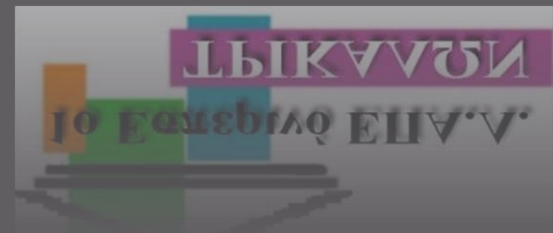


HEALTHCARE, WELFARE AND WELLNESS SERVICES

1st EVENING VOCATIONAL HIGH SCHOOL OF TRIKALA





- Healthcare refers to the organized efforts, services, and systems designed to maintain, improve, and restore the health of individuals and communities. It encompasses a wide range of activities aimed at diagnosing, treating, preventing, and managing diseases, illnesses, injuries, and other physical or mental health conditions.

USEFUL VOCABULARY	
healthcare	ιατροφαρμακευτική περίθαλψη
to maintain	συντηρώ, διατηρώ
to improve	βελτιώνω
to restore	αποκαθιστώ
individual	άτομο, ατομικός
community	κοινότητα, κοινωνία, κοινωνικό σύνολο
to encompass	περιλαμβάνω
to aim at + V-ing	σκοπεύω, στοχεύω, σημαδεύω
to diagnose diagnosis	διαγιγνώσκω διάγνωση
to treat treatment	περιποιούμαι, φροντίζω, θεραπεύω θεραπεία, φροντίδα
to prevent prevention preventive medicine	προλαμβάνω, εμποδίζω πρόληψη προληπτική ιατρική
to manage	διαχειρίζομαι

USEFUL VOCABULARY	
disease	νόσος
illness	αρρώστια, ασθένεια
injury	τραυματισμός
physical	φυσικός
mental	νοητικός, πνευματικός
condition	κατάσταση

The word
“health”
and
its derivatives

health = υγεία

healthiness = υγεία, καλή υγεία

healthy = υγιεινός

unhealthy = ανθυγιεινός

healthily = υγιεινά (επιρρ.)

unhealthily = ανθυγιεινά (επιρρ.)

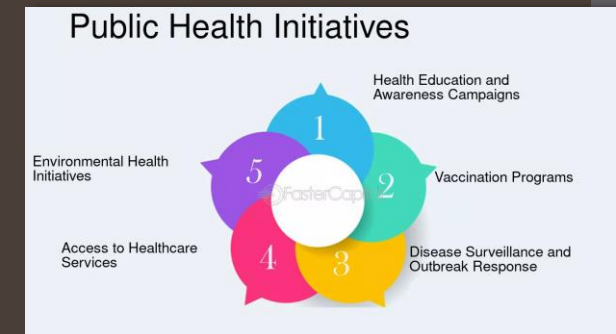
- **Key Components of Healthcare:**

- 1. Preventive Care:**

Services that focus on preventing diseases before they occur, such as vaccinations, health screenings, lifestyle counseling, and public health initiatives.



preventive health checks



efforts, programs, or actions aimed at improving the health and well-being of the public.



