

Lifeworld-led care: Is it relevant for well-being and the fifth wave of public health action?

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Abstract

A recent paper has made the case for a "fifth wave" of public health action. The paper articulated the first four waves as focusing on civil engineering, the germ theory of disease, welfare reforms and lifestyle issues. This article will focus on wellbeing and will expand on the authors' articulation of a current need to "discover a new image of what it is to be human" to begin to address the challenges of promoting well-being. This article will consider an alternative way of viewing human beings within a "caring" context and how this alternative view may aid this potential fifth wave of public health action. This alternative view has emerged from the work of Husserl who suggested that any human view of the world without subjectivity has excluded its basic foundation. The phenomenological understanding of "lifeworld" is articulated through five elements, temporality, spaciality, intersubjectivity, embodiment and mood that are all discussed here in detail. A world of colours, sparkling stars, memories, happiness, joy, anger and sadness. It is this "lifeworld" that when health care or as argued in this article as public health becomes overly focused on decontextualized goals, and measuring quality superficially can be neglected.

Key words: Lifeworld, well-being, public health

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