

The complexity theory and Patient Care

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Abstract

Complex systems are made up of interdependent agents that interact, learn from each other, and adapt their behaviors accordingly. A system includes a large number of parts that interact in a non-simple way. Complexity science studies the behavior of interacting, interdependent, and adaptive agents under internal and external pressures. Non-linear systems are mechanistic, unpredictable, with no memory. Emergence is an essential feature of complex systems. Emergence implies new behaviors due to the interaction and self-organization among elements in the system, which cannot be produced by a single unit.

Mental health is the capacity of anybody to feel, think, and act in ways that enhance the ability to enjoy life and deal with the challenges. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.

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Biography

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