



Bedeutung von Prävention, Gesundheitsförderung und die Rolle des salutogenetischen Denkens in der Behandlung von chronischen Erkrankungen

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Die Herausforderungen, die mit der steigenden Anzahl chronisch kranker Menschen und Menschen mit Multimorbidität zusammenhängen, stellen nicht nur die institutionalisierte Medizin und das Gesundheitssystem in Deutschland vor zunehmende Herausforderungen, sondern sind auch Anzeichen für eine insgesamt Veränderung des Krankheitspanoramas (Kyu et al. 2018), deren Antworten nicht mehr allein nur in dem klassischen pathogenetischen Paradigma der Medizin gefunden werden können. Aus diesem Paradigma heraus sind die technischen Möglichkeiten innerhalb der Medizin entstanden, die es bspw. Menschen mit AHF erlauben, eine Lebensspanne zu erreichen, innerhalb derer Komorbiditäten und andere Folgephänomene chronischer Erkrankungen erst zum Tragen kommen können.

Deswegen bedarf es neuer und innovativer Wege im Gesundheitswesen um Konzepte zur Bewältigung der Folgephänomene aus der gewonnen Lebenszeit zu entwickeln und zu implementieren. Diese benötigen weniger technische Lösungen, sondern viel mehr eine professionelle Perspektive von Adaptabilität im Umgang mit Herausforderungen von Komorbiditäten und chronischen Folgezuständen. Ein vielversprechender Ansatz ist hierbei die Verzahnung und Verknüpfung von Medizin, Pflege und dem wissenschaftlich legitimierten Anwendungsfeld der Gesundheitsförderung. Entstehende Synergien können dazu beitragen, dass vor allem die lebensstilrelevanten Faktoren chronischer Erkrankungen sowie der komplexen Ko- oder Multimorbiditätscluster interdisziplinär und personensorientiert im Sinne eines bio-psycho-sozialen Ansatzes behandelt, verhindert oder wenigstens beeinflusst werden können (Röhrich et al. 2018a).

Präventionspotential zur Verhinderung von Komorbiditäten

Für die Patientengruppe von Menschen mit AHF zeigt sich diese Relevanz einerseits aufgrund zunehmend auftretender Komorbiditäten, welche nun aufgrund der wachsenden Lebenserwartung deutlich in Erscheinung treten. Die Ursachen dafür werden in hohem Maße im Bereich des Lebensstils der Patienten verortet und deuten auf ein ungenutztes Potential zur Komorbiditätsvermeidung oder -linderung hin (Neidenbach et al. 2017). Mit Prävention und Gesundheitsförderung bestehen wissenschaftlich fundierte Ansätze, um dieser Entwicklung entgegenzuwirken sowie die Lebensqualität der Patienten zu fördern.

Prävention hat allgemein das Ziel, Krankheitseintritt oder -progression zu verhindern, indem eine Verringerung von Krankheitsrisikofaktoren ange-

Verortung Salutogenetischen Denkens Perspektiven

Bungsleiter

Ronny Steinbruck



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Ronny Steinbruck, 2015-06-01 Studienarbeit aus dem Jahr 2007 im Fachbereich Pädagogik Wissenschaft Theorie Anthropologie Note 2,0 Johannes Gutenberg Universität Mainz Veranstaltung Taking the role of the other Ein zentraler Begriff der Pädagogik 5 Quellen im Literaturverzeichnis Sprache Deutsch Abstract Dass Menschen ihre Umwelt verschieden wahrnehmen und dementsprechend auf sie reagieren sei an dieser Stelle als unumstritten festgesetzt Erklärungen dafür warum sie dies so erleben und handeln sind ebenso unterschiedlich Eine mögliche Erklärung soll in dieser Hausarbeit unter Zuhilfenahme einer Situation aus der Alltagspraxis exemplarisch dargestellt werden Der gewählte Erklärungsansatz hat seinen Reiz in der multidisziplinären Anwendung und entfaltet sein Potential im Spannungsfeld zwischen Gesundheit und Krankheit Es wird im Folgenden das Salutogenese Konzept und dessen zentraler Kern der sense of coherence SOC nach Aaron Antonovsky aufbereitet und dessen Deutungskraft in konkreten Situationen beleuchtet Die schon angedeutete Reichweite der Anwendungen dieses Modells soll im Folgenden erprobt und ausgenutzt werden Aufgrund meines studentisch fachlichen Hintergrundes und praktischer Tätigkeiten habe ich mich für eine Situation aus dem Sport im Verein mit dem Blick auf den Lehrenden wie auch auf den Lernenden entschieden Im Fokus steht hierzu eine Trainingsstunde von Kindern der zweiten bis vierten Klasse die einmal wöchentlich zusammen kommen um eine Stunde kleine Spiele zu spielen Zunächst soll im ersten Kapitel die Philosophie der Salutogenese damit verbundene Fragestellungen und das zentrale Konzept knapp vorgestellt werden Daran anschliessend wird im zweiten Kapitel der Kern der Salutogenese das SOC sowohl vorgestellt als auch aus meiner Sicht ihre Bedeutung für den Lehrenden in einer gemeinsamen Stunde mit den Kindern parallel zu den fachlichen Ausführungen mit integriert werden Ausserdem wird es um die Bedeutung und Stellung von Stressoren

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