Health Management and Social Health

Supplementary Notes

Topic 1 - Personal Development, Social Care and Health Across the Lifespan

1	Topics	Supplementary Notes
1A	**Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions**	
	1. Definitions of health	•Holistic concept of health (Definitions from World Health Organisation)
		•Different levels to understand health: 　※ Individual level 　※ Community level 　※ Society level 　※ National level 　※ Global level
	2. Biological perspective • Biological defects	•Physical growth and development, as well as the biological defects are affected by both inherited and acquired factors.
	3. Social perspective • Social support	•Social support: resources and encouragement received from social network, government and non-government organisations (NGOs)
1B	**Factors which influence personal development**	
	1. Family • Definition of a family • Family as a socializing agent and the role of the family	•Definition of a family, such as: a social group linked by consanguinity or marriage •What is socialisation •Primary, secondary and tertiary socialisation
	• Parental roles 　■ Parenting style	•Authoritarian, Authoritative, Permissive and Neglecting
1C	**Transitions and changes in the course of the lifespan**	
	1. The various stages of life • Infancy • Childhood • Adolescence • Adulthood • Elderly	•Human development includes different stages with the physical, intellectual, emotional and social features (one example for each feature at each stage) •Attachment
		•Theories of development 　※ Piaget's theory of cognitive development 　※ Freud's stages of psychosexual development 　※ Erikson's stages of psychosocial development 　※ Kohlberg's stages of moral development
	2. Changes of interpersonal relationships across lifespan • Parent-child relationships, sibling relationships, friendship, courtship, working relationship	•Different types of interpersonal relationships •Interpersonal relationships change in response to the transition of different life stages •Development of interpersonal relationships: initial, stable, intimate and ending phases
	• Moving from parent-child relationships to sibling relationships and relationships outside the nuclear family • The linkages between the	•Family Structures: e.g. nuclear family, extended family, reconstituted family/blended family, single-parent family

1		Topics	Supplementary Notes
		nuclear and the extended family	
	3.	Changes that occur in families throughout the life cycle	• Changes of family relationships at different stages
	4.	Crucial examples of life events / experience	• e.g anticipated and unanticipated life events
	5.	Positive responses to different life events, e.g. injury, breaking up, changing living environment	• Stages of grief: shock and disbelief, denial, despair, acceptance • Coping and resilience • Positive thinking, such as rational and irrational beliefs (Ellis)
	6.	Culturally diverse ways of dealing with life events: birth, child rearing, illness, eldership and death	• e.g. Chinese and western cultures in of dealing with life events
	7.	Special needs and care throughout the life cycle	• Maslow's Hierarchy of Human Needs: physiological needs, safety needs, love and belongingness needs, esteem needs, need for self-actualisation

Topic 2 - Health and Social Care in the Local and the Global Contexts

2		Topics	Supplementary Notes
2A		*Structural issues related to health, social care and personal and social well-being*	
	1.	Vulnerable groups e.g. children, disabled, aged, ethnic minorities and poor families	• Key feature of structural issues： 　■　focus on social structures • Features of vulnerable groups, such as： 　■　difficult to mobilize individual resources (including personal ability, financial asset and social network etc.) to deal with crisis 　■　more prone to having crisis comparing with the general public 　■　need timely and additional assistance
	5.	Poverty 　• underlying reasons for poverty	• Concepts of poverty: absolute and relative poverty •　Tools for defining poverty, such as proportion of median income •　Gini index: representation of income gap and its limitations •　Underlying reasons for povery: analyse the reasons for poverty from different levels (individual, community, society,　nation, and globe)
	6.	Inequalities and resources deprivation 　•　Concepts of equity and resources distribution	•　Concept of equity: equity (equal opportunity); equality •　Concept of resources deprivation: seriously lack of resources that excludes an individual from ordinary living patterns, customs and activities
	7.	Types of services and community resources in	•　Such as community support networks, community development community care, community services

