**Family Health Assessment I**

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**Family Health Assessment**

Family health assessment is a process that uses Gordon’s eleven health functional patterns to collect information from the family to evaluate its health promotion strategies and the illnesses affecting it. The assessment plays a significant role in ensuring families adopt the correct healthcare plans and effective illness preventive measures (Barnes et al., 2020). In addition, the process evaluates the family's health habits and well-being to help them choose the appropriate practices that will enhance their health choices. Generally, family health assessment mainly aims to develop family-centered care to promote the well-being of families. Therefore, this paper will conduct the health assessment of the chosen family and how family theory will successfully implement changes in the overall family functions.

**The family structure**

The family being assessed consists of six members: the father, mother, three daughters, and a son. Their ages are as follows: the father, John, is 45 years; the mother, Agnes, is 38; the daughters (Maddie, Joy, and Emma) are 18, 16, and 14 years, respectively, while the son (Samuel), is 19. In addition, the family is black American and belongs in the middle social class. Agnes and John work in a production company in their area. On the other hand, Sam and Maddie are both in college, while Joy and Emma are in high school. The family is Christian, and they attend church services quite often. In addition, the family lives on the city's outskirts, where houses are less expensive and crowded.

**The family’s Health Behaviors**

The family has adopted various healthy habits. The first habit is that the family encourages regular exercise. The family argues that exercising offers crucial benefits to them. For example, exercising helps them to improve their mental health, release stress, reduce the likelihood of acquiring diseases such as cardiovascular illnesses and obesity, curb their appetite, enhance their muscle strength, and enhance their ability to do daily activities (Posadzki et al., 2020). The other healthy habit that the family encourages is doing regular health check-ups. That helps them in the early detection of diseases to minimize the risks of getting sick. Also, regular check-ups help them identify potentially life-threatening conditions early to increase the chances of a cure.

Moreover, the family encourages meditation during stressful times. It is a powerful strategy that helps relieve anxiety and other stress-related symptoms. Also, the family encourages everyone to get vaccine updates since it helps boost their immunity and protect them against any new disease variants. However, even though the family has adopted various health habits, it takes a lot of fast foods that could interfere with their weight management, leading to obesity. Lastly, most family members are currently healthy; the children have no specific health issues. However, the father has kidney stones, and the mother has vision problems.

**Functional Health Patterns (Strengths and Barriers)**

**Two strengths**

**Values/health perception-** According to the assessment's findings, one of the family's strengths is that it values health and wellness activities such as updating vaccines, exercising, and regular health check-ups. The family argues that these activities are crucial for various reasons. First, exercising helps them to manage their body mass, release stress, and prevent diseases like obesity. Regular check-ups help them to detect and treat any underlying health issues. Lastly, updating vaccines enhances their immunity and protects them against disease variants.

**Exercise/Activity-** According to the evaluation findings, the family values regular exercise. That is because exercising bears helpful benefits, such as reducing the risks of acquiring severe illnesses such as heart disease and obesity. It is also an effective way of helping them manage stress and improving their muscle strength.

**Three health problems in the family**

**Nutrition-** Even though the family at some point eats a balanced diet, they mostly order fast foods that are not healthy. That is due to their tight schedules at school and work. If this habit persists, it may cause health issues like obesity.

**Rest/sleep-**The family does not have the typical sleeping hours. The parents work long hours, leaving little time to sleep and rest. The children, on the other hand, have heavy homework, making them sleep late. The family does not have any fatigue management strategies.

**Elimination-** According to the assessment findings, the father has kidney stones that make him experience difficulties while urinating. The family has not adopted any measures to enhance their elimination processes.

**Application of family systems theory**

This theory is a human behavior model that describes the family as a unit where the members interact and affect each other's behaviors or habits (Milberg et al., 2020). The theory argues that the family is interconnected and complex, and its members cannot work individually to initiate effective changes in the system. Every family member must be involved in the change process. Therefore, applying the family systems theory can help bring effective changes in this family. For instance, the family is experiencing poor rest or sleep patterns. Thus, every family member should participate in structuring the sleeping routine. The routines may include creating consistent bedtimes and a quiet and peaceful sleeping environment. That will give both the children and parents a sense of responsibility, making the change effective.

