

Perspective

The 5Ss' Approach for Managing Health of Client, Family and Community

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Abstract: Healthcare undergraduates' curriculum is mostly based on clinical assessment and management of the patients. Consideration to the client, family, and community aspect is negligible. Health Management of a client requires a holistic approach encompassing the role of quality of services, communications skills, managing family and community; with ethical practices abiding the rules and regulations etc. World Health Organization (WHO) also defines health in terms of physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity. Thus, for managing client, undergraduates need to be imparted with it is more than just teaching only the clinical approach. The 5Ss' model concept is being presented for redesigning the healthcare undergraduate curriculum and to focus on the role of Self, Society, State, Systems and Spirituality as a part of the curriculum.

Keywords: Health, 5Ss', Self, Society, System, State, Spirituality, Medical Education, WHO Definition of Health.

INTRODUCTION

The World Health Organization (WHO) defines health as a dynamic state of complete physical, mental, spiritual, and social well-being and not merely the absence of disease or infirmity. Considering the WHO's definition, there are four basic parameters in this definition which are highlighted-physical, mental, social, and spiritual well-being [1]. Although, WHO has defined health in an ideal manner, a Health Care Provider (HCP) considers managing the physical and mental health of a client or an individual (Self). Thus, the physical and spiritual health are left to be managed by the individual or self. However, for managing even the physical and mental health, the HCP needs complete engagement of the Self. Therefore, managing health becomes completely dependent on Self. The Self comprises of taking care of the physical body outside and inside at the cellular level. The physical health is usually apparent and visible, however, the cellular health is gauged through estimation of the biomarkers through laboratory diagnostics. Therefore, cell and the biomarkers within the cell, become the focus of research, diagnosis, and management of an individual in primary care [2]. Human body has life through Spirit, which is inside the body and reflected through our behavior. The spirit keeps us alive and provide quest to survive and to find meaning of our life and existence or the spirituality. Thus, we maintain our physical health through keeping the body healthy and mental health through shaping our behavior and spiritual health. While the physical health is dependent on our diet, nutrition and daily activities; the spiritual health is enriched through gaining knowledge, and the intellectual virtues;-arts, science, wisdom, understanding and prudence. The physical, mental and spiritual health also enables the Self to connect with the environment and the society to maintain social health and well-being. While living in society one

has to follow the state policies, the existing systems and norms of society for ethical practices. Thus, the cohesion of the 5Ss'-Self, Society, State, Systems and Spirituality; are imperative for health, healthy living and for the success of all projects.

The current undergraduate curriculum of healthcare professionals, teaches and prepares a HCP for clinical management of a client, which is symptomatic management. Therefore, the focus of a clinician is mostly on the physical and mental well-being of an individual and managing disease. The inner Spirit and will to survive is essential for an individual in coping with disease. This is particularly pertinent for managing chronic disease of Self (individual). The HCP needs to consider beyond cell and physical body, as the majority of illnesses are linked to behavior and lifestyle with an impact from Society. Society, is comprised of a group of people living together. The Societal elements include likeness or hate for each other, reciprocal awareness, differences in caste, creed, values, status, and interdependence, which make us cooperate or conflict with each other [3]. However, a HCP has hardly any education in the areas of health education and behavior change to integrate biological, behavioral, and social determinants of health in consideration of the dynamics of society.

Health is managed through the Systems comprising of:

1. People (delivering the services for the System as individuals, within the State and within the Society).
2. Institutions (comprising of Self or the individuals, Society served by the institution, and following State laws and policies).
3. Resources (from Self, State, and Society for the functioning of the System).

People in the System are key with their capacity to serve. Institutions provide the necessary capacity building for the manpower,

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research, innovation, and production for economic development through the engagement of Self, Society and State; and Resources provided mainly by the State, additionally by individuals or Self and Society through philanthropy, corporate social responsibility, and public-private partnerships to run the System. The Systems function around and ensure the implementation of State policies, rules, regulations and the laws warranting the functioning of State. The healthcare undergraduate curriculum mainly covers the clinical management of physical and mental health, and some aspects of society through public health or community medicine. However, the spiritual part is lacking. Therefore, for managing client, family and community health and well-being, the WHO's definition need to be viewed considering the lens of five pillars of "5Ss"- (Self, Society, System, State and Spirituality).

