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| **Functional Health Pattern Assessment (FHP)** |
| **Pattern of Health Perception and Health Management:*** How does the person describe current health?
* What does the person do to maintain health?
* What does person know about links between lifestyle and health?
* How big a problem is financing health care for this person?
* Can this person report his/her medications and the reason for taking them?
* If this person has allergies, what does he/she do to prevent/manage them?
* What does the person know about medical problems in his/her family?
* Have there been any important illnesses/injuries in this person’s life?
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| **Nutritional-Metabolic Pattern:*** Is this person well-nourished?
* How does this person’s food intake compare with recommended food intake?
* Does this person have any disease that affects nutritional/metabolic function?
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| **Pattern of Elimination:*** Are the person’s excretory functions within normal range?
* Does the person have any disease of the digestive system, urinary system, or skin?
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| **Pattern of Activity and Exercise:*** How does this person describe his/her weekly pattern of:

Activity/Leisure?--Exercise/Recreation?* + - Does this person have any disease that affects his/her:

Cardio/Respiratory System?--Musculoskeletal System? |
| **Cognitive/Perceptual Pattern:*** Does this person have any sensory deficits? If yes, are they corrected?
* Can this person express himself/herself clearly and logically?
* What is this person’s level of education?
* Does this person have any disease that affects mental or sensory functions?
* If this person has pain, describe it and its causes.
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| **Pattern of Sleep and Rest:*** Describe this person’s sleep/wake cycle.
* Does this person appear physically rested and relaxed?
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| **Pattern of Self-Perception and Self-Concept:*** Is there anything unusual about this person’s appearance?
* Does this person seem comfortable with his/her appearance?
* Describe this person’s feeling state.
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| **Role-Relationship Pattern:*** How does this person describe his/her various roles in life?
* Has, or does this person presently have positive role models for these roles?
* Which relationships are most important to this person at this time?
* Is this person presently going through any changes in role or relationships? If yes, describe changes.
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| **Sexuality – Reproductive Pattern:*** Is this person satisfied with his/her situation related to sexuality?
* Does this person have any disease/dysfunction of the reproductive system?
* Is this person satisfied with his/her plans regarding children?
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| **Pattern of Coping and Stress Tolerance:*** How does this person cope with difficult situations/problems?
* Do these coping mechanism/actions help or make things worse?
* Has this person had any treatment for emotional distress?
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| **Pattern of Value and Beliefs:*** What principles did this person learn as a child that are still important to him/her?
* Does this person identify with any social, religious, ethnic, regional, cultural, or other groups?
* What support systems does this person currently have?
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