2	Topics	Supplementary Notes
	preventing and dealing with the above problems and other possible solutions	
	8. International social justice • International institutions, e.g. International Court of Justice (ICJ), United Nation (UN) and the World Health Organization (WHO) and their roles in promoting social justice	• Roles of international institutions in promoting social justice: intervening into international inequality and resources deprivation
2B	***Contemporary issues of vulnerability***	
	1. Addictions	• Symptoms of addiction, such as tolerance and withdrawal symptoms
	2. Ageing problems • Ageing population and related problems in Hong Kong and other countries • Active ageing	• Concept of Active Ageing by WHO:health, participation and security • Elderly policy in Hong Kong: providing elderly with a sense of security, a sense of belonging, and a feeling of health and worthiness
	3. Prejudice and discrimination towards: • Gender • Age • Disability • Ethnic minorities • Patients	• Direct and indirect discriminations • Examples in different settings: residential, workplace, education, provision of goods and services • Education and legislation • Discrimination on family status is also one of the examples
	4. Infectious diseases, e.g. flu, AIDS, tuberculosis, hepatitis B	• Roles of different organisations for disease control, such as World Health Organization (WHO), The Centre for Health Protection (CHP) , schools
2D	***Developments in the health and care industries***	
	1. Health and social care industries – categories	• Categories: public and private sectors
	6. Changing infrastructure of social and health care e.g. • Changes in Hong Kong Social Security System • Introduction of the health financing model	• For example, Lump Sum Grant

Topic 3 – Responding to the Needs in the Areas of Health (care, promotion and maintenance) and Social Care

3	Topics	Supplementary Notes
3A	**The notion and practice of health promotion, health maintenance, ill-health prevention, social care, welfare and community services**	
	2. Health maintenance and ill-health prevention: ● Society Role ■ the role of government in health maintenance	● For example, health promotion, provision of services (education, medical care, social services etc.), policy making
	3. Health promotion ● Definition and trends of health promotion ● Different models of health promotion ● Health promotion in Hong Kong	● For example, Ottawa Charter ● For example, health belief, stages of change
3B	**Developing health and social care / welfare policies**	
	2. Comparison of policies between Hong Kong and other regions / countries	● Rationales behind different policies, such as the different policy objectives of the welfare states and the market-oriented countries
	6. Linkages between ecology and health ● The WHO approach to health promotion and illness prevention ● Ecology and health .	● Understanding of the impacts of policy making on other countries at global level

Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

4	Topics	Supplementary Notes
4E	**Health and social care professions and volunteers complementing primary / private care**	
	1. Primary care	● Primary health care includes health promotion, illness prevention, care of the sick, advocacy and community development ● Primary medical care is a component of primary health care which is the health services provided by qualified health professionals such as family doctors.

Topic 5 - Health Promotion and Maintenance and Social Care in Action

5	Topics	Supplementary Notes
5A	**Professionals in health and social services**	
	3. Professional intervention • Purposes of intervention e.g. protect, lessen detrimental effect • Types of interventions e.g. treatment, counselling, therapies	• Purpose of intervention may include: prevention, promotion, protect, lessen detrimental effect • Types of intervention may include: screening, education, treatment, counselling, therapies
	5. Roles, skills and approaches • Integrated approach – extended or hybrid role	• Extended role: extension of the original role • Hybrid role: more than one role
5C	**Mental health as a personal predicament and as linked to the social context**	
	4. Some types of mental problems/disorders: depression, phobias, Post-traumatic Stress Disorder, schizophrenia etc	• Basic signs and symptoms
5D	**Leadership in health and social care**	
	1. Team building and team work in and across professional, voluntary and private organizations： • Conflict management	• Different strategies for conflict management, such as competing, avoiding, accommodating, collaborating, compromising
	2. Communication skills • Types of communication • Barriers to communication, factors enhancing or hindering the effectiveness of communication	• Models of Communication: linear, circular, helical