The wheel of system provides integration at the State, Society and Self levels and is responsible for maintaining ease of functioning [2]. The biological immune System is responsible at the level of the cell. The body and behavior are responsible at the level of the Self. The Society builds a social system with moral factors determining right and wrong; our beliefs, values, and behavior towards using the means to achieve the end of what we value. Thus, the System impacts an individual's or Self behavior for personal ease towards physical, mental, spiritual and social well-being. The overall functioning ease is provided through the System administrators, healthcare workers, and the leadership of the State. However, communication lapses are the main source of dysfunctional system having an impact on healthcare such as: medical procedure error, long waiting time, wrong, delayed, or expensive treatment, uninformed recommendations etc. [4].

In addition, conflicts may also occur with the patients and their families. Further, the medication errors account for one out of 131 outpatient deaths and one out of 854 inpatient deaths [5]. These sentinel events cost lives as the health management and quality aspect is missing from the HCP curriculum. This highlights that a HCP considers managing health at the cellular or biological level through laboratory investigations, diagnosis and clinical management for physical and mental health; needs additional tools. The above para needs to be made more coherent. Seems like a comparison is drawn between the Societal System – that shapes the behavior of an individual; entailing the political, social, ethical value system and state policies—and the human system based on cellular and sub-cellular level. However, the author needs to create a symphonic relationship between the two attributions for the reader to understand and construct a clearer paradigm. Similarly, the idea of sub-cellular level as the Spiritual level needs to be more firmly established medical undergraduate curriculum 5Ss' and WHO definition. The medical undergraduate curriculum not only lacks teachings on the social aspects of health but also about health systems, state policies, rules, regulations, and laws relevant to healthcare [6]. So, if we consider the WHO's definition of health, the HCP is mainly capable of managing physical and mental health, leaving a void for social and spiritual well-being. Thus, a HCP needs to understand the philosophy of health for managing client, family, and commu-

nity health, considering the lens of the five basic pillars of 5Ss' (self, society, spirituality, system, and state).

The HCP's current focus, as per his their undergraduate teaching, is only on clinical management at the level of the physical and mental health of a client [7]. Therefore, additional teachings (courses/trainings) are needed (required) in terms of health systems and state policies for making the HCP aware of managing health with a health systems approach and knowledge of relevant policies, laws, rules, and regulations to remain within state boundaries for quality service delivery (how does this address the Spiritual aspect discussed above?). Subjects on society will assist the HCP in understanding societal morals and values for community management (community management has not be mentioned in this paper before, this is a new concept, how does it align with the self (individual) mental/physical health management?) and subjects on behavior management will assist in influencing the behavior of clients and managing their own behavior. Similarly, the nurses are also taught somewhat similar clinical oriented curriculum.

However, the teachings of community health nurses are focused on:

1. Managing clients and families to take an active role in their well-being by promoting self-care practices and healthy lifestyle choices.
2. Collaboration with community groups, non-profit organizations, and public health initiatives to address social determinants of health like education.
3. Contributing to public health advocacy by voicing the needs of the community to policymakers and supporting.

The above role assists them in playing an important role in community health management. Additional support is provided by community health workers, psychologists, and social workers to ensure health in the social system. However, the HCP in most of the academic institutions are not exposed to Public/Community Health in an extensive manner and mostly to the clinical management of clients. Whereas, for managing health of the client, family, and community, a HCP needs to adopt a community health management systems approach, ensuring the health of the people, understanding the role of state systems (policies, rules, regulations, engagement with institutions, and resource allocation for projects), and the implications of Self acts towards the client and family on the community and overall society management [8]. Thus, client management is not merely clinical management and it is evident that the clinical-oriented curriculum leaves a void in client, family, and community health management [9].

The 5th S-Spirituality as previously stated, WHO defines health as the combination of physical, mental, social, and spiritual well-being. The above-mentioned 4Ss' lack a spiritual context. The interior part of the cell represents the individual's spirit. Spirituality is complex; at one extreme, it deals with religious

