

**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 needs

**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**