Introduction

Gordon's Functional Health Patterns is a method develops By Marjorie Gordon in 1987 proposed functional health patterns as a guide for establishing a comprehensive nursing data base. By using these categories it's possible to create a systematic and standardized approach to data collection, and enable the nurse to determine the following aspects of health and human function:

https://irmanweb.wordpress.com/2011/03/-11/nursing-diagnosis-and-11-gordons-functional-health-patterns/

Gordon's Functional Health Patterns

1. Health Perception Health Management Pattern
2. Nutritional Metabolic Pattern
3. Elimination Pattern
4. Activity Exercise Pattern
5. Sleep Rest Pattern
6. Cognitive-Perceptual Pattern
7. Self-Perception-Self-Concept Pattern
8. Role-Relationship Pattern
9. Sexuality-Reproductive
10. Coping-Stress Tolerance Pattern
11. Value-Belief Pattern

Health Perception & Health Management

Focused on the person's perceived level of health and well-being, and on practices for maintaining health. Also evaluated Habits including smoking and alcohol or drug use.
Contamination
Disturbed energy field
Effective therapeutic regimen management
Health-seeking behaviors (specify)
Ineffective community therapeutic regimen management
Ineffective family therapeutic regimen management
Ineffective health maintenance
Ineffective protection

Health Perception & Health Management (cont)

Ineffective therapeutic regimen management
Noncompliance (ineffective Adherence)
Readiness for enhanced immunization status
Readiness for enhanced therapeutic regimen management
Risk for contamination
Risk for infection
Risk for injury
Risk for perioperative positioning injury
Risk for poisoning
Risk for sudden infant death syndrome
Risk for suffocation
Risk for trauma
Risk-prone health behavior

Nutritional Metabolic Pattern

it's focused on the pattern of food and fluid consumption relative to metabolic need. Is evaluated the adequacy of local nutrient supplies. Actual or potential problems related to fluid balance, tissue integrity, and host defenses may be identified as well as problems with the gastrointestinal system.
Adult failure to thrive
Deficient fluid volume: [isotonic]
[Deficient fluid volume: hyper/hypotonic]
Effective breastfeeding [Learning Need]
Excess fluid volume
Hyperthermia
Hypothermia
Imbalanced nutrition: more than body requirements
Imbalanced nutrition: less than body requirements
Imbalanced nutrition: risk for more than body requirements
Impaired dentition
Impaired oral mucous membrane
Impaired skin integrity
Impaired swallowing
Impaired tissue integrity

Nutritional Metabolic Pattern (cont)

Ineffective breastfeeding
Ineffective infant feeding pattern
Ineffective thermoregulation
Interrupted breastfeeding
Latex allergy response
Nausea
Readiness for enhanced fluid balance
Readiness for enhanced nutrition
Risk for aspiration
Risk for deficient fluid volume
Risk for imbalanced fluid volume
Risk for imbalanced body temperature
Risk for impaired liver function
Risk for impaired skin integrity
Risk for latex allergy response
Risk for unstable blood glucose

Elimination Pattern

It's focused on excretory patterns (bowel, bladder, skin).
Bowel incontinence
Constipation
Diarrhea
Functional urinary incontinence
Impaired urinary elimination
Overflow urinary incontinence
Perceived constipation
Readiness for enhanced urinary elimination,
Reflex urinary incontinence
Risk for constipation
Risk for urge urinary incontinence
Stress urinary incontinence
Total urinary incontinence
Urge urinary incontinence
[acute/chronic] Urinary retention

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Activity and Exercise Pattern

It's focused on the activities of daily living requiring energy expenditure, including self-care activities, exercise, and leisure activities.

Activity intolerance
Autonomic dysreflexia
Decreased cardiac output
Decreased intracranial adaptive capacity
Deficient diversonal activity
Delayed growth and development
Delayed surgical recovery
Disorganized infant behavior
Dysfunctional ventilatory weaning response
Fatigue
Impaired spontaneous ventilation
Impaired bed mobility
Impaired gas exchange
Impaired home maintenance
Impaired physical mobility
Impaired transfer ability
Impaired walking
Impaired wheelchair mobility
Ineffective airway clearance
Ineffective breathing pattern
Ineffective tissue perfusion
Readiness for enhanced organized infant behavior
Readiness for enhanced self care
Risk for delayed development
Risk for disorganized infant behavior
Risk for disproportionate growth
Risk for activity intolerance
Risk for autonomic dysreflexia
Risk for disuse syndrome
Sedentary lifestyle
Self-care deficit
Wandering

Cognitive-Perceptual Pattern

It's focused on the ability to comprehend and use information and on the sensory functions. Neurologic functions, Sensory experiences such as pain and altered sensory input.

Acute confusion
Acute pain
Chronic confusion
Chronic pain
Decisional conflict
Deficient knowledge
Disturbed sensory perception
Disturbed thought processes
Impaired environmental interpretation syndrome
Impaired memory
Readiness for enhanced comfort
Readiness for enhanced decision making
Readiness for enhanced knowledge
Risk for acute confusion
Unilateral neglect

Sleep Rest Pattern

It's focused on the person's sleep, rest, and relaxation practices. To identified dysfunctional sleep patterns, fatigue, and responses to sleep deprivation.

Insomnia
Readiness for enhanced sleep
Sleep deprivation

Self-Perception-Self-Concept Pattern

its focused on the person's attitudes toward self, including identity, body image, and sense of self-worth.

Anxiety
disturbed Body image
Chronic low self-esteem
Death anxiety
Disturbed personal identity
Fear

Self-Perception-Self-Concept Pattern (cont)

Hopelessness
Powerlessness
Readiness for enhanced hope
Readiness for enhanced power
Readiness for enhanced self-concept
Risk for compromised human dignity
Risk for loneliness
Risk for powerlessness
Risk for situational low self-esteem
Risk for [/actual] other-directed violence
Risk for [actual/] self-directed violence
Situational low self-esteem

Role-Relationship Pattern

It's focused on the person's roles in the world and relationships with others.

Evaluated Satisfaction with roles, role strain, or dysfunctional relationships.

Caregiver role strain
Chronic sorrow
Complicated grieving
Dysfunctional family processes: alcoholism (substance abuse)
Grieving
Impaired social interaction
Impaired verbal communication
Ineffective role performance
Interrupted family processes
Parental role conflict
Readiness for enhanced communication
Readiness for enhanced family processes
Readiness for enhanced parenting
Relocation stress syndrome
Risk for caregiver role strain
Risk for complicated grieving
Risk for impaired parent/infant/child attachment
Risk for relocation stress syndrome
Social isolation

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Sexuality and Reproduction

It's focused on the person's satisfaction or dissatisfaction with sexuality patterns and reproductive functions.
Ineffective sexuality patterns
Rape-trauma syndrome
Sexual dysfunction

Coping-Stress Tolerance Pattern

its focused on the person's perception of stress and coping strategies Support systems, evaluated symptoms of stress, effectiveness of a person's coping strategies.
Compromised family coping
Defensive coping
Disabled family coping
Impaired adjustment
Ineffective community coping
Ineffective coping
Ineffective denial
Post-trauma syndrome
Readiness for enhanced community coping
Readiness for enhanced coping
Readiness for enhanced family coping
Risk for self-mutilation
Risk for suicide
Risk for post-trauma syndrome
Self-mutilation
Stress overload

Value-Belief Pattern

it's focused on the person's values and beliefs.
Impaired religiosity
Moral distress
Readiness for enhanced religiosity
Readiness for enhanced spiritual well-being
Risk for impaired religiosity
Risk for spiritual distress
Spiritual distress

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