

Resource-oriented health pedagogy

in a salutogenic perspective



Lis Puggaard, Ph.D. External lecturer,
University of Southern of Denmark

SALUD!

Saluto = Health

Genesis

The origins of...

Salutogenesis

Health, well-being and mental resilience

Evidence-based knowledge



"Cheers, bro ... - for your health!"

Aaron Antonovsky

(1923 - 1994)

- Professor of Medical Sociology at the Faculty of Health Sciences, Ben Gurion University of Negev, Israel.

PATHOGENESIS

Cause and development of diseases

SALUTOGENESIS

Cause and development of health

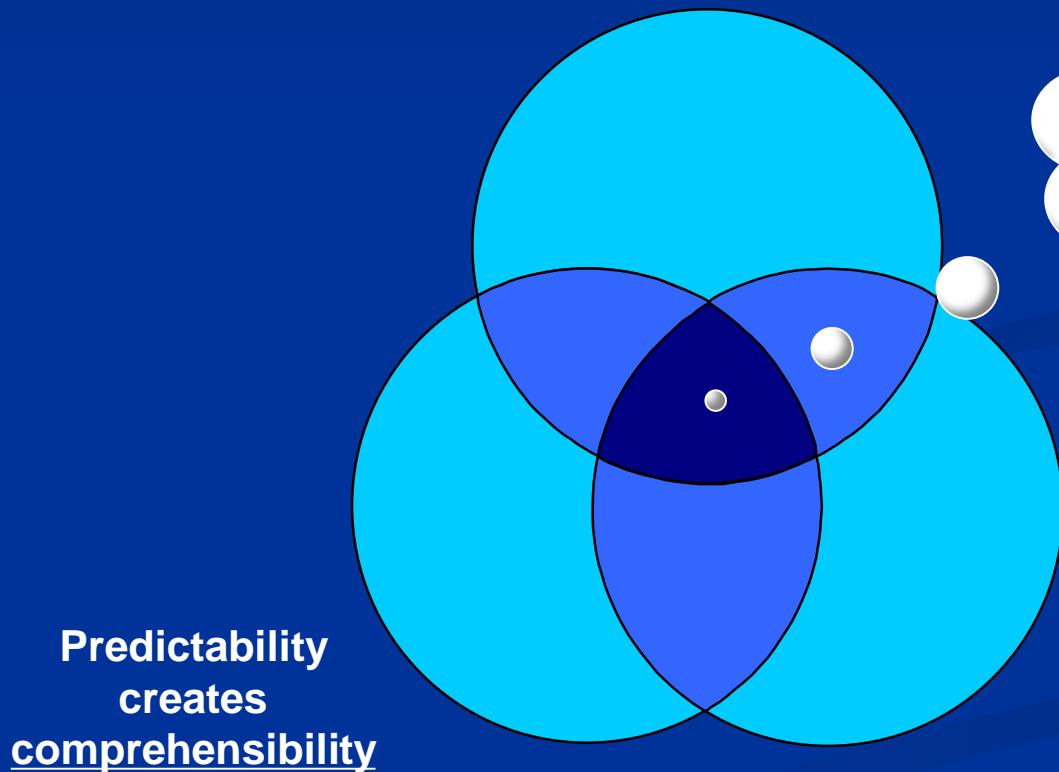


Mechanisms behind health

- a salutogenetic approach -

Participation creates meaningfulness

To be positive, motivated to act
and increase hope



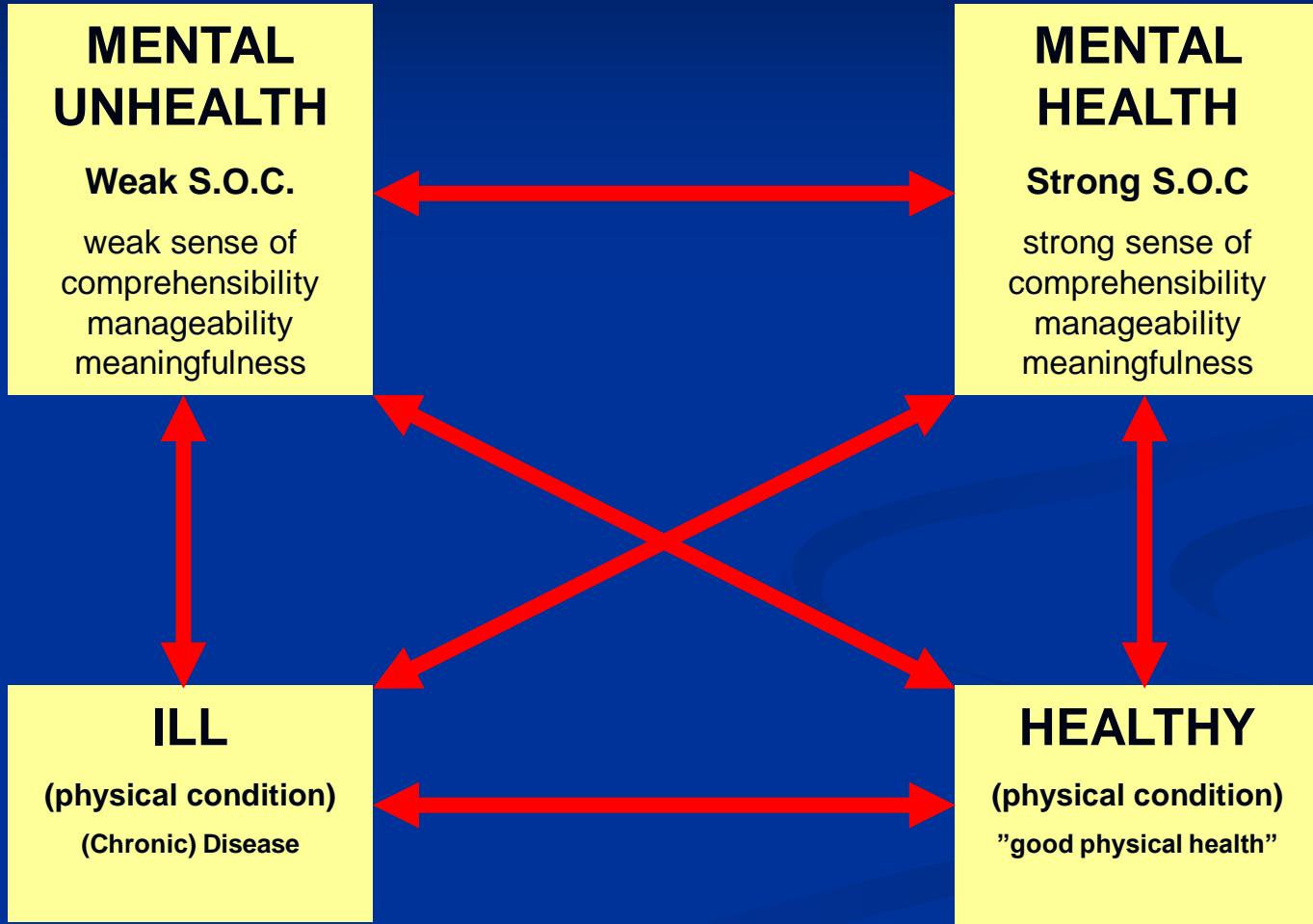
Sense of coherence
(S.O.C.)

Balanced challenges creates manageability

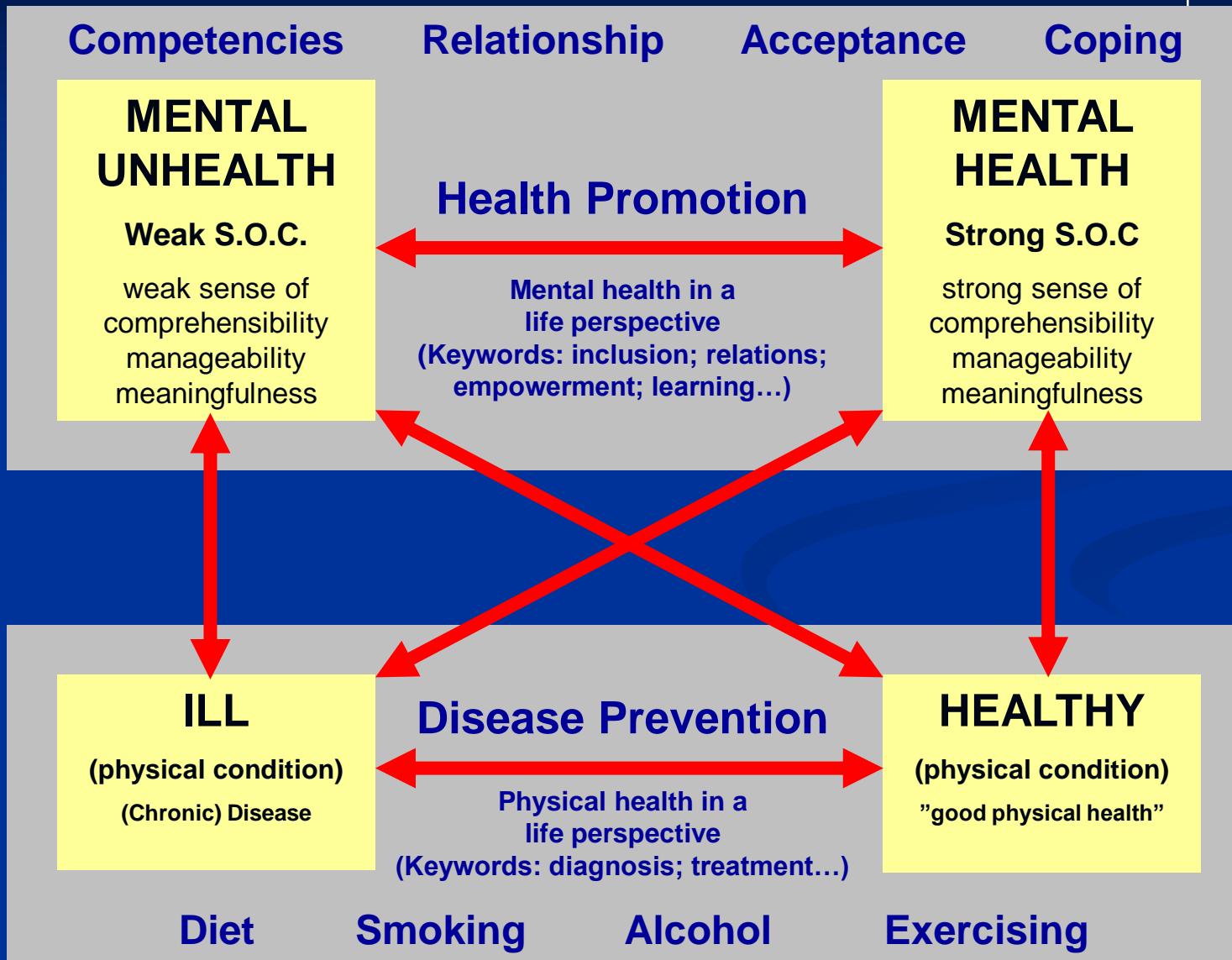
To cope...

