurses
- Importance of community nurses
 - > Integrative care
 - > Preventive care
 - > Health promotion



CONTEXT

National politics of transition in health care

- Enormous dynamics
- Change in nursing profession
- Huge shortage in highly educated community nurses



New roles for community nurses

- Individual care
 - Indicate and organise home care
 - Beyond physical care
- Communication and relational coordination
- Providing a link
 - Known, visible and accessible
- Prevention
 - Healthy neighborhood



RESULTS

- Nurses see vulnerable people
- And are able to improve their quality of life, wellbeing and their self management skills



Pillars of positive health



BODILY FUNCTIONS

- Medical facts
- Medical observations
- Physical functioning
- Complaints and pain

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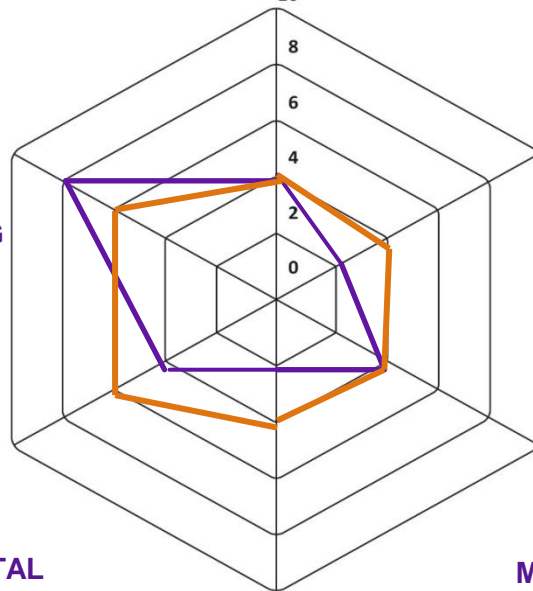
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MENTAL WELL-BEING

- Cognitive functioning
- Emotional state
- Esteem/self-respect
- Experiencing to be in charge/ manageability
- Self-management
- Understanding one's situation/ comprehensibility
- Resilience



MEANINGFULNESS

- Purpose/meaningfulness
- Striving for aims/ideals
- Future prospects
- Acceptance



QUALITY OF LIFE

- Quality of life/well-being
- Experiencing happiness
- Enjoyment
- Perceived health
- Flourishing
- Zest for life
- Balance



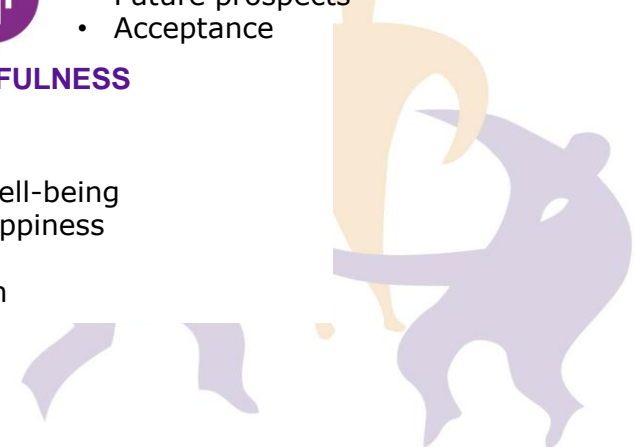
DAILY FUNCTIONING

- Basis ADL (Activities of Daily Living)
- Instrumental ADL
- Ability to work
- Health literacy



SOCIAL - SOCIETAL PARTICIPATION

- Social and communicative skills
- Social contacts
- Meaningful relationships
- Experiencing to be accepted
- Community involvement
- Meaningful work/occupation



**The six pillars of positive health is
only a tool for something
community nurses do by nature.**

