

المحاضرة الخامسة

Family health services

Introduction

Family health care nursing is an art and a science that has evolved over the last 20 years as a way of thinking about and working with families. Family nursing comprises a philosophy and a way of interacting with clients that affects how nurses collect information, intervenes with patients, advocate for patients, and approach spiritual care with families.

Definitions:

Family: The Family defines “family as the basic unit of society” Or "Family is the biological social unit composed of husband, wife and children".

Family health: a condition including the promotion and maintenance of physical, mental, spiritual, and social health for the family unit and for individual family members .

• 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

- **characteristics of the Family**

- Every family is a small social system.
- Every family has its own cultural values and rules.
- Every family has structure.
- Every family has certain basic functions.
- Every family moves through stages in its life cycle.

- **Functions of the Family**

1.Providing Affection – Give members affection and emotional support.

2.Providing Security and Acceptance – meet their members physical needs by providing food, shelter, clothing, health care, secure environment, and equips them with skills necessary to cope with the outside world.

3.Instilling Identity and Satisfaction – give their members a sense of social and personal identity.

4.Promoting Affiliation and Companionship – give members a sense of belonging throughout life. Provides its members with affiliation and fellowship.

5.Providing Socialization – families transmit their culture, values, attitudes, goals, behavior patterns to their members. Members, socialized into a way of life that reflects and preserves the family culture to the next generation.

- **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

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
- ❖ Ulcer
- ❖ Diabetes and
- ❖ Addiction

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.

○ **Determinants of family health**

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

○ **Family Health Assessment**

Certain basic information is needed to determine a family's health status and design appropriate nursing intervention.

- Family Demographics
- Physical environment data
- Psychological and spiritual environment
- Family function, structure and roles
- Family values and beliefs (cultural Patterns)
- Family health behavior

○ **Role of Community Health Nursing**

Nurses help families in the following ways:

- (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.

One of the important aspects of working with the family is the nurse-family relationship, which is an intervention in and of itself. The nurse is responsible for helping the family implement the plan of care. The nurse can assume the role of teacher, counselor, advocate, coordinator, and evaluator in helping the family to implement the plan of the care.