

# An Indivisible Wellness

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## Research Questions

1. What is wellness?
2. How do geriatric patients in a retirement facility view their personal wellness?
3. What are the most important part of wellness in the lives of these individuals?

## Case 1: Participant A

Demographics	<ul style="list-style-type: none"> <li>• 85 year-old</li> <li>• Female</li> <li>• Participates in facility wellness program</li> </ul>
Areas of wellness most emphasized by participant during interview	<ul style="list-style-type: none"> <li>• Physical-exercise in wellness program classes, daily walks on treadmill or outside, making exercise "a lifestyle," previous physical activities participated in</li> <li>• Social-family activities, volunteer work, prayer shawl ministry, activities with friends at retirement facility, participation in choir</li> <li>• Essential-strong sense of spirituality, participation in church, prayer shawl ministry, importance of being clean and well-groomed.</li> </ul>
What does wellness mean to you?	"Staying as healthy as you can be"
What is the most important part of wellness to you?	"To be healthy" and "I don't want to be sitting in a wheelchair"

## Case 2: Participant B

Demographics	<ul style="list-style-type: none"> <li>• 85 year-old</li> <li>• Male</li> <li>• Participates in facility wellness program</li> </ul>
Areas of wellness most emphasized by participant during interview	<ul style="list-style-type: none"> <li>• Physical-self-driven, exercises 20 minutes daily on NewStep machine, walks outside, wellness classes with physical emphasis, aware of physical limitations, works to keep body strength proportionate, values absence of pain, eats at facility cafeteria.</li> <li>• Essential-retired pastor, strong sense of spirituality, church participation, reads, values being clean and orderly</li> <li>• Coping-understands limitations, chose to stop driving for safety of self/others, high self-worth, values evening TV, no current stress, has history of depression and aware of signs/symptoms that could reoccur.</li> </ul>
What does wellness mean to you?	"Being able to move around without a lot of pain" and "your mental capacity"
What is the most important part of wellness to you?	"Having little pain" and "being able to think straight"

## Case 3: Participant C

Demographics	<ul style="list-style-type: none"> <li>• 79 year-old</li> <li>• Male</li> <li>• No participation in facility wellness program</li> </ul>
Areas of wellness most emphasized by participant during interview	<ul style="list-style-type: none"> <li>• Physical—walks slowly at own pace with cane, appreciates being outdoors more than being indoors, likes that the wellness director keeps him accountable and knows the wellness director is an accessible resource.</li> <li>• Social—enjoys spending time with son, grandsons, and great-grandsons who live close by, has developed friendships with retirement home residents, likes living close to friends, appreciates the welcoming and encouraging nature of the wellness director.</li> <li>• Essential—identifies as being an atheist, feels accepted and loved by family/friends, is confident with place and role in life, values being clean, well-groomed, and keeping home neat.</li> </ul>
What does wellness mean to you?	"It means keeping healthy, I guess"
What is the most important part of wellness to you?	"Exercising daily and going for outdoor walks"

