Family Health Assessment I

**Introduction**

When dealing with providing health care to family members, it is essential to understand the family in terms of its structure and style. This understanding allows health care providers to best care for a family and its members as the health care providers can quickly identify the strengths and barriers to health care facing a particular family and its members (George & Durham, 2016). This paper consists of an interview questionnaire for a family I interviewed based on crucial health patterns areas and an analysis of the assessment findings.

**Description of the Family Structure**

The family I interviewed are of African American descent. The man, Mr. Tyler John, is aged 48 while his wife, Mrs., Anita Tyler, is aged 45. The couple has three children; two twin daughters and a son. The daughters are the eldest and are aged 16 while the son is eleven years. All the five Tyler family members are strong Christians who attend church twice a week, on Wednesdays and Sundays. Mr. Tyler is a high school teacher in the local neighborhood while his wife is a nurse in the same area. Their daughters both study in the high school their father teaches while the son is home schooled. The family is in the middle class and owns a good house in a peaceful, crime-free middle-class neighborhood.

**Summary of the overall health behaviors and current health of the family**

Tyler's' son is home schooled because he has autism. The parents have hired a well-trained instructor who specializes in dealing with children with autism. Mr. Tyler has also been living with diabetes for the last three years, whereas his wife and daughters are in perfect health. The wife and the daughters attend annual pap smears and screenings for breast cancer at the hospital where Mrs. Tyler works. Mr. Tyler manages his diabetic condition through proper dieting, such as no consumption of sugars and processed foods. He also takes daily insulin shots to keep his blood sugar in check. The couple takes daily morning runs together before each leaves for work, and also have gym sessions with a trainer four days a week, in the evenings after work. Mrs. Tyler sometimes misses the gym sessions due to the nature of her demanding job as a nurse. The wife also ensures that the children consume healthy diets at home. The son is expected to sleep a minimum of nine hours a day while the rest of the family sleep an average of six-seven hours a day.

**Description of two functional health pattern strengths and three health problems or barriers noted in the findings**

Two of the functional health pattern strengths noted in the Tyler family's finds are proper nutrition and adequate sleep/rest (UniteforSight.org, 2016). The family is keen on consuming a healthy diet, backed up by the fact that the man has diabetes while the wife is a nurse. Therefore, the wife is well informed on managing her husband's condition best and preventing any of the other family members, herself included, at the risk of contracting a lifestyle disease. Ensuring adequate sleep and rest in comfortable sleep areas allows the family members to remain healthy and re-energize for their next day activities.

However, there are three areas in which health barriers were identified in the interview (UniteforSight.Org, 2016). The first is that the Tyler children are not as physically active as their parents. This puts the children at a higher risk of developing lifestyle diseases such as obesity. The second barrier is that the Tyler family lacks proper problem coping mechanisms. Usually, when issues arise in the family, their first response is to cover it up and act like it does not exist, until that becomes unbearable. This mechanism leaves the family members distressed. The third barrier to health is that the children have very few friends and have a tough time interacting with their peers. Therefore, they have difficulty fitting in which lowers their self-esteem.

**How family systems theory can be applied to solicit changes in family**

According to the family systems theory, family members form a unit whereby they influence each other’s behaviors through their interaction (Devlin, 2020). This theory can be applied in the Tyler family set up such that the family members can use their positive actions to influence each other to act in the same manner. For instance, the parents can influence the children to participate in exercises through lovingly explain and prove to them the importance of exercising.

In conclusion, there can never exist a universal health care strategy approach that works for all families. This is because each family is different in its members' needs and their day-to-day activities that add up to their overall health and welfare. Therefore, any health care provider should first fully understand an individual family in-depth, to best provide a family with a customized health care strategy for their optimal well-being.

References

Devlin, K. (2020, July 16). *Family systems theory definition & what is it?* Regain.US. <https://www.regain.us/advice/family/family-systems-theory-definition-what-is-it/>

George, L. K., & Durham, N. C. (2016). The health-promoting effects of social bonds.

Uniteforsight.org. (2020). *Family dynamics and health*. Unite For Sight. <https://www.uniteforsight.org/gender-power/module1>

**Appendix**

**INTERVIEW QUESTIONNAIRE FOR A FAMILY-FOCUSED FUNCTIONAL ASSESSMENT**

This interview questionnaire's questions are to assess various functional health patterns for the family, as outlined below. It is important to note that the questions are open-ended and therefore require detailed responses from the interviewees.

1. **Values/Health Perception**
2. What is your opinion on the current health status of your family?
3. Does your family have any set goals to achieve overall good health for all members?
4. What are some of the measures and actions that the family members currently engage in to ensure the attainment and preservation of good health for all family members?
5. **Nutrition**
6. How many meals does the family have on a typical day?
7. Are there any family members currently on a special diet? If yes, why?
8. Who determines the kind of diet consumed by the family, and what measures do they use to ensure the diet is healthy?
9. **Sleep/Rest**
10. What is the latest time a family member is expected to sleep before they are considered to have overslept?
11. What measures have been put in place to ensure that every family member gets a healthy/uninterrupted sleep/rest?
12. What techniques do you use to ensure rest/sleep during instances of insomnia?
13. **Elimination**
14. How many times do you urinate during the day and the night?
15. What are some of the challenges that you have faced during bowel movement?
16. What steps do you take to when you notice unhealthy urination or bowel movement?
17. **Activity/Exercise**
18. Who decides on the kind of exercises the family members should engage in?
19. How often do family members engage in exercises and other physical activities?
20. What kind of exercises does each family member prefer individually?
21. **Cognitive**
22. How would you define intelligence?
23. How many times have you taken an IQ test?
24. How would you rate your IQ?
25. **Sensory-Perception**
26. Would you describe all your senses as fully functional and efficient?
27. What are some of the tests you have taken to confirm the functionality of your senses?
28. What kind of measures would you take if you notice that your senses are not functioning normally?
29. **Self-perception**
30. What values define you as an individual?
31. What role have your family members played in the values you hold, dear?
32. What are your goals in the next five or ten years?
33. **Role Relationship**
34. How do you make friends?
35. How would your friends describe you?
36. How do you solve problems that occur between you and your friends?
37. **Sexuality**
38. What is your opinion on having children?
39. How often do you discuss the subject of sexuality with your children, if any?
40. How would you deal with your child if they identify with a different gender other than the one assigned to them at birth?
41. **Coping**
42. What kind of significant problems has your family ever experienced?
43. How did you deal with these problems?
44. Are there any unique coping mechanisms that your family has when dealing with problems? If yes, what are these mechanisms?