

Family Health Care

Lecture 6



Introduction

- ✓ The family plays a critical role in the health of its members. Health habits such as preventative care, diet, exercise, and physical activity are developed in the context of family. Health beliefs, genetic influences, and care of the ill family member all take place within the family environment. **The word family refers to two or more people related biologically, legally, or emotionally.**
- ✓ The **World Health Organization (1976)** characterized the family as “the **primary social agent in the promotion of health and wellbeing**”.

Family

- ❑ A social system composed of “two or more persons who are joined by bonds of sharing and emotional closeness and who identify themselves as being part of the family”.
- ❑ Is a group of persons united by the ties of marriage, blood or adoption; consisting of a single household, interacting and intercommunicating with each other in their respective social roles of husband and wife, mother and father, son and daughter, brother and sister creating a common culture.
- ❑ A social group characterized by common residence, economic cooperation and reproduction.

Family Health

Family Health as a “dynamic changing relative state of wellbeing which includes the biological, psychological, spiritual, sociological, and culture factors of the family systems”.



Types of Families

1. **Nuclear Family:** Consists of husband, wife and perhaps one or more children.
2. **Extended Family:** Includes members of the nuclear family and other relatives, aunts, uncles, grandparents and cousins.
3. **Blended Families:** Are formed when parents bring unrelated children from prior marriages into a new family.
4. **Single Parent Families:** Are formed when one parent leaves the nuclear family because of divorce or death.
5. **Adoptive Family:** Consists of a parent or parents and one or more adopted children.
6. **Foster Family:** The temporary placement of children in the homes of adults who are not related to them.

Family Life Cycle

I. Families are not a constant. II. They are ever changing

Having six phase:

Phases of family life cycle	Events Characterizing	
Description	Beginning of phase	End of phase
Formation	Marriage	Birth of 1 st child
Extension	Birth of 1 st child	Birth of last child
Complete Ext.	Birth of last child	1 st child leaves home
Contraction	1 st child leaves home	Last child leaves home
Complete Contra.	Last child leaves..	1 st spouse dies
Dissolution	1 st spouse dies	Death of survivor

Family Structure and Functions

- 1. Reproductive Function of the Family:** Providing Affection: The family functions to give members affection and emotional support. Continued affection creates an atmosphere of nurturance and care for all family members that is necessary for health, development, and survival.
- 2. Economic Function of the Family:** Family members often serve as the financial needs' providers to their families.
- 3. Health Care Function of the Family:** Family members often serve as the primary health care providers to their families.
- 4. Providing Security and Acceptance:** Families meet their members' physical needs by providing food, shelter, clothing, health care, and other necessities; in so doing, they create a secure environment. Members need to know that these basics will be available and that the family is committed to providing them.
- 5. Promoting Affiliation and Companionship:** The family functions to give members a sense of belonging throughout life. Because families provide associational bonds and group membership, they help satisfy their members' needs for belonging.
- 6. Providing Socialization:** Major function for families is to raise and socialize their children to fit into society. Families transmit their culture, their values, attitudes, goals, and behavior patterns to their members. Members, socialized into a way of life that reflects and preserves the family's cultural heritage, pass that heritage on, in turn, to the next generation.
- 7. Establishing Controls:** The family functions to maintain social control. Families maintain order through establishment of social controls both within the family and between family members and outsiders.

Roles of the Family

1. **Child Care:** involves provision of physical and emotional care, Pattern:

- ✓ Feeding,
- ✓ Hygiene
- ✓ Clothing

2. **Child Socialization:** It encompasses the process and activities in the family that contribute to the development of the child's social and mental capacities, Pattern:

- ✓ Values
- ✓ Believes
- ✓ Personality formation:
- ✓ To withstand
- ✓ Stress and strain

Cont..

3. **Provider Role:** include production of goods and services needed, Pattern:

- ✓ Sick
- ✓ Pregnancy
- ✓ Handicapped

4. **Therapeutic Role:** for assisting the family member to cope with health problems
Illness. Pattern:

- ✓ Injuries
- ✓ Anxiety
- ✓ Lose
- ✓ Mental illness
- ✓ Hypertension
- ✓ Diabetes
- ✓ Addiction
- ✓ Ulcer

Cont..

5. **Housekeeper Role:** It involves preparing and maintaining the goods and services for the family use.

6. **Recreational Role:** to providing recreation for the family members.

“The secret of health lies in the family”, a family can play various roles to uplift the health status of its members. The **family role** may be summarized as follows

- Family as a teacher
- Family as a care taker
- Family as a counselor
- Family as a motivator
- Family as a monitor
- Family as a trainer
- Family as a controller

Family Theories

1. Family Systems Theory

Families are considered systems because they are made of interrelated elements or objectives, they exhibit coherent behaviors, they have regular interactions, and they are interdependent on one another.

2. Structural Functionalism Family Theory

The structural functional theory sees the family as a social institution that performs certain essential functions for society. If these functions are not carried out then the family is said to be dysfunctional.

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3. Family Development Theory

Family developmental theory is an approach to studying families, which is useful in explaining patterned change, the dynamic nature of the family, and how change occurs in the family life cycle.

Family Developmental Theory **includes two basic concepts:**

1. The life cycle

The family life cycle divides the family experiences into stages over the life span and describes changes in family structure and roles during each stage.

2. Developmental task

Developmental tasks are the growth responsibilities that arise at certain stages in the life of the family. To be successful, family members need to adapt to changing needs and demands and to attend to tasks that are necessary to ensure family survival.

