

The social determinants of health play an important role in shaping the health and well-being of individuals across the lifespan. As with all health assessment, it is imperative for health care professionals to strive to keep an open mind, respect differences, and be aware of personal implicit biases as they assess for social, cultural, economic, educational, and environmental factors influencing health.

Reflect upon the learning accomplished during Week One regarding these variables, and respond to the following:

- Identify three of the social determinants of health and explain the impact of each determinant on individual health and person-centered care.
- Using a holistic approach to assessment, what strategies would you use to determine how social determinants influence the individual's health? Provide three questions that might aid in assessing these variables.
- How might the Synergy Model provide a framework for the MSN-prepared nurse to collaborate with individuals in order to assess health literacy and the impact of social determinants?
- 🗣️ Provide feedback to your peers for considerations related to age appropriate and culturally inclusive considerations which would demonstrate an open mind and respect for differences.

Social determinates are the health factors that can promote health and as we learned in this week's lesson, they can also be causative factors that can lead to poor health and outcomes of a patient. Sometimes these social determinants can cause a chain reaction or may be connected. Three social determinants of health are geographical location, economic stability, and employment. With geographical location, it impacts ones' safety, availability, and access/proximity to care. So, if one does not live close to the care they need, or they have limited access, and without economic stability they lack transportation due to lack of affordability, and even if they did get there, they may not be able to afford it. With employment, do they make enough, do they have insurance, and if so, are they able to take time off to get the care they need or does that cause another issue with their economic stability. Thinking about these questions when assessing is important, it allows the provider or caregiver to holistically look at the patients' individual needs and by considering these factors during an assessment one can provide a holistic approach to person centered care.

A question one might ask to assess the patient's geographical factor, along with economic stability is, do you have access to affordable transportation to your get to your follow up appt that will be scheduled for you? With economic stability, one could also ask, do you have insurance, and do you know if your follow up appts are covered? And with employment you could ask, are you able to schedule your appts at any time or specific days and times only? By asking these questions you can assess factors that we may sometimes think are noncompliance, but in reality, they are factors that can be avoided by holistically planning patient care. It also allows for one to contemplate age appropriate and culturally inclusive considerations when