Marjorie Gordon (1987) proposed functional health patterns as a guide for establishing a comprehensive nursing data base. These 11 categories make possible a systematic and standardized approach to data collection, and enable the nurse to determine the following aspects of health and human function:

(1) **Health Perception and Health Management Pattern**: Data collection is focused on the person's perceived level of health and well-being, and on practices for maintaining health.
   - What is your opinion about health?
   - Are you immunized about seven target diseases?
   - Last immunization?
   - Do you have any allergy? If yes then type of allergy.
   - Any surgery in past? What type of surgery?
   - Last physical examination & for what purpose.
   - Are you using any medicine recently?
   - Do you know about these medicines?

(2) **Nutrition and Metabolism Pattern**: Assessment is focused on the pattern of food and fluid consumption relative to metabolic need.
   - Ask about their skin, scalp and nails?
   - What is your diet menu?
   - Any food restriction regarding disease point of view?
   - Any food restriction regarding religious point of view?
   - Any food like or dislike?
   - Any food allergy?

(3) **Elimination Pattern**: Data collection is focused on excretory patterns (bowel, bladder, skin). Excretory problems such as incontinence, constipation, diarrhea, and urinary retention.

**Urine**:
   - Color of urine, amount, frequency, odor and any discharge.
   - Any urinary problem, dysurea, Anurea, Oligourea, polyuria.

**Defecation**:
   - Are you using any laxative? If yes which?
   - Any problem during passing defecation?

(4) **Activity and Exercise Pattern**: Assessment is focused on the activities of daily living requiring energy expenditure, including self-care activities, exercise, leisure activities respiratory and cardiac system.
   - Do you any breathing problem?
     In which apnea, hypoxia, hypoxemia, hypercapnia.
   - Do you have cough? (Productive or non productive)
   - Any changes in heart beat during exercise?
• Do you feel pale during exercise?
• What type of exercise you do or any problem during exercise?

(5) Cognition and Perception Pattern: Assessment is focused on the ability to thinking, decision making, and problem solving.
• Orientation about time place and person.
• Any difficulty in sentence making?
• Loss of memory.

(6) Sleep and Rest Pattern: Assessment is focused on the person's sleep, rest, and relaxation practices. Dysfunctional sleep patterns, fatigue, and responses to sleep deprivation may be identified.
• Sleeping hour?
• Are you using nap (evening type sleeping).
• What do you feel after waking? (Fresh, headache, drowsy).
• Are you using any medication for sleeping?
• Do you have any exercise or walking at night?

(7) Self-Perception and Self-Concept Pattern: Assessment is focused on the person's attitudes toward self, including identity, body image, and sense of self-worth.
• What is your self perception about yourself?
• Are you satisfied with your self body image?
• Do you like grooming?

(8) Roles and Relationships Pattern: Assessment is focused on the person's roles in the family and relationships with others.
• What is your role in family?
• If you are in hospital then who will perform your responsibilities?
• All the family members are cooperative with you?
• Who is decision maker in your family?

(9) Sexuality and Reproduction Pattern: Assessment is focused on the person's satisfaction or dissatisfaction with sexuality patterns and reproductive functions.
• When you first notice changes in your menarche (first menses is called menarche)
• Do you have any sexual problem? (loss of libido)
• Active sex (direct sex with male and female)
  Passive sex (sex without male and female partner)
  Digital sex (Artificial dimy etc)
• Reproductive: Infertility

(10) Coping and Stress Tolerance Pattern: Assessment is focused on the person's perception of stress and on his or her coping strategies Support systems are evaluated, and symptoms of stress are noted.
• If you have stress then what is your coping mechanism towards stress?
  Crying, angry, violence, (what is your opinion regarding that)

(11) Values and Belief Pattern: Assessment is focused on the person's values and beliefs (including spiritual beliefs).
• What is your religion?
• Do you offer prayer?