expression, seeking the sacred or divine in order to ensure reciprocity. On the other end, it prepares Self for problem solving and decision making. The inner self is equipped with knowledge through intellectual virtues and systems, which include arts, science, wisdom, insight, and prudence. The spiritual section also discusses the growth of morality and ethics in dealing with society and relationships. The state laws and regulations will be followed with an insight of Spirituality while deciding in reaching the ends by the adopted means. The spiritual part of medical education is left to the discretion of the HCP, with little focus in the undergraduate curriculum. However, the notion of health is insufficient unless Spirituality is included. Spiritual health influences the body, mind, and overall well-being. While it is important to train healthcare personnel to provide clients, families, and communities with physical, mental, emotional, social, and vocational well-being, it is quintessential important to include spiritual aspects in the curriculum alongside. Spiritual health is a dynamic state that includes the quality of connections in four dimensions of spiritual well-being. A person's personal domain is where they interact with themselves. Communal sphere, with deep interpersonal interactions; Environmental domain, connecting with nature. Transcendental realm refers to something or someone beyond the human level. The Four Domains Model of Spiritual Health and Well-Being encompasses all current worldviews, from the fervently religious to the atheistic rationalist [10].

Dovetailing Health and the 5Ss' Model For managing health, all the pieces of the puzzle (5Ss') need to work together in a systematic manner. This warrants that the WHO definition of health needs to be revisited to understand the concept of what influences body equilibrium to convert ease to "disease." Furthermore, the definition covers only the self or an individual aspect and misses other factors like the System, Society, and state impacting the Self. For example, if a client is ill, his investigations will be evaluated in accordance with the management's expectations. If the results do not meet expectations, corrective actions are implemented to reassess the therapeutic approaches for client management. These measures affect the cellular level of the self or individual being handled. Thus, the initial level of therapeutic intervention targets an individual's cell. Dietary conditions and human behavior cause changes at the cellular level. Maintaining health is under a person's control, regardless of their genetics. Individuals' harmful actions, such as smoking, impact the basic functioning of cells in lung tissue. Continuous smoking brings complications, expanding to other body organs. It further creates an impact on social functioning of an individual through economic, social, and disease burden affecting the family. Passive smoking affects those in the surroundings within the community.

The disease burden not only individuals and Society, but also the System as more individuals need to be managed. This highlights the role of State in developing a System with rules and regulations in general and at the level of healthcare establishments, ensuring that cigarettes are not marketed or limiting marketing with cautionary remarks on the packet and healthcare services

are available to provide quality care. The role of Society in reducing exposure to smoking can also be important in restricting smoking. Thus, the health behaviors of individuals have an impact on the health of their own Self (which may deteriorate), Society (creation of burden on the family), System (may need health promotion and disease prevention approaches at community-based health facilities such as primary/family health centers, etc. to alter the eco-system), and State (financial burden for the State to manage) [2]. The addition of Spiritual aspect to the curriculum will assist healthcare workers in supplementing the clinical management aspect of teaching with a holistic approach to managing clients. At the same time, the healthcare professional himself will seek from himself the self-reflection and Self-regulation aspects. Thus, he uses his intellectual virtues in tandem with the spiritual aspect of managing the body and mind for the wellness of himself, his clients, his family, and the community. Thus, validating the revision to be made in the curriculum for teaching healthcare workers. Thus, the therapeutic importance of the 5Ss' approach towards managing Client, Family and Community Health. 5Ss' model for various target groups The unique concept of the 5Ss' approach, encompassing of Self, Society, State, Systems' and Spirituality; will enlighten all the cadres of healthcare, enabling them to understand the role of the 5Ss' in managing client, family, and community health. The concept endorses that traditional teaching of medical undergraduate curriculum is mostly based on using diagnostic and clinical approaches for client management and has lacunae that need to be covered through the 5Ss approach. It also provides an insight for academicians and researchers, opening doors and concepts other than the traditional teaching of clinical aspects, where the health of a client is usually managed clinically based on pathological identification and diagnosis of a disease.

CONCLUSION

The current medical curriculum leaves a gap in the management of health and well-being, as defined by the World Health Organization. While healthcare professionals (HCPs) are being prepared for physical and mental well-being, they are not being equipped with the necessary skills for managing health, dealing with family, societal, and spiritual issues, and promoting the well-being of clients, families, and communities. The 5Ss' approach, which includes Self, Society, System, State, and Spirituality, offers a holistic philosophy for managing health that dovetails clinical management with client, family, and community health management. This approach considers not only the presence of disease but also the ease of life as a reality and health as a universal value for all. Therefore, to align with the true spirit of the WHO definition, it is necessary to revise the HCPs' curriculum to adopt the 5Ss' approach, which takes into account Self-hood as a valued possession, societal well-being ensured by the ecosystem, a spiritual lens for wellness management, and the State securing health as an asset for all.

CONFLICT OF INTEREST

Declared none.

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