



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Community Care and Management of Longer-term Conditions

Biopsychosocial model

Semester 1

©Dr Aishat Bakre

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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Learning outcomes

Upon successful completion of this module, student should be able to:

- Critically evaluate the physical, psychological, and social impact on individuals and families living with a long-term condition(s) and its treatment.
- Critically assess the key areas of local and national political, health and social care agendas and initiatives relating to long term conditions.
- Critically evaluate the skills, values and behaviours required to provide co-productive and traditional models of care as appropriate.
- Critically analyse the contribution of empirical evidence and local, national, and international guidelines to informing the delivery of 'whole person' care and self-management support for individuals with long term conditions.

Module Summary

- The module aims overall to develop student understanding of the theories, values and policies in managing patients with longer term conditions in different healthcare settings.
- To gain an understanding of healthcare work across traditional primary/secondary/social care boundaries and collaborate with patients/carers and other professionals within the NHS, social and private/voluntary sector to continuously improve the information, support, care, and person-centred approaches to treatment of people living with long term conditions.



Aims of the Session

To understand

- The term biopsychosocial model of health
- The issues with the biopsychosocial model
- The application of the Biopsychosocial Model?

Biopsychosocial model of health

- In the late 1970s, American psychiatrist George Engel promoted the move from a medical to a biopsychosocial model of health – a model that is now commonly used to explain the shift required to deliver person-centred care.

(The Health Foundation, 2016)

Reflection

- Reflecting on the SEPH module what does the medical model of health entail and how is it different from the Public health model.

Feedback your findings to the whole class

Public Health Model vs Medical Model

Public Health Model

- Population
- Disease Prevention
- Health Promotion
- Interventions-
 - Environment
 - Human behaviour
- Public (Some private)

Medical Model

- Individual
- Diagnosis
- Treatment
- Intervention-
 - Medical care
- Private (Some public)

WHAT IS BIOPSYCHOSOCIAL MODEL OF HEALTH?



Biopsychosocial model of health

- The biopsychosocial model of health and illness is a framework developed by George L. Engel that states that interactions between **biological, psychological, and social** factors determine the cause, manifestation, and outcome of wellness and disease.
- The biopsychosocial model states that health and illness are determined by a dynamic interaction between biological, psychological, and social factors.
- Each component on its own is **insufficient** to lead definitively to health or illness.

Biopsychosocial model of health

- The biopsychosocial model views health and illness behaviours as products of
 - Biological characteristics (such as genes),
 - Behavioural factors (such as lifestyle, stress, and health beliefs), and
 - Social conditions (such as cultural influences, family relationships, and social support).