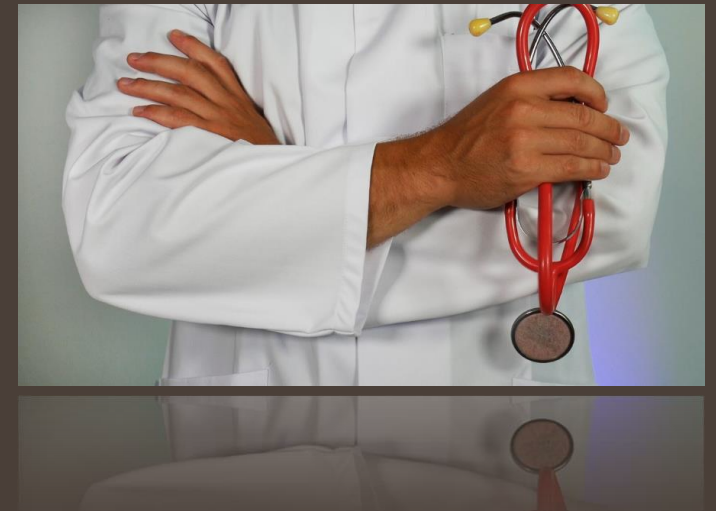
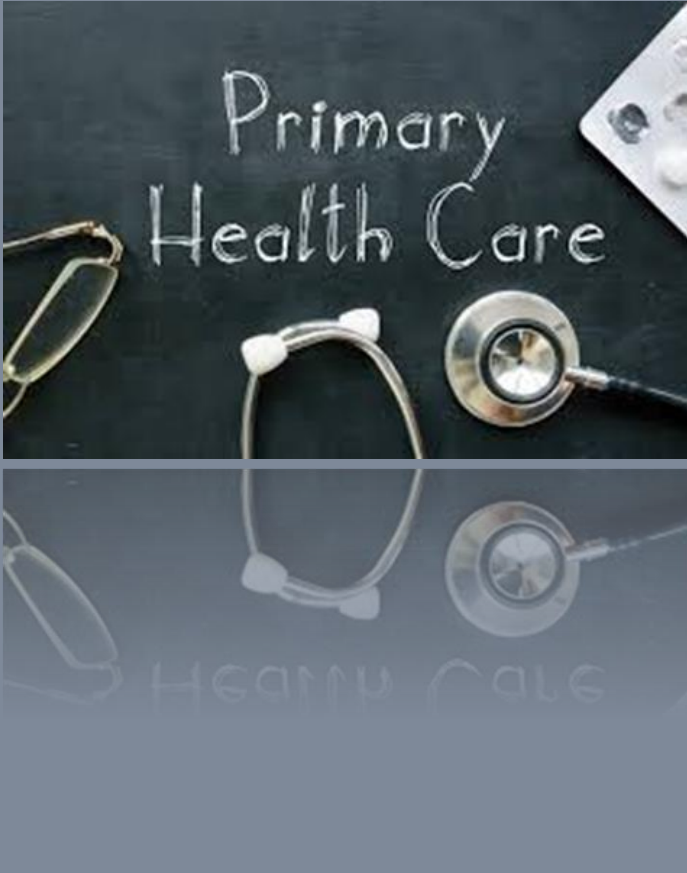
USEFUL VOCABULARY

focus on	εστιάζω, επικεντρώνομαι, συγκεντρώνομαι
occur	προκύπτω, υπάρχω, εμφανίζομαι
vaccinations	εμβολιασμοί
health screenings	εξετάσεις υγείας
lifestyle	τρόπος ζωής
counselling	ψυχοθεραπεία, συμβουλευτική υπηρεσία
public health	δημόσια υγεία
initiatives	πρωτοβουλίες

2. Primary Care:

(Πρωτοβάθμια Φροντίδα Υγείας)

The first point of contact for individuals seeking medical attention, typically provided by general practitioners or family doctors. It includes routine checkups, diagnosis, and treatment of common illnesses.





Specialised medical care

Retaining health care workers through the improvement of ambulatory and inpatient care in Romania

Retaining health care workers through the improvement of specialised medical care

3. Specialized Care: (Εξειδικευμένη φροντίδα)

Care provided by medical specialists in specific fields, such as cardiologists, oncologists, and neurologists. This is typically for more complex health issues that require advanced expertise.



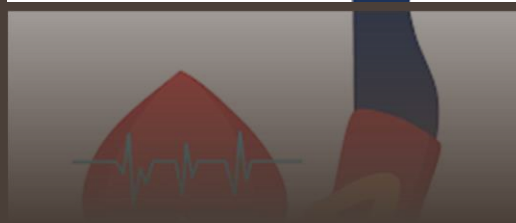


USEFUL VOCABULARY	
specialist	ειδικός, ειδικός γιατρός
specific field	συγκεκριμένος τομέας/πεδίο
complex health issues	περίπλοκα θέματα υγείας
to require	απαιτώ, έχω ως προϋπόθεση
advanced	προηγμένος, αναπτυγμένος, προχωρημένος
expertise	ειδικές γνώσεις

4. Emergency Care:

(Επείγοντα)

Immediate care provided in life-threatening situations, such as accidents, heart attacks, or severe injuries, often in emergency rooms or trauma centers.