### THE INDIVISIBLE SELF: An Evidence-Based Model Of Wellness

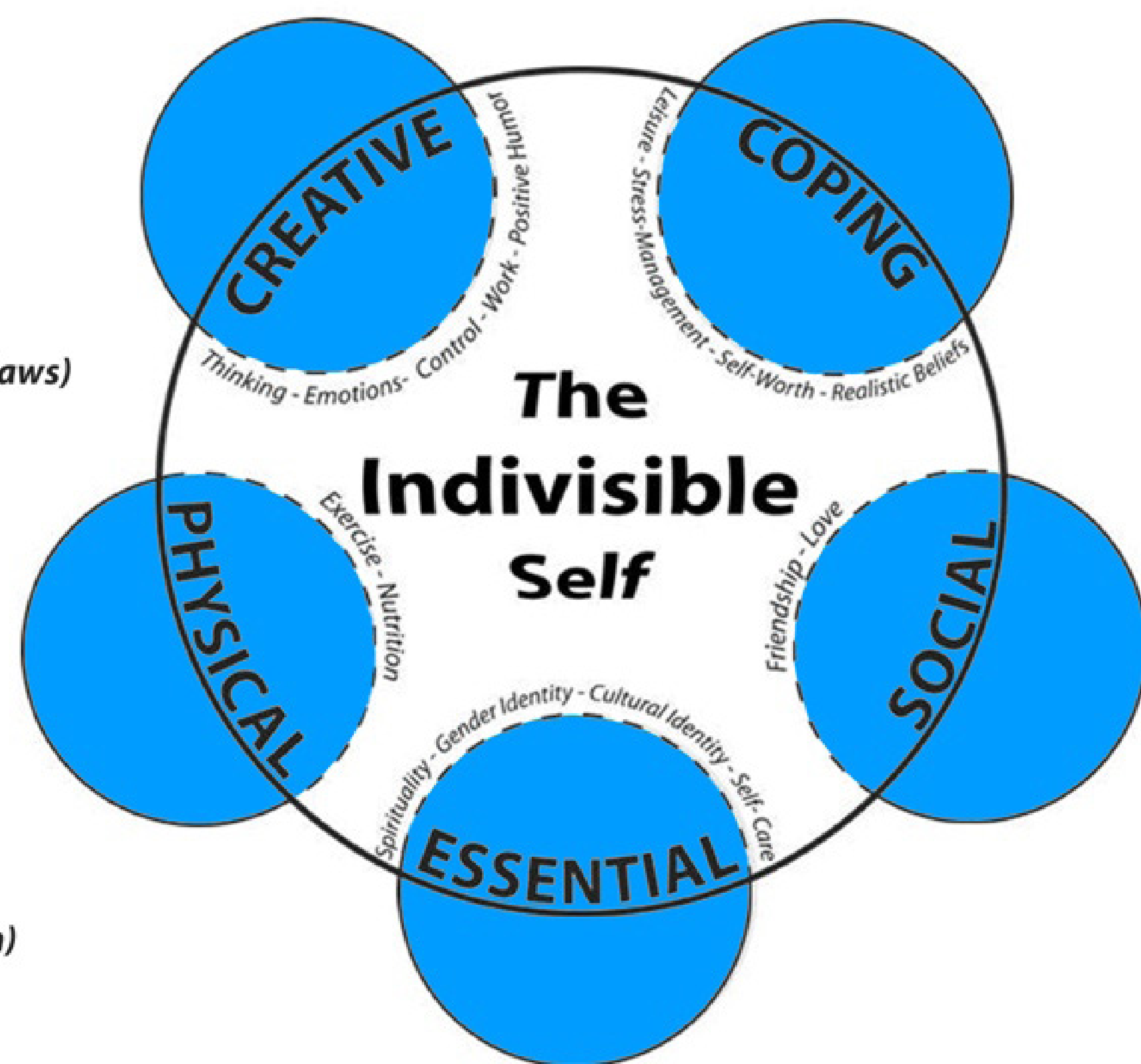
#### CONTEXTS:

**Local (safety)**  
Family  
Neighborhood  
Community

**Institutional (policies & laws)**  
Education  
Religion  
Government  
Business/Industry

**Global (world events)**  
Politics  
Culture  
Global Events  
Environment  
Media

**Chronometrical (lifespan)**  
Perpetual  
Positive  
Purposeful



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## Background

Researchers have identified a complex mixture of what constitutes wellness. Meyers (2005) developed the Indivisible Self Model as a foundation for "mental health and counseling practitioners" (p. 277). There appears to be a hole in literature revealing use of wellness models to shape standard nursing care and there is certainly a gap in current practice of nurses regularly assessing all areas of wellness for geriatric patients. By exploring the use of The Indivisible Self Model to evaluate wellness of three geriatric participants, we hope to gain an understanding of how geriatric patients respond to questions regarding their wellness, which with future research may be used to better center their care on their top wellness needs.

## Methods

A literature review of current research-based evidence gathered from the databases EBSCOhost and ProQuest provided the foundation for these case studies. From a local retirement facility with a wellness program, three participants were randomly selected from residents who volunteered to share about their personal wellness experience. Participants were asked general questions and given broad prompts, including "What does wellness mean to you?" and "Tell me about your current wellness experience." Participant interviews were analyzed and common themes identified. Themes for each participant were categorized according to "The Invisible Self Model," to gain a holistic view on each participant's perception of their personal wellness.

## Conclusions

Meyers and Sweeney (2008) report wellness to have an emphasis on the whole rather than the parts, but recognize the interaction between the parts and how they affect the whole. This is placed in a broader picture as they desire for each aspect of wellness to be evaluated in a social and cultural context (Meyers & Sweeney, 2008). Each participant in this study responded well to the questions. By providing open-ended questions, participants were able to emphasize what was most important to them. All three case study participants strongly accentuated physical and essential elements of wellness, and could easily answer what their overlying goals of wellness were. Participant A desires to keep mobility and independence, Participant B values having no pain and being cognitively aware, and Participant C wants to keep an active life by taking daily walks outside. Future research could explore how using this wellness assessment model could be incorporated into standard nursing assessment; it is plausible that by understanding the deepest value to patients, nurses could provide more accurate patient-centered care to meet both physical and non-physical needs alike.

## References

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