

## 32. THE ROLE OF THE HOLISTIC APPROACH IN PRIMARY CARE.

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**Introduction.** Holism is the philosophy of understanding people by addressing the factors that affect people in all situations. The parameters that guide a holistic approach are the patient's thoughts, feelings, culture, beliefs and attitudes in harmony with their body, mind and spirit. Globally, health care systems are facing unparalleled levels of demand for services and a greater emphasis on long-term condition management, as well as financial constraints and an increasing role for technology in care. The key factors influencing a person's health status are the quality of health care is only 10%. Heredity accounts for 18% and environment is 19%. Daily living choices are 53%. Relationship-centred care is a must when dealing with many chronic conditions that are not simple cures.

**Aim of study.** A health care approach, to support the patient and family to control a lifestyle that participates in patient satisfaction and health.

**Methods and materials.** Scientific articles were searched in PubMed, Google Scholar, Medline, databases over a 5 year period. Keywords used in the search: holistic , holistic care, patient.

**Results.** Recognising all human dimensions encourages a balanced and complete view of a person. Disease has the power to strike the strongest of individuals; no one is immune. By taking a holistic approach and looking at the bigger picture, it is possible to identify the underlying cause of a problem. Personalised health planning is used to individualise care strategically along the continuum from health promotion to disease treatment. Person-centred diagnosis is based on the biopsychosocial model, connects science with humanism and uses all possible ways for clinicians, patients and their families to work together for more effective disease management. Developing a holistic understanding and relationship with patients allows the health care worker to guide them more effectively towards health by helping them integrate appropriate self-care into their lives.

**Conclusion.** By achieving a balance between body, mind and spirit, the person will achieve a healthier, happier and more contented life, resulting in positive changes to their lifestyle and are motivated to continue this process throughout life.