

## HAS FINAL NOTES

### **1. Biomedical and Social Models of Health**

#### Biomedical model

- Physical or biological aspects of disease
- Diagnoses, treats and cures disease
- Emphasis Individual responsibility
- Based on assumption that disease has a singular cause, once it is treated, patient is back to full health
- Disease intervention NOT prevention

#### Pros

- Treats disease
- Increases life expectancy
- Treatment of disease is more immediate

#### Cons

- Many causes of disease are related to social determinants, therefore this model is limited in its potential
- Treatment is expensive
- Life expectancy does not equal healthy life expectancy
- Dismisses patients' thoughts and feelings as unscientific
- Victim blaming
- Neglects social and psychological factors of health

#### Social Model

- Outlying factors that contribute to health such as socioeconomic status, environment, social status, location, education, stressors
- Evidence that social impacts can contribute to ill health
- Ill health is a process of interaction between people and environments
- Does not deny biomedical model, intended for use along with it
- Views health as a complete state of physical, mental and social wellbeing
- Prevention of illness
- Highlights health disparities and inequalities among social groups

#### Pros

- Addresses social determinants
- Prevention of disease
- Reduces cause
- Improves quality of life
- Patients' feelings are valued

#### Cons

- Proposed solutions can be complex to implement in short term
- Lack of finance
- More people are concerned with the biomedical model
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Therefore, in order to address all aspects of health, it is important to consider both models merging together.