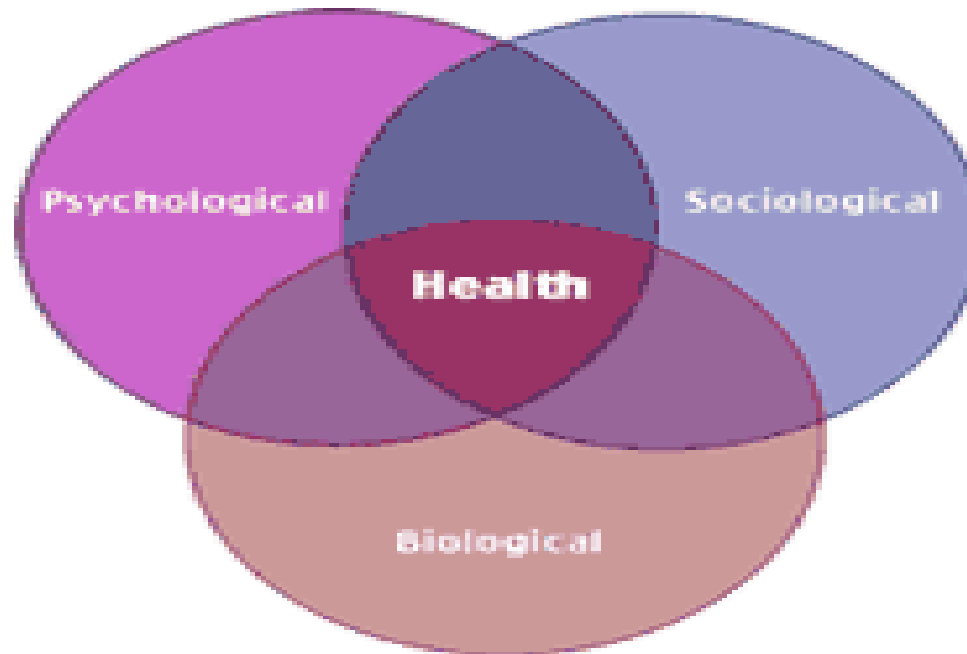
Biopsychosocial model of health

- The biopsychosocial model argues that any one factor is not sufficient;
- It is the interplay between people's genetic makeup (biology),
- Mental health and behaviour (psychology),
- And social and cultural context that determine the course of their health-related outcomes.

Biopsychosocial model of health

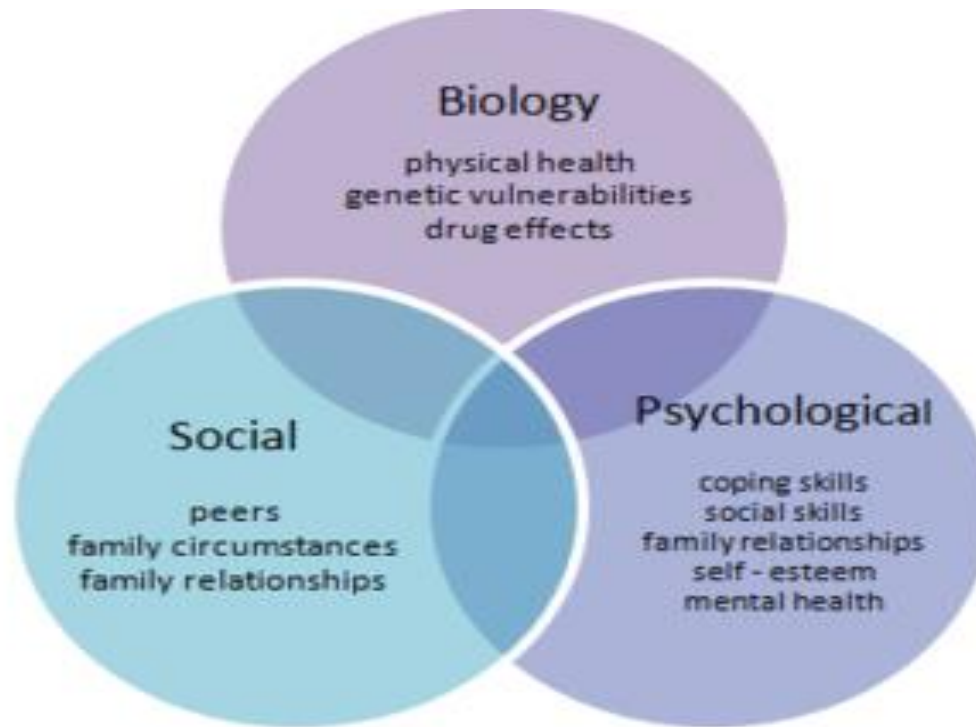
- Health psychologists work with healthcare professionals and patients to help people deal with the psychological and emotional aspects of health and illness.
- This can include developing treatment protocols to increase adherence to medical treatments, weight loss programs, smoking cessation, etc.
- Their research often focuses on prevention and intervention programs designed to promote healthier lifestyles (e.g., exercise and nutrition programs).

