

Family Assessment

Student's Name

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Date

### Family Assessment

Family health assessment is an important approach in examining a family as it assists in determining where the members of the unit should focus on enhancing their overall health conditions. The functional health patterns provide eleven areas that are vital in the assessment of the families and their individual members (Girgin & Sivri, 2015). Through assessment and interventions, nurses can promote health and enhance the education and understanding of the members (Ortiz et al., 2017). they can also develop responsive interventions on emotional and behavioral aspects for better lifestyles. Assessment is a systematic approach to retrieve data and analyze the family (Wampler & Patterson, 2020). Using the Gordon's functional health pattern mode, this paper is an assessment of a family of four that lives in Nashville Tennessee where the evaluator asks open-ended questions in eleven different areas and develops a wellness diagnosis.

#### **Family Structure, Value & Health Perception**

The Johnson's family is an African-America family that lives in Nashville, Tennessee and comprises of four family members that include husband/father, wife/mother and a daughter and son. The daughter is aged fifteen years while the son is eight years old. The members of the family are practicing Christians in and belong the middle class social status. As believers, they value social-relationships with members of the community and are active church members. The wife is diabetic and takes her medication as prescribed by her doctor. She makes follow ups yearly with her physician and believes in preventive health care. The family has changed their way of life since her diabetes diagnosis. The husband and the daughter look overweight. However, they understand that it is unhealthy due to the risks they are exposed to and wish to correct the situation. The son is healthy and has been immunized.

#### **Nutrition**

The Johnson's family defines nutrition as a means of getting nutrients to stay healthy and energetic. They consume diets rich in proteins, fruits and vegetable as well as energy foods. They love eating at home and have recipe books. The family has three meals and snacks during the day. However, they love fast and fatty foods like fries. Mr. Johnson loves beer and wine is part of dinner meals in the house.

### **Sleep/Rest**

The Johnsons are categorical that they get enough sleep and rest of between 8 and 10 hours at night and during the day. The family does not feel like it has a problem with sleep as they get enough. The wife takes a nap in the afternoon on certain weekdays and weekends. They rarely wake up at night to use the rest rooms.

### **Elimination**

Except Mr. Johnson, the family does not struggle with constipation. The family takes high levels of foods rich in fiber. Mrs. Johnson feels that sometimes she experiences constipation but it gets better when she takes more fluids. She rarely uses restrooms at night. The children do not have a problem with urination.

### **Activity/Exercise**

The family loves activities, especially outdoor but their neighborhood has limited space for physical exercise since they live in a high-end apartment. As such, they have to get to the nearby public park each morning to exercise for at least one hour. Mrs. Johnson takes a walk in the evening and has made it a routine for the daughter and husband as a way of helping them deal with the overweight issue. The family believes outside is essential for fresh air.

### **Cognitive**

The family does not have any problem with their memories. The Johnsons are active but sometimes, it normal to forget things. However, forgetfulness is mild and does not impact how they carry out their activities. The family does not have any neuro-deficiencies or a disorder that impairs their cognitive abilities.

### **Sensory/Perception**

The Johnsons feel that their sensory perception is effective and intact. The wife and husband believe that they have a strong sense of smell and taste buds that are active. For instance, Mrs. Johnson says that she can pick out tastes with the slightest nuance in wine.

### **Self-Perception**

The family, especially the wife and husband, feel that they do not have any issue with self-esteem. However, due to her weight, their daughter struggles with self-esteem issues, especially at school among her peers. Mrs. Johnson says that her self-image changed after her diabetes diagnosis. However, constant exercise and activities have helped her to stay fit and manage the condition. The eight-year-old boy feels that his sister and father are too huge and should reduce the size of their bodies.

### **Role Relationship**

The Johnsons work where Mr. Johnson is a construction engineer and consultant while his wife is a family nurse practitioner. They feel that they are both bread winner. However, Mr. Johnson is the head of the family and makes most of the decision but in consultation with the wife. Mrs. Johnson takes care of everyone, does the laundry and cooking. The Johnsons are very social and love entertainment and have themed parties each year.