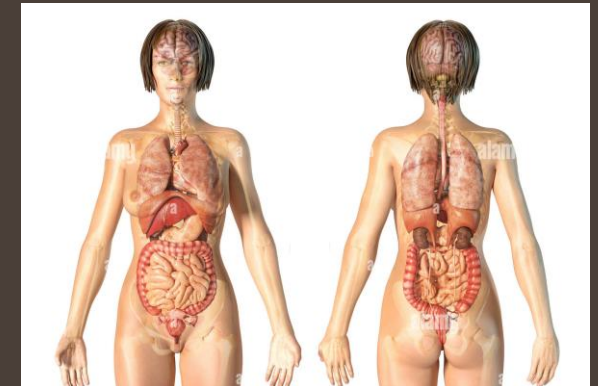
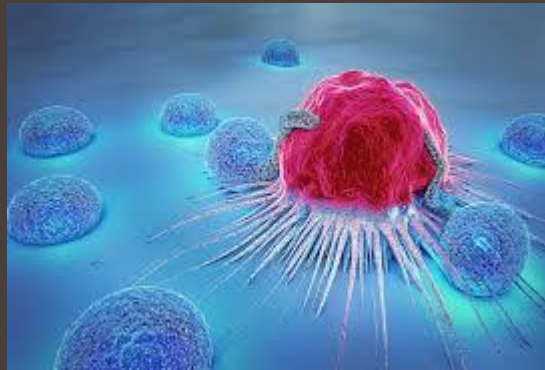


USEFUL VOCABULARY	
life- threatening	απειλητικός για τη ζωή
situations	καταστάσεις
accidents	ατυχήματα
heart attack	καρδιακή προσβολή
severe injury	βαρύς τραυματισμός
emergency room	τμήμα επειγόντων περιστατικών

5. Surgical Care:

(Χειρουργική φροντίδα)

Involves operations performed by surgeons to treat or manage conditions like broken bones, cancers, or internal organ issues.





USEFUL VOCABULARY	
surgeon	χειρουργός
surgery	χειρουργείο
surgical	χειρουργικός
broken bones	σπασμένα οστά
internal organs	εσωτερικά όργανα
issues	θέματα, ζητήματα

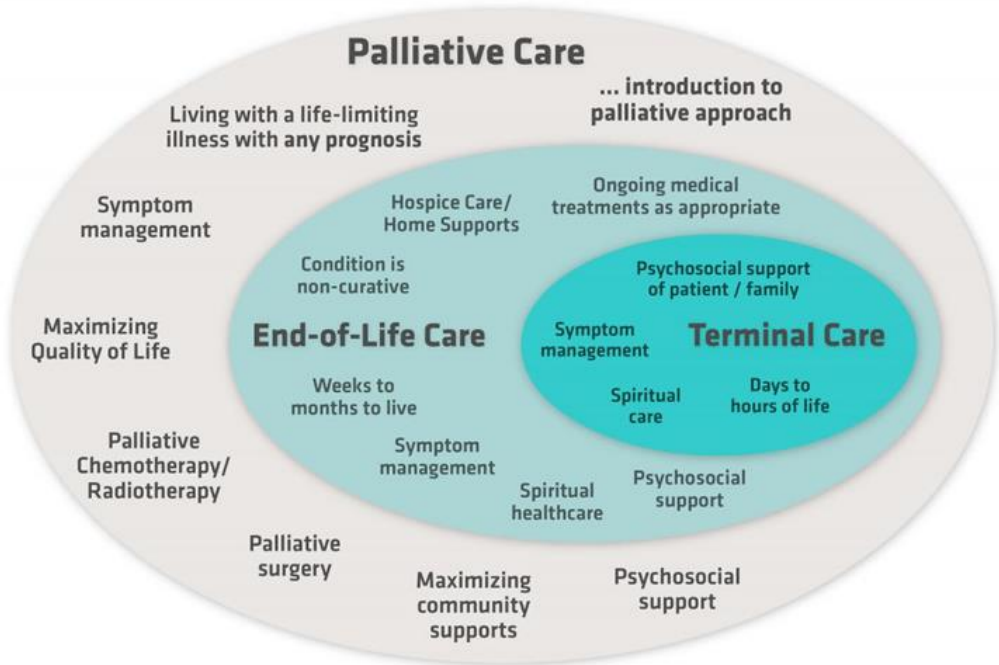
6. Rehabilitation and Palliative Care:

(Αποκατάσταση και Παρηγορητική/Ανακουφιστική
Αγωγή/Φροντίδα)

Services that help people recover from surgeries or illnesses (rehabilitation), or provide comfort and quality of life to those with serious, chronic, or terminal conditions (palliative care).



The phases and layers of care



USEFUL VOCABULARY	
rehabilitation rehab (centre)	αποκατάσταση, επανένταξη κέντρο αποκατάστασης
to recover	αναρρώνω
to provide	παρέχω
comfort	παρηγοριά, άνεση
quality of life	ποιότητα ζωής
chronic issues	χρόνια θέματα, ζητήματα, προβλήματα
terminal issues	θέματα, ζητήματα τελικού σταδίου

7. Mental Health Care: (Φροντίδα Νοητικής Υγείας)

Services aimed at diagnosing and treating mental health conditions like anxiety, depression, and schizophrenia. It includes therapy, counseling, and psychiatric care.