In addition, the family has poor eating habits; they primarily consume fast foods. Therefore, since the parents are the family leads, they should encourage the children to practice bulk preparation of home-cooked and healthy meals and store them for use in cases where there is no time to prepare a balanced meal. Such a strategy will ensure the entire family consumes healthy food. Lastly, if the family collaboratively adopt these strategies, they will enhance change in their health behaviors.

**Conclusion**

Family health assessment is essential in delivering care tailored to families' specific needs. The process helps identify the behavioral strengths and weaknesses of a family. The strengths and weaknesses help in designing healthcare plans that will address the health issues of each family. On the other hand, the family systems theory allows families to stick together to initiate change initiatives successfully.

**Appendix**

**Interview Questionnaire**

**Values/Health Perception**

1. Does your family value health and wellness? Our family prioritizes wellness activities like exercising and getting regular check-ups.
2. Does your family have any health-related beliefs? We believe taking preventive measures like vaccines and a balanced diet prevents diseases.
3. What cultural beliefs affect the family’s approach to health? We believe strong family bonds are essential in providing emotional support when one of us is sick.

**Nutrition**

1. Does your family practice healthy eating habits? We do not continuously eat healthy foods; we often order fast foods.
2. Who makes decisions on family meals? Mainly, our mom decides what to eat as a family.
3. Is there a family member with dietary issues? No one with any nutritional issues

**Sleep/Rest**

1. Does the family have regular sleeping patterns? No. The kids go to bed late due to heavy homework, while, as parents, we have to stay up late for work.
2. Does anyone take sleeping pills? The mom and dad take sleeping pills to help them rest due to the stressful nature of their work.
3. Does the family have fatigue management strategies? We do not have any in place.

**Elimination**

1. Does everyone have normal bowel movements? Everyone says they have regular bowel movements.
2. Are there any elimination issues in the family? The dad experiences kidney stones, which makes it hard to urinate.
3. Does the family have any elimination-associated practices? The family says they do not have any measures in place.

**Activity/Exercise**

1. Does the family exercise regularly? Yes, it helps the family to stay healthy and fit.
2. Do all family members support exercising? Everyone supports it because it helps us prevent diseases such as obesity.
3. Are there family obstacles to exercising? Yes. Long working hours sometimes hinder regular workouts. The kids, however, have no barriers to exercising.

**Cognitive**

1. How does the family maintain mental health? Exercising helps us release stress and other aspects that could impact our mental health.
2. Any cognitive issues in the family? There are no observable issues yet.
3. What are the family practices to promote mental wellness? We all highly encourage meditation and exercise.

**Sensory perception**

1. Any sensory issues in the family? The mom has vision problems and mostly wears glasses. No one has any hearing issues.
2. Has the family received any sensory tests? The dad says they have all recently taken vision and hearing tests.
3. Does the family have practices to improve sensory abilities? We do not have any in place.

**Self-perception**

1. Does everyone have positive self-perception? Mom's vision issues lower her self-esteem.
2. Aspects that influence the family’s self-perception? Job performance and school results.
3. Any family practices to improve to promote positive self-perception? Family meetings help eliminate aspects that lower our self-perception.

**Role relationship**

1. Does everyone execute their roles flawlessly? Yes. All family members ensure they fulfil their respective duties.
2. Are there roles-related conflicts in the family? The kids are most likely to have conflicts when doing house chores.
3. Does the family promote healthy roles relationships? Yes

**Sexuality**

1. Does the family talk about sexual health during meetings? We discuss the sexual health of the children regularly.
2. Does everyone in the family have the same sexual identity? No. one of the kids is homosexual.
3. How does the family enhance overall sexual well-being? We encourage open discussions to solve any sexual issues.

**Coping**

1. How does the family handle challenging situations? We try as much as possible to support each other emotionally.
2. How does everyone effectively handle stress? No. The mom faces difficulties in coping with stress.
3. Any family stress management strategies? Exercising, meditation, and therapy sessions help us cope with stress.

**References**

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