

Introduction

- Developed by Marjory Gordon.
- A method used by nurses in the nursing process to provide a comprehensive nursing assessment of the patient.
- Taxonomy II of NANDA Nursing Diagnosis classification is based on Gordon's functional health patterns.
- Gordon's functional health pattern includes 11 categories which is a systematic and standardized approach to data collection.

Gordon List of Functional Health Patterns

Health Pattern	Describes
Health Perception: Health Management Pattern	client's perceived pattern of health and well being and how health is managed.
Nutritional: Metabolic Pattern	pattern of food and fluid consumption relative to metabolic need and pattern indicators of local nutrient supply.
Elimination Pattern	pattern of excretory function (bowel, bladder, and s
Activity: Exercise Pattern	pattern of exercise, activity, leisure, and recreation.
Cognitive: Perceptual Pattern	sensory, perceptual, and cognitive pattern
Sleep: Rest Pattern	patterns of sleep, rest, and relaxation.
Self-perception: Self-concept Pattern	self-concept and perceptions of self (body comfory, image, feeling state)
Role: Relationship Pattern	pattern of role engagements and relationships.
Sexuality: Reproductive Pattern	client's pattern of satisfaction and dissatisfaction with sexuality pattern, describes reproductive patterns.
Coping: Stress Tolerance Pattern	general coping patterns and effectiveness of the pattern in terms of stress tolerance.
Value: Belief Pattern	pattern of values and beliefs, including spiritual and /or goals that guide choices or decisions.

Domains: NANDA of Human Needs

1. **Breath**
2. **Food / Hydration**
3. **Disposal**
4. **Mobilization**
5. **Rest / Sleep**
6. **Wear proper clothing & Choose**
7. **Temperature**
8. **Health / Skin**
9. **Security**
10. **Communication**
11. **Religion / Beliefs**
12. **Work / Being**
13. **Recreational Activities**
14. **Learning**