Diagram of Biopsychosocial model of health



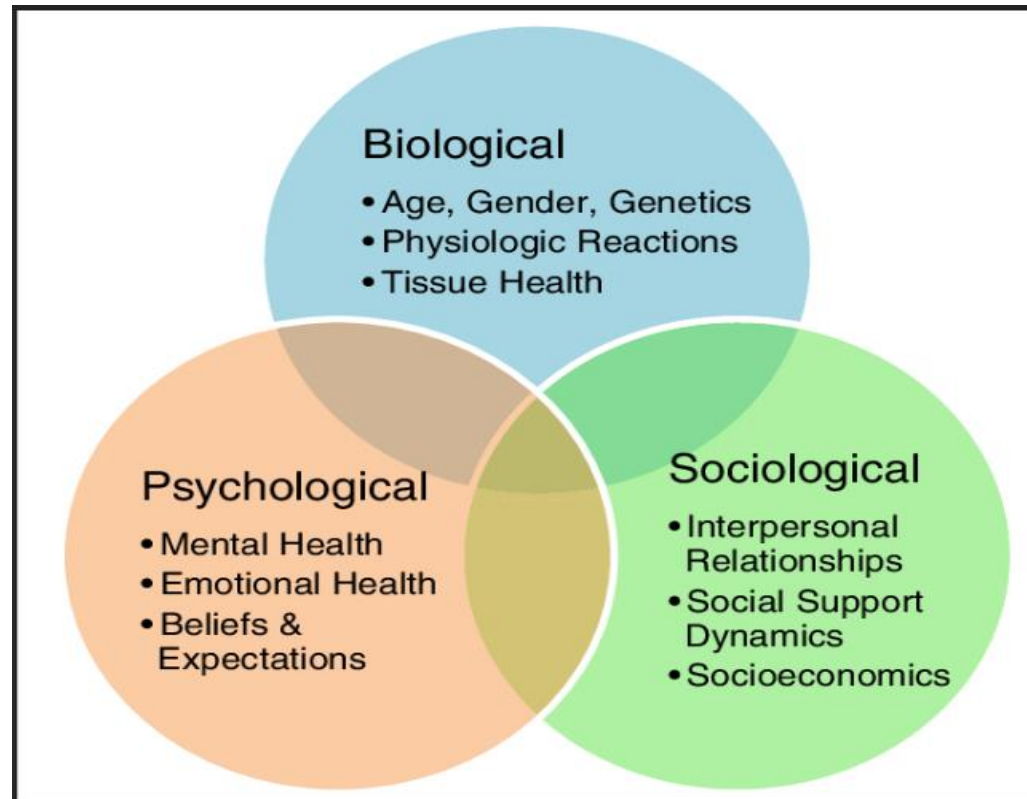
The diagram shows how biological, psychological, and sociological factors overlap to determine overall health.

Diagram of Biopsychosocial model of health



The diagram shows how biological, psychological, and sociological factors overlap to determine overall health.

Diagram of Biopsychosocial model of health



Biopsychosocial model of health

- The **psychological** component of the biopsychosocial model seeks to find a psychological foundation for a particular symptom or array of symptoms (e.g., impulsivity, irritability, overwhelming sadness, etc.).
- **Social and cultural** factors are conceptualised as a particular set of stressful events (being laid off, for example) that may differently impact the mental health of people from different social environments and histories.

Activity

Working independently, research the term impulsivity, irritability

Feedback your findings to the whole class

Activity

- Irritability is **a feeling of agitation that you might experience** as a result of stress, mental health conditions, or physical disorders.
- Many factors can cause or contribute to irritability, including life stress, a lack of sleep, low blood sugar levels, and hormonal changes.
- Extreme irritability, or feeling irritable for an extended period, can sometimes indicate an underlying condition, such as an infection or diabetes

Activity

- Impulsivity is **the tendency to act without thinking**, for example if you blurt something out, buy something you had not planned to, or run across the street without looking. To a degree, this kind of behaviour is common, especially in children or teenagers, and isn't necessarily a sign of trouble.
- **Impulsive behaviour symptoms and examples**
- bingeing: overindulging in things like shopping, gambling, and eating.
- destruction of property: destroying your own or someone else's things in a moment of anger.
- escalating problems: taking minor situations and making them more urgent and important than necessary.

WHAT ARE THE ISSUES WITH THE BIOPSYCHOSOCIAL MODEL?