Health

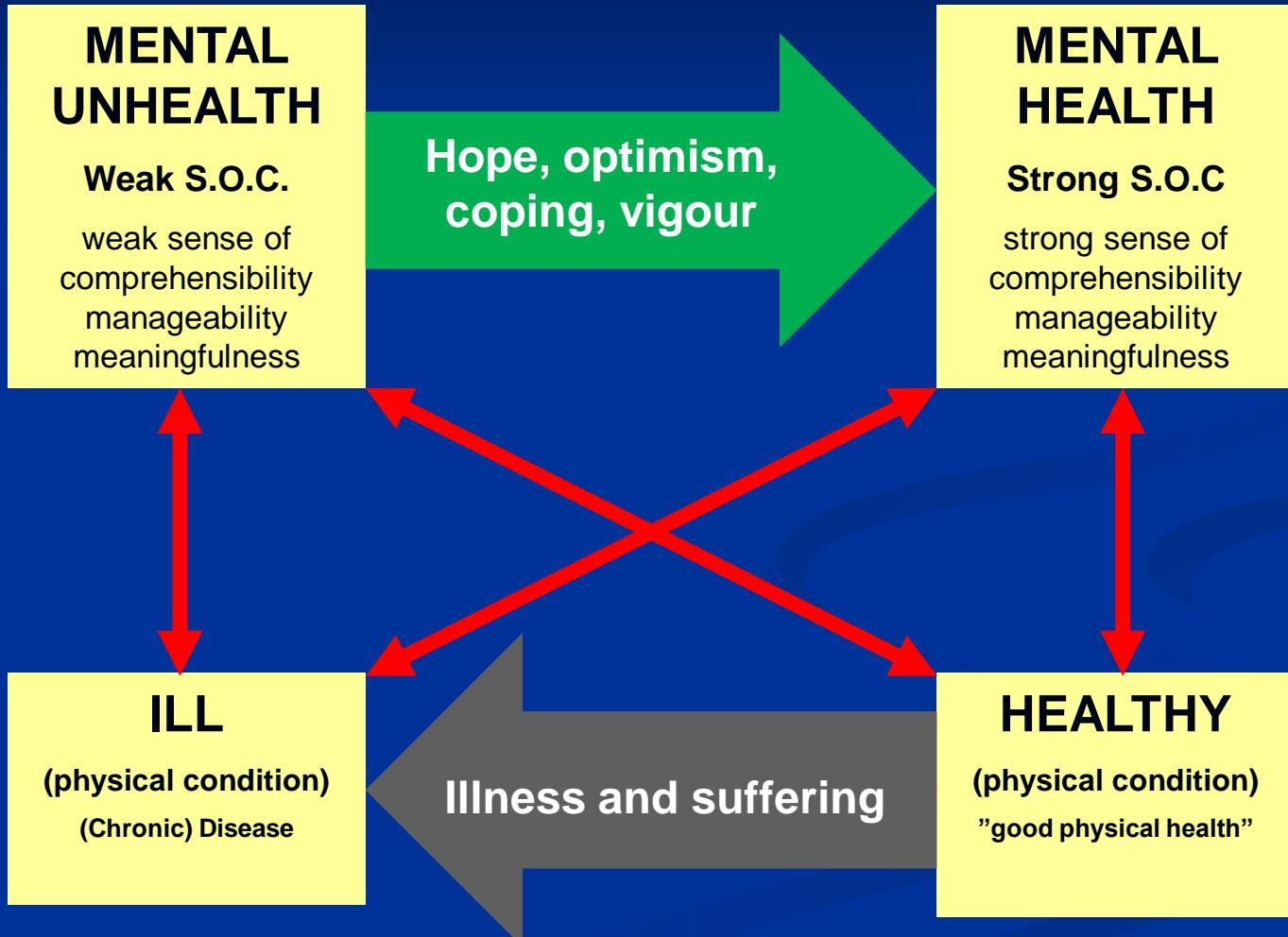
a dialectic and salutogenic approach



A dialectic approach for health



Ill and mental health at the same time



Health promotion and empowerment - shift of focus

PATHOGENESIS

- Physical condition
- Body
- Diagnose
- Disease
- Risks
- Fear
- Missing
- Treatment
- Information
- Instruction
- Knowledge
- Helping
- Talking



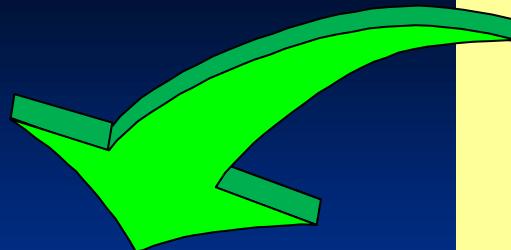
SALUTOGENESIS

- Mental health
- Life
- Empowerment
- Life with any. Disease
- Opportunities
- Hope
- Resources
- Education
- Learn and understand
- Coaching
- Actions
- Coping
- Listen - connect wisely

Health promotion and empowerment - the dynamics between pathogenesis and salutogenesis.

Both pathogenesis and salutogenesis have their validity, but health promotion is about moving the focus from the disease to the *life* with a disease in a learning perspective which promote motivation and compliance.

Sense of Coherence



