

Holistic Assessment of Patients: A Tool for Assessing the Quality of Life

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Abstract

Quality of life in medicine is a fundamental concept that reflects the physical, mental and social well-being of patients, having a significant impact on the treatment and management plan of various pathologies. In the medical context, the assessment of quality of life is essential to understand the impact of diseases on patients and to guide doctors in therapeutic decisions. The holistic assessment of the patient, using the conceptual nursing model, based on the 14 fundamental needs, provides a systematic assessment of the different dimensions of quality of life, in relation to health, thus contributing to a patient-centered approach. An improved quality of life optimizes clinical outcomes and increases patient satisfaction. Seen as an outcome of medical care, the assessment of quality of life allows the transition from survival after intervention, complication rates, physical and biochemical indicators, to the impact of the disease and treatment on the physical and psycho-emotional state, on the patient's lifestyle, the purpose of medical care and treatments being to prolong life but also to add quality to it.

Keywords: Quality of Life; Holistic Assessment; Care; Patient.