Part 1: Assessment: Choose an adult (65 years or older) friend or relative and perform a holistic health assessment.

Clearly discuss your discovered holistic health assessment data. Your assessment should include the following parts

for the holistic assessment:

-General Health History

-Physiological Assessment

-Psychological Assessment

-Social Assessment

-Cultural Assessment

-Developmental Assessment

-Spiritual Assessment

Part 2: Interpretation (Abnormality and Coping)

-Choose one abnormality from the data gained in the assessments and discuss possible reasons/causes for the

abnormality.

-How does this abnormality impact the other areas of the patient’s life?

-Discuss the client’s stress and coping mechanisms.

--Are they healthy?

--What recommendations and improvements could be made that are individualized for this person?

Part 3: Teaching Plan: Create a teaching plan that addresses the client holistically by applying the assessment data

you have analyzed.

-Describe at least one client goal for each of the six categories (each category should have a goal) (physical,

psychological, social, cultural, developmental, and spiritual).

-Discuss one strategy per goal you would use to teach your client about each individual goal

-Explain how you will evaluate if your teaching was effective

Title Slide (1 slide)

Objective Slide (1 slide)

Assessment

-General Health History (1slide)

-Physical (1 slide)

-Psychological (1 slide)

-Social (1 slide)

-Cultural (1 slide)

-Developmental (1 slide)

-Spiritual (1 slide)

Interpretation (Abnormality and Coping)

-Abnormality, Reasons/Causes, Impact on Life (1 slide)

-Stress, Coping, Recommendations (1 slide)

Teaching Plan

-Physical Goal and Teaching Strategy (1 slide)

-Psychological Goal and Teaching Strategy (1 slide)

-Social Goal and Teaching Strategy (1 slide)

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-Cultural Goal and Teaching Strategy (1 slide)

-Developmental Goal and Teaching Strategy (1 slide)

-Spiritual Goal and Teaching Strategy (1 slide)

-Evaluation Plan (1 slide)

References (1 slide)

Assignment Expectations:

Length: PPT of 19 slides