Antonovsky's results show that strong sense of coherence improve the ability to...

- Register and assess stressors
- Experience fewer threatening stressors
- Trust the world is comprehensible
- Act
- Cooperate with people in whom you have trust
- Deal with emotional problems caused by stressors
- Perceive problems like challenges
- Be more motivated and committed to finding solutions
- Select coping strategies that is best suited to the influential stressors
- Respond better to feedback

**MENTAL
HEALTH**

Strong S.O.C

strong sense of
comprehensibility
manageability
meaningfulness

Competencies

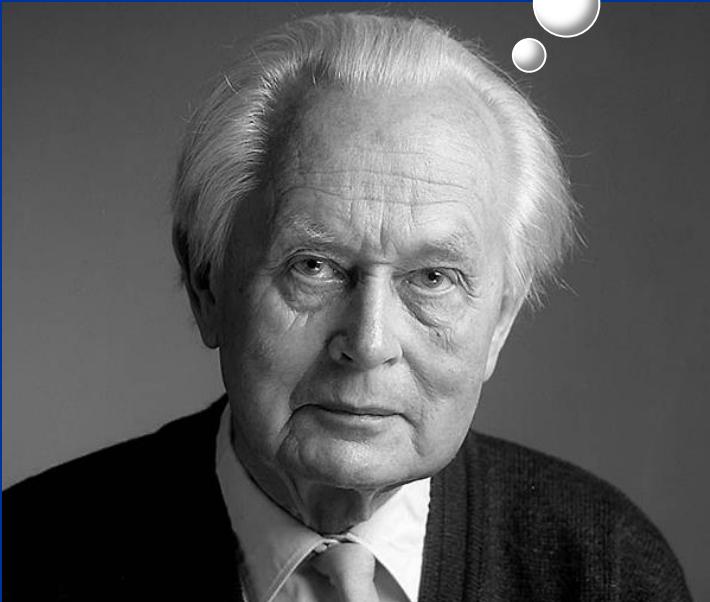
Relationship

Acceptance

Coping



*Health is not bought with a chemist's pills
Nor saved by the surgeon's knife
Health is not only the absence of ills
But the fight for the fullness of life*



“Health Poem” by the Danish poet Piet Hein that he wrote to celebrate WHO’s 40th Anniversary.

Piet Hein
(1905 – 1996)

