

FAMILY AND FAMILY NURSING

DEFINITION OF FAMILY:

- Family refers to two or more individuals who depend on one another for emotional, physical, and/ or financial support.
- Family has traditionally been defined using the legal notions of relationships such as biological /genetic blood ties, adoption, guardian, or marriage.

○ **Maelver and Page:**

Family makes definite provision for sex relation and child rearing.

○ **Lucy Mayer:**

Family is a household group in which parents and children live together; in original form of couple and their offspring.

○ **Summer and Keller :**

Family is a microscopic social organization in which at least two generation are included and which is formed by specific blood relations.

FUNCTION OF FAMILY

- Socialization of children
- Economic cooperation & division of labor
- Care, supervision, monitoring, and interaction
- sexual relations
- Reproduction
- Provision of status:

Affection, emotional support & companionship

- Passing along the culture, including religious faith, is an important function for families.

FAMILY STRUCTURE

- Family structure refers to the characteristics and demographics (age, gender, number) of individual members who make up family units.
- More specifically, the structure of a family defines the roles and the positions of family members.

CHARACTERISTIC OF HEALTHY FAMILIES

- The family tends to communicate well and listen to all members.
- The family affirms and supports all of its members.
- Teach respect to others is valued by the family.
- Have a sense of trust.
- The family plays together, and humor is present

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- Communicating
 - Affirming and Supporting
 - Respecting Others
 - Trusting
 - Sharing Time
 - Fostering Responsibility
 - Teaching Morals
 - Enjoying Traditions
 - Sharing Religion
 - Respecting Privacy
 - Valuing Service
 - Getting Help

FAMILY HEALTH

- Family health is defined as a dynamic changing relative state of well-being which includes the biological, psychological, spiritual sociological and cultural factors of the family system.

FAMILY AND HEALTH

- Genetic effect
- Socialization
- Personal Health
- Mental Security
- Social Security
- Broken family and health
- Emotional effect
- Illness and family

FAMILY HEALTH NURSING

- Family nursing refers to nursing care that is holistically directed toward the whole family as well as to individual members.
- Family health nursing is the practice of nursing directed towards maximizing the health and well being of all individuals within a family system.
- It incorporates 2 views of family i.e. family as a unit of care and family as a contact.

- FHNsg views the family as a system existing within larger system.
- Level of intervention are the individuals, the personal, the family system and the environmental level.
- The goals of the family health nursing includes optimal functioning for the individual and for the family as a unit.

OBJECTIVE OF FAMILY HEALTH CARE

- Identifies and appraises health problems of the family.
- Ensures family's understanding and acceptance of the problem.
- Provides nursing services according to health needs of the family.
- Helps to develop the competence in the members to take care of their family as and when required and to find out remedial measures to solve health problems....

- Contributes desired materials to personal and social development of the family members.
- Helps to promote the utilization of available resources to maintain all aspects of health of the family.
- Provides health education.

PRINCIPLES OF FAMILY HEALTH CARE

- Establishing good professional relationship with the family.
- Proper health education and guidance should be provided to family, to take care of themselves according to their needs, intelligently.
- Gather all relevant information about family to indentify problems and set priorities....

- Provide need based support and services to the family to improve their health status.
- Health care services should be provided to the family irrespective of age, sex, income, religion etc.
- Duplication of health services should be avoided and there is need to co-ordinate services with other disciplines providing health service.
- Proper health messages to be communicated to family in every contact.

FOUR APPROACHES TO FAMILY NURSING:

- **FAMILY AS THE CONTEXT:**

The family has a traditional focus that places the individual first and the family second.

The family as context serves either a strength or stressor to individual health and illness issues.

A nurse using this focus might ask an individual client.

- E.g. “ How has your diagnosis of insulin- dependent diabetes affected your family.
- Will your need for medication at night be a problem for your family?

FAMILY AS THE CLIENT:

- The family is the primary and individuals are secondary.
- The family is seen as the sum of individual family members.
- The focus is concentrated on each individual as they affect the family as a whole.

