

OBJECTIVES At the end of this unit, the student should be able to: ● State the basic human needs ● list at least five physiologic needs of all people ● Describe relationships among the different levels of needs ● Relate the achievement of basic human needs to health status ● Discuss the nurses' role in assessing and meeting patient/client's need

INTRODUCTION ¶ Needs are things one must have or things required to live a satisfactory life. Humans need several essentials to survive.

They encompass both physical and psychologic conditions needed for human growth and development, as well as all those things humans are driven to attain to achieve a state of health or well-being. Maslow's hierarchy of needs is often portrayed in the shape of a pyramid, with the largest, most fundamental needs at the bottom, and the need for self actualization at the top. – In other words, the idea is that individuals' most basic needs must

be met before they become motivated to achieve higher-level needs. Physiological needs ● Physiological needs are the base of the hierarchy. ● These needs are the biological component for human survival. ● To advance higher-level needs in Maslow's hierarchy, physiological needs must be met first. This means that if a person is struggling to meet their physiological needs, they are unwilling to

seek safety, belonging, esteem, 6. Physical activity 7. Rest and sleep