

Factors influencing family health

What are the factors that influencing family health?

There are various factors that influencing family health. They are:

1. Physical environment: that includes---

- Food
- Type of cloths
- Shelter or home

2. Psycho-social environment –

Includes a happy home & a congenial working environment for husband, wife & children. Availability of basic needs and security for life & old age affect the health status of the family.

3. Biological environment : includes—

- Freedom from communicable diseases
- Small family
- Healthy reproductive life.

