



INTEGRATION OF HEALTH , WELLBEING & SUSTAINABILITY IN HEALTH AND SOCIAL CARE

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MODULE TITLE : HEALTH , WELLBEING AND SUSTAINABLE DEVELOPMENT

INTRODUCTION – IMPORTANCE OF INTEGRATING HEALTH, WELLBEING AND SUSTAINABILITY IN HEALTH AND SOCIAL CARE.

- Improves overall care quality – beyond treating illness
- Supports the NHS's long term plan.
- Addresses health inequalities.
- Sustainability helps the environment and future services.

Key Concepts

- Health – not just the absence of disease.
- Wellbeing – mental, emotional and social health.
- Sustainable development- meeting today's needs without harming future generations.



RELEVANCE TO UK HEALTHCARE

- Who's sustainable development Goals (SDG 3: Good health and wellbeing)
- NHS focus on prevention , mental health and equality.
- Sustainability goals in NHS policy (e.g Greener NHS)



HOLISTIC APPROACHES

- Focus on treating the whole person , not just the symptoms.
- Includes physical , mental and emotional care.
- Patient centred care: involving patients in decision making.



THEORETICAL MODEL : BIOPSYCHOSOCIAL MODEL

- Health = biological + psychological + social factors.
- Used to better understand patients in healthcare.

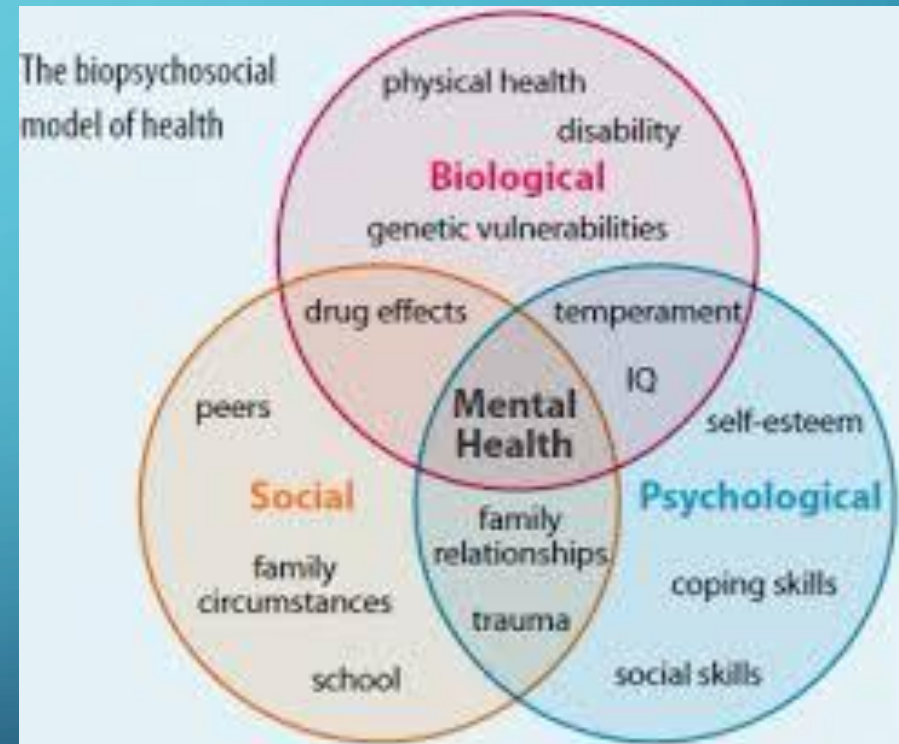


Diagram 3: The biopsychosocial model.
(Source: Physiopedia, 2024)

POLICY AND GOVERNANCE

- NHS longterm plan supports prevention and wellbeing.
- Mental health and lifestyle focus policies e.g Mental health act 1983
- Challenges that may arise : funding, staff shortages, system pressures(burnout)



SERVICE DELIVERY'S

- Telehealth, social prescribing.
- Supports patient independence and community health.
- Encourages non medical support for wellbeing.

Case example - NHS : social prescribing

- Patients referred community services e.g art and exercise.
- Helps tackle isolation , anxiety and lifestyle illness.



PUBLIC HEALTH CAMPAIGNS

- Change 4 life, anti smoking, mental health awareness.
- Encourage healthy lifestyles and behaviour change.



EQUITY AND ACCESS

- Healthcare gaps : income, ethnicity and location.
- Uk initiatives : universal health care , outreach services.



CONCLUSION

- Integration of health , wellbeing and sustainable is key to modern healthcare in the uk.
- Supports better patient outcomes , fairness and future proofing for our services and environment.



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