

Psychosocial assessment

* Psychological assessment involves person's growth and development throughout his life.

* Discuss crises with the clients to assess relationship between health & illness. “It depends on multiple G&D theories e.g. Erickson, Piaget, and Freud etc.



Stages of Age

- Infancy period: birth to 12 months
 - Neonatal Stage: birth-28 days
 - Infancy Stage: 1-12 months
- Early childhood Stage: It's refers to two integrated stages of development
 - Toddler: 1 - 3years.
 - Preschool: 3 - 6 years.
- Middle childhood 6-12 years
- Late childhood:
 - Pre pubertal: 10 – 13 years.
 - Adolescence: 13 - 19 years
- Young adulthood 20-40 years
- Middle adulthood 40-65years
- Late adulthood 65 and more



Nutritional assessment

- Nutrition plays a major role in the way an individual looks, feels, & behaves.
- The body ability to fight disease greatly depends on the individual's nutritional status



Major goals of nutritional assessment

1. Identification of malnutrition.
2. Identification of over consumption
3. Identification of optimal nutritional status.

Components of Nutritional Assessment

1. Anthropometric measurement.
2. Biochemical measurement.
3. Clinical examination.
4. Dietary analysis



1. Anthropometric measurement

- Measurement of size, weight, and proportions of human body.
- Measurement includes: height, weight, skin fold thickness, and circumference of various body parts, including the head, chest, and arm.
- Assess body mass index (BMI) to shows a direct and continuous relationship to morbidity and mortality in studies of large populations. High ratios of waist to hip circumference are associated with higher risk for illness & decreased life span.

$$\text{BMI} = \frac{(\text{Wt. in kilograms})}{(\text{High in meters})^2} = \frac{60}{(1.6)^2} = \frac{60}{2.56} = 23.4$$



BMI RANGE

Rang kg/m²	Condition
less than 16.0	Very thin
16.0 - 18.4	Thin
18.5- 24.9	Average
25–29.9	Overweight
30-34.9	Obese
≥ 35	Highly obese