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USEFUL VOCABULARY

depression

κατάθλιψη

anxiety
anxiety disorder

άγχος
αγχώδης διαταραχή

schizophrenia

σχιζοφρένεια

8. Pharmaceuticals:

(Φάρμακα, φαρμακευτική βιομηχανία)

The use of medications to treat or manage various health conditions.





- Healthcare services are typically provided by a range of **professionals**, including **doctors**, **nurses**, **pharmacists**, **therapists**, and **social workers**. They can be accessed through various settings, such as hospitals, clinics, community health centers, and home care.
- In most countries, healthcare systems are funded either through public/government funding (like universal healthcare), private insurance, or a combination of both.



USEFUL VOCABULARY	
professionals	επαγγελματίες
doctor	γιατρός
nurse	νοσηλευτής /-τρια
therapist	θεραπευτής
pharmacist	φαρμακοποιός
social worker	κοινωνικός λειτουργός
setting	χώρος, περιβάλλον
hospital	νοσοκομείο
clinic	κλινική
health centre	κέντρο υγείας
home care	φροντίδα στο σπίτι

Welfare = πρόνοια

ΛΕΓΙΤΑΙ = ΠΡΟΛΟΓΑ



- Welfare refers to the well-being or quality of life of individuals or communities, often focusing on providing basic needs and support for those who are vulnerable or disadvantaged. It can include financial assistance, healthcare, housing, education, and social services aimed at ensuring people's physical, emotional, and social well-being.
- In a government context, welfare usually refers to programs designed to help those in need, such as unemployment benefits, food assistance, or housing support.



USEFUL VOCABULARY	
welfare	πρόνοια
well-being	ευημερία, καλή ψυχοσωματική κατάσταση
vulnerable	ευάλωτος, ευπαθής, ευαίσθητος
disadvantaged	μη προνομιούχος, μειονεκτών
financial	οικονομικός
assistance	βοήθεια, αρωγή, επικουρία
housing	στέγαση
education	εκπαίδευση
social services	κοινωνικές υπηρεσίες
to ensure	εξασφαλίζω, βεβαιώνομαι
emotional	συναισθηματικός
government	κυβέρνηση
in need	σε ανάγκη
unemployment benefits	επιδόματα ανεργίας

- **Wellness** refers to a holistic state of health that encompasses physical, mental, emotional, and social well-being. It goes beyond the absence of illness and involves actively making choices that promote a balanced and fulfilling life. Wellness includes aspects like:

- **Physical wellness:** Maintaining a healthy body through regular exercise, proper nutrition, and adequate sleep.
- **Mental and emotional wellness:** Managing stress, fostering positive relationships, and cultivating a positive mindset.
- **Social wellness:** Building strong, supportive connections with others and engaging in meaningful interactions.
- **Spiritual wellness:** Finding purpose, meaning, and inner peace, often through personal beliefs or practices.

Wellness is about proactive self-care and striving for balance in all aspects of life.



USEFUL VOCABULARY	
wellness	ευεξία
holistic	ολιστικός
state	κατάσταση
to go beyond	πηγαίνω πέρα από
absence	απουσία
to involve	περιλαμβάνω
actively	δραστήρια, ενεργά
to make choices	κάνω επιλογές
to promote	προωθώ
fulfilling	ικανοποιητικός
regular exercise	τακτική άσκηση
proper	κατάλληλος
nutrition	τροφή, θρεπτική αξία, διατροφή
adequate	επαρκής
to foster	ενθαρρύνω, ευνοώ, προάγω
relationship	σχέση

USEFUL VOCABULARY	
to cultivate	καλλιεργώ
positive	θετικός
mindset	νοοτροπία
to build	χτίζω
supportive	υποστηρικτικός
connection	σύνδεση
to engage in	εμπλέκω/-ομαι σε κάτι
meaningful	που έχει νόημα
interactions	αλληλεπιδράσεις
spiritual	πνευματικός
to find purpose	βρίσκω σκοπό/κίνητρο
inner space	εσωτερικός χώρος
beliefs	τα πιστεύω/ οι πεποιθήσεις κάποιου
pro-active	προληπτικός, ενεργητικός, δραστήριος
to strive for	πασχίζω, αγωνίζομαι, προσπαθώ για..
self-care	αυτοφροντίδα
in all aspects of life	σε όλες τις πτυχές της ζωής