

In Joseph's situation, the Health Promotion Model holds significant value because it provides a framework to help him address and manage his type 2 diabetes diagnosis through a **commitment to a plan of action**. This model emphasizes the importance of committing to healthy behavior and focuses on the individual's positive perceptions of health related behaviors. Firstly, I will try to get Joseph to understand the **perceived benefits of action**. If Joseph believes that there will be positive outcomes to adopting healthy behaviors, habits, and staying on top of all of his medications, he will be more likely to take his diagnosis more seriously. Then, I will take a look at his **perceived barriers to action**. I can explore Joseph's perceptions of diabetes management and identify barriers, such as a lack of motivation due to his inability to lose weight. I will try to pinpoint what is stopping Joseph from taking action and work with him to develop strategies to enhance motivation and overcome these barriers. I will also target his **perceived self-efficacy**. Joseph might have a low-self efficacy as seems to continue to partake in a high carbohydrate diet that is not healthy for him. I will try to instill in him self-efficacy and confidence which will encourage him to change his diet and believe in himself and his health. I will also use the tool of **activity related affect**, which is the component of the theory that deals with emotional responses or feelings associated with certain health behaviors. If Joseph focuses on the positive aspects of taking action, it is more likely that he will continue with positive behaviors and changes. I would encourage Joseph to focus on activities that will be beneficial to his health and emotionally rewarding, such as walking or continuing his volunteering. For Joseph's treatment I will also target **personal factors**. Joseph seems to have a poor understanding of diabetes as he thinks it comes from eating sugar, so I would educate him on this condition and the importance of monitoring blood glucose levels, taking all of his medications, and limiting his intake of carbohydrates. Although Joseph's parents both had diabetes, he never saw them taking care of themselves. This is an **interpersonal influence** that I would try to correct by emphasizing the importance of a treatment plan for diabetes. For **situational influences**, I would try to involve Joseph's wife and children more in his diagnosis, and encourage his wife to provide encouragement and come up with a healthier diet plan for Joseph that takes into account his diagnosis.

## References

Nursing Theory. (2023). *Pender's Health Promotion Model*.

<https://nursing-theory.org/theories-and-models/pender-health-promotion-model.php>

