

NURS 821 Advanced  
Pathophysiology  
Margaret H. Birney PhD, RN

Course Introduction and Overview  
of Body's Response to Disease

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Lecture 1  
Body's Response to Disease  
Margaret H. Birney PhD, RN

Part 2 General Concepts of  
Disease

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Concept of Health

- Relative state of well-being
  - Physical, social, psychological, spiritual well-being
  - Able to express full range of one's unique being
- Not necessarily free of diseases, disorders, syndromes, illnesses

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## Concept of Disorder

- Similar to diseases
- Derangement or abnormality of function
- Often, classified according to signs and symptoms, not etiology

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## Concept of Syndrome

- A **combination of symptoms with a common cause**
- Clustering of symptoms with different etiologies that constitute a distinct clinical picture
- Examples-Downs Syndrome, Syndrome X

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## Mortality

- Occurs when the body is overwhelmed by the challenge of disease
- Coping resources are depleted
- Body can no longer withstand the stress
- Individual risks-vary with other accumulated stressors, such as illnesses, loss of social support, poverty, etc.

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## Concept of Disease

- A process of morbidity causing health patterns to fall outside the normal range with characteristic signs and symptoms
- Contagious or not
- Known or unknown etiology

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## Disease Definition (cont'd)

- Course varies
- Affects entire organism or only part
- Designated in many ways, e.g. by etiology, organ system affected, scientist who discovered the disease, symptomatology

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## Extrinsic Factors Relating to Disease-Injuries

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|------------------------|-----------------|
| • Physical             | • Microbiologic |
| • Trauma               | • Bacteria      |
| • Temperature extremes | • Viruses       |
| • Electricity          | • Protozoa      |
| • Pressure             | • Fungi         |
|                        | • Helminths     |
| • Chemical             | STRESS!         |
| • Poisons              |                 |
| • Drug reactions       |                 |

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## Selye's General Adaptation Syndrome (GAS)-Syndrome of "Just Being Sick"

- Stressor-Physiological, psychological, social....
- Stages-
  - Alarm-Stimulation of Hypothalamus-Anterior Pituitary-Adrenal Medulla and Adrenal Cortex
  - Resistance or Adaptation-Stimulation of Adrenal Cortex
  - Exhaustion-Hormone depletion and organ damage

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## Stress Modulators

- Health
- Well-being
- Stress and Life experiences
- Gestalt-life view-humor, flexibility, outlook, etc.
- Social Support
- Religion
- Educational Level
- Socioeconomic Level

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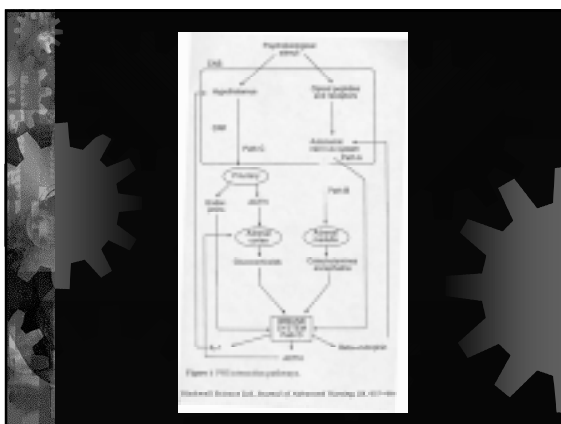
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