Issues with the biopsychosocial model

- Despite its usefulness, there are issues with the biopsychosocial model, including
- The degree of influence that each factor has,
- The degree of interaction between factors,
- And variation across individuals and life spans.

WHAT DOES THE BIOPSYCHOSOCIAL MODEL DO?



Biopsychosocial model of health

- The biopsychosocial model is an interdisciplinary model that looks at the interconnection between ***biology, psychology, and socio-environmental factors.***
- The model specifically examines how these aspects play a role in topics ranging from ***health and disease, to human development.***

Biological Influences on Health

- Biological influences on health include an individual's genetic makeup and history of physical trauma or infection.
- Many disorders have an inherited genetic vulnerability.
- The greatest single risk factor for developing schizophrenia, for example is having a first-degree relative with the disease (risk is 6.5%); more than 40% of monozygotic twins of those with schizophrenia are also affected.

Psychological Influences on Health

- The psychological component of the biopsychosocial model seeks to find a psychological foundation for a particular symptom or array of symptoms (e.g., impulsivity, irritability, overwhelming sadness, etc.).
- Individuals with a genetic vulnerability may be more likely to display negative thinking that puts them at risk for depression;
- Alternatively, psychological factors may exacerbate/aggravate a biological predisposition by putting a genetically vulnerable person at risk for other risk behaviours.

Psychological Influences on Health

- For example, ***depression*** on its own may not cause ***liver problems***, but a person with ***depression*** may be more likely to ***abuse alcohol***, and, therefore, develop ***liver damage***.
- Increased risk-taking leads to an increased likelihood of disease.

Social Influences on Health

- Social factors include socioeconomic status, culture, technology, and religion.
- For instance, losing one's job or ending a romantic relationship may place one at risk of stress and illness.
- Such life events may predispose an individual to developing depression, which may, in turn, contribute to physical health problems.

Social Influences on Health

- The impact of social factors is widely recognised in mental disorders like anorexia nervosa (a disorder characterised by excessive and purposeful weight loss despite evidence of low body weight).
- The fashion industry and the media promote an unhealthy standard of beauty that emphasises thinness over health.
- This exerts social pressure to attain this “ideal” body image despite the obvious health risks.

Cultural Factors

- Also included in the social domain are cultural factors.
- For instance, differences in the circumstances, expectations, and belief systems of different cultural groups contribute to different prevalence rates and symptom expression of disorders.
- For example, anorexia is less common in non-western cultures because they put less emphasis on thinness in women.

Cultural Factors

- Culture can vary across a small geographic range, such as from lower-income to higher-income areas, and rates of disease and illness differ across these communities accordingly.
- Culture can even change biology, as research on epigenetics is beginning to show.
- Specifically, research on epigenetics suggests that the environment can actually alter an individual's genetic makeup.
- For instance, research shows that individuals exposed to overcrowding and poverty are more at risk for developing depression with actual genetic mutations forming over only a single generation.

WHAT IS APPLICATION OF THE BIOPSYCHOSOCIAL MODEL?



Application of the Biopsychosocial Model

- The biopsychosocial model states that the workings of the body, mind, and environment all affect each other.
- According to this model, none of these factors in isolation is sufficient to lead definitively to health or illness—it is the deep interrelation of all three components that leads to a given outcome.
- Health promotion must address all three factors, as a growing body of empirical literature suggests that it is the combination of health status, perceptions of health, and sociocultural barriers to accessing health care that influence the likelihood of a patient engaging in health-promoting behaviours, like taking medication, proper diet or nutrition, and engaging in physical activity.

Activity 1

Watch the video below then discuss and

<https://www.youtube.com/watch?v=bf0TZ5OzF5I>

https://www.youtube.com/watch?v=6rjS_GisaM0

Feedback your findings to the whole class

Activity 2

Watch the video below then discuss and

- <https://www.youtube.com/watch?v=eN6pCOMewNY>
- <https://www.youtube.com/watch?v=SpIVZazDV98>

Feedback your findings to the whole class