

CLIENT ASSESSMENT – APPLYING NEUMAN SYSTEMS MODEL

Instructions: Indicate assessment data in each variable and state the level of penetration into lines of defense. Indicate whether variable is a resource or stressor.

5 Variables Assessment Data	Lines of Defense Normal - Usual State of Wellness Flexible - Resources to prevent stressors from affecting health	Stressors Forces that cause the usual state of wellness to be disrupted	Lines of Resistance (Resources) How the stressors are resisted
Physiological Vital signs Neuro MS Cardiovascular Pulmonary Endocrine GI GU Lab values			
Psychological Coping Methods Mood/Affect Cognitive Abilities Attitudes/Values Memory Thought content Hallucinations Agitation			
Sociocultural Access to healthcare Family structure Economics/Resources Ethnic-Cultural Language/Literacy			
Spiritual Religious Beliefs Spiritual Values Human Spirit Hopefulness			
Developmental Developmental stage Maturational events Significant life events Transition stressors Role			