Stages of Family Development

Stage 1: Adult is newly married, with no children. The person assumes the spousal role

Stage 2: First child is born. Role of parent is added

Stage 3: Oldest child is between 2 and 6 . Role of parent changes

Stage 4: Oldest child is in school. Parental role changes again

Stage 5: Oldest is an adolescent. Parental role changes again

Stage 6: Oldest child leaves home. Parental role involves helping child become independent

Stage 7: All children have left home. Sometimes called the post-parental stage

Stage 8: One or both spouses have retired Worker role ends

Family Health

The term family health is often used interchangeably with the term's **family functioning, healthy families, or familial health.**



Determinants of Family Health

- Living and working conditions
- Physical environment,
- Psycho-social environment
- Education and economic factors
- Health practices
- Cultural factors

Family Health Care Nursing

- **Family Health Care Nursing** is defined as the process of providing for health care needs of families that are within the scope of nursing practice. Health-related discipline which is concerned with the family structure, development, functions and health services.
- **The Family Nurse:** Is defined as the nurse who meets the healthcare needs of the individual and family by providing comprehensive primary health care through the lifespan.

Family Nursing Process

A. Family Nursing Assessment-

First Major Phase of the Nursing Process, involves a set of actions by which, the nurse measures the status of the family as a client, its ability to maintain itself as a system and functioning unit, its ability to maintain wellness, prevent, control or resolve problems in order to achieve health and well-being among its members.

Family Nursing Assessment Steps

- 1. Data Collection.**
- 2. Data Analysis or Interpretation.**
- 3. Problem Definition or Nursing Diagnosis.**
- 4. Plan of Care**
- 5. Intervention**
- 6. Evaluation**

Steps in Family Nursing Assessment

1. Data Collection – Gathering of **five types of data** which will generate the categories of health conditions or problems of the family-

A. Family Structure, Characteristics and Dynamics which include:

- (1) The composition and demographic data of the members of the family/household
- (2) Their relationship to the head and place of residence
- (3) The type of, and family interaction/communication and decision-making patterns

B. Socio-economic and Cultural Characteristics that include:

- (1) Occupation
- (2) Place of work
- (3) Income of each working member
- (4) Educational attainment of each family member
- (5) Ethnic background and religious affiliation
- (6) Significant others and the other role(s) they play in the family's life; and
- (7) The relationship of the family to the larger community.

Data Gathering Methods & Tools

- a. Observation** – Method of data collection through the use of sensory capacities ---sight, hearing, smell and touch. Data gathered through this method has the advantage of being subjected to validation and reliability testing by other observers.
- b. Physical Examination** – Done through inspection, palpation, percussion, auscultation, measurement of specific body parts and reviewing the body systems.
- c. Interview** – Completing the health history of each family member.
- d. Record Review** – Reviewing existing records and reports pertinent to the client (individual clinical records of the family members; laboratory and diagnostic reports; immunization records; reports about the home and environmental conditions).
- e. Laboratory/Diagnostic Tests** – Performing laboratory tests, diagnostic procedures or other tests of integrity and functions carried out by the nurse herself and/or other health workers.

Data Analysis

2. Data Analysis- for family health assessment involves systematically organizing and interpreting data on family structure, socioeconomic, environment, and health behaviors to identify health threats, deficits, and wellness potential.

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3. Family Nursing Diagnoses- Once the data have been clustered, a family nursing diagnosis is determined for each set of data. Nursing diagnoses create the links between collecting information and care planning.

4. Designing a Family Plan of Care- It is the care that the nurse designs to systematically minimize or eliminate the identified health and family nursing problems through explicitly formulated outcomes of care (goals and objectives) and chosen the interventions, resources and evaluation criteria, standards, methods and tools.

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4. Family Intervention-

Nurses help families in the following ways (Role of Community Health Nursing) -

- (1) Providing direct care
- (2) Removing barriers to needed services
- (3) Improving the capacity of the family to act on its own behalf and assume responsibility.

5. Family Evaluation-

In making clinical judgments, nurses engage in critical thinking to determine whether and to what extent they have met an outcome. Working with the family, decisions are made about whether to proceed as originally planned, to modify the family action plan.

Family Interviewing Process

The **Family Interviewing Process** is a structured, collaborative conversation used by professionals (clinicians, social workers) or individuals (genealogists) to understand family dynamics, history, and relationships.

It **aims** to build rapport, assess systemic issues, and gather information to support, heal, or document family stories, often focusing on storytelling rather than just Q&A.

Families at Risk

Families and children can be finding themselves as 'at-risk' when they experience **violence, unemployment, drug abuse, single-parenthood, teen pregnancy or mental illness**. When a child from an at-risk family grows up, they can fall into the same negative behavior patterns as their parents.

High Risk Factors in the Family-

In relationships, risk factors include **parents who use drugs and alcohol or who suffer from mental illness, child abuse and maltreatment, and inadequate supervision**. In this context, parental involvement is an example of a protective factor.

In communities, risk factors include **neighborhood poverty and violence**.

Ethical Principles Related to Care of Families

1. Individualization of client care.
2. Respect of diverse values.
3. Active family participation.
4. The family's right of self-determination.
5. Confidentiality.
6. Maintenance of therapeutic focus.

Family Health Promotion

Family Health Promotion is the process where families collectively improve or maintain the physical, emotional, social, and spiritual well-being of the entire unit and its members. It focuses on fostering healthy habits, such as balanced nutrition and physical activity, and strengthening resilience through positive relationships and supportive environments.

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Influence of Culture and Society on the Health of Families

Culture and society deeply shape family health **by defining beliefs, behaviors, and access to care.** Cultural norms dictate diet, exercise, and health perceptions, while societal structures like economic status, education, and community resources create environments that either promote wellness or risk disease, influencing how families prevent, manage, and recover from illness.

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