FAMILY AS A SYSTEM:

- The focus is on the family as a **client**, and the family is viewed as an interactional system in which the whole is more than the sum of its parts.
- This approach focuses on individual members and the family as a whole at the same time.
- The interactions among family members become the target for nursing interventions (e.g. the interaction among both parents and children, and between the parental hierarchy)

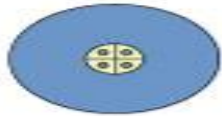
FAMILY AS A COMPONENT OF SOCIETY

- The family is seen as one of many institutions in society, along with health, education, and religious and financial institutions.
- The family is a basic or primary unit of society, as are all the other units, and they are all a part of the larger system of society.
- The family as a whole interacts with other institutions to receive, exchange, or give services.

Approaches to Family Nursing

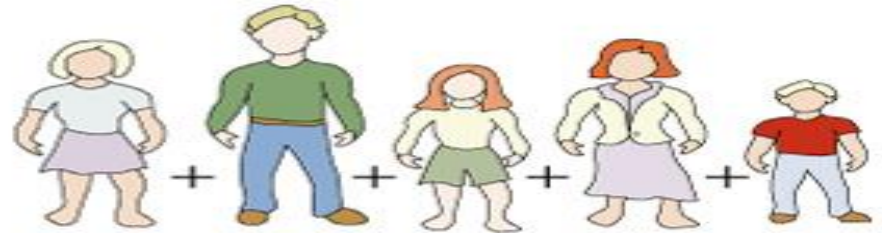
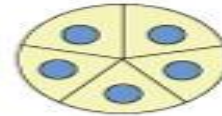
Family as Context

Individual as foreground
Family as background



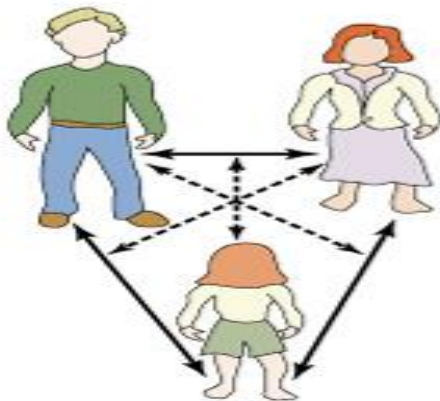
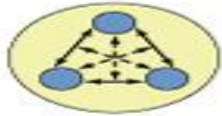
Family as Client

Family as foreground
Individual as background

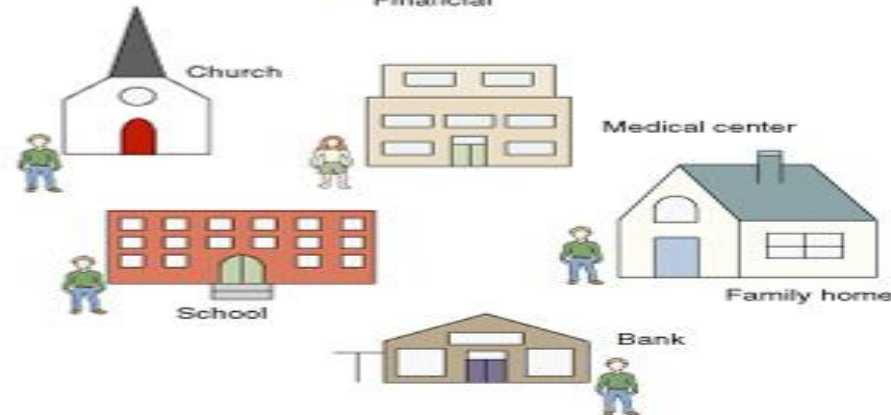


Family as System

Interactional family



Family as Component of Society



FAMILY NURSING PROCESS IN FAMILY HEALTH:

- Assessment
- Nursing Diagnosis
- Planning
- Implementation
- Evaluation