### **Sexuality**

The couple is open about sexuality and believe it is a healthy aspect of life. For example, they opine that sex revives the soul and rekindles the relationship. Sex also brings the together. They hold hands in public and share a kiss before anyone. However, they are concerned that their children may not live to high sexual ideals and behaviors like them.

### **Coping**

The family deal with stressful situations through different approaches. These include discussions and having compromises, and effective open communication. Prayers are also essential when coping with stress by the Johnsons. They believe that the church, friends and family are essential in helping them to cope with difficult situations.

### **Wellness/Family Diagnosis**

Wellness in nursing diagnosis is making clinical judgment of individuals, families, groups or communities based on certain wellness levels to attain better health outcomes. Individuals must demonstrate a desire to change and attain better levels of wellness (Pratt & Skelton, 2018). Based on information collected from the Johnsons, there are three wellness diagnosis for the family. These include willingness to attain self-perception, readiness for enhanced exercise patterns and willingness for management and education to avoid risk-related and lifestyle diseases like diabetes. The Johnsons are willing to learn and improve their health knowledge and wellness related interventions. The family strengths include getting enough rest and sleep, better management of stress, enhanced education and insight on healthy living. However, the family faces barriers to better health because of limited exercise, poor diets that are demonstrated through the daughter and father who are overweight.

### **Family Systems Theory**

The family system theory is essential as it demonstrates the boundaries of the family as a unit and behavioral patterns that develop to influence other members (Wampler & Patterson, 2020). Maintenance of similar behavioral patterns with a system can lead to better and balanced interactions in the system. The family is an emotional unit and utilizes system thinking to describe the complicated interactions among its members. The family members are intensely connected emotionally to the system (Pratt & Skelton, 2018). Therefore, it is possible to initiate positive changes in family functions based on the emotional attachment that exists among members. In this case, the Johnsons are attached to each other emotionally and can change their lifestyles by encouraging one another to have healthy behaviors, right from eating habits to increased exercises.

### **Conclusion**

The assessment of a family is essential in developing better interventions for improved health outcomes. As illustrated in the case of the Johnsons' family, the assessment allows practitioners to develop ways in collaboration with the families to implement effective interventions for enhance health services and healthy living.

## References

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**Part 1: Interview Questions****Values/Health Perception**

- a) How healthy is your family?
- b) What activities and practice do you value as a family to maintain or enhance health?
- c) What components of health do you believe are important as a family?

**Nutrition**

- a) What do you eat the most as a family?
- b) How many meals and snacks do you have in a day as a family?
- c) Do you like fast foods?

**Elimination**

- a) Do you experience any elimination problems?
- b) How often do you eliminate as a family?
- c) How do you tackle elimination issue?

**Activity/Exercise**

- a) Do you as a family engage in physical activities?
- b) When and how long do the family members take in conducting an exercise?
- c) What are the exercises that you do regularly as a family?

**Cognitive**

- a) Do you have any problem reading and writing as a family?
- b) How do you perceive academic performance of each family member?
- c) Do we have any member of the family with memory issues?

**Sensory-Perception**

- a) Do you have any member with sensory issues or complications?

- b) How does sensory-perception affect the life of the individual concerned
- c) Do you believe that it is essential for one to have all the sensory perceptions?

#### Self-Perception

- a) Is there anybody struggling with self-image and self-esteem issues?
- b) How does self-image affect the family relationships and interactions?
- c) What do you do to cope with poor self-image?

#### Role-Relationship

- a) How do your roles play in the family?
- b) Are you satisfied with your different roles in the family?
- c) What is the most complicated situation in your roles in the family?

#### Sexuality

- a) How do you define sex and its importance to the family?
- b) Do you think your Christian ideals affect your perception of sexuality?
- c) What do you think about sexuality and your children?

#### Coping

- a) How do you cope with stress and stressful situations?
- b) Do you believe that stress is healthy?
- c) Whom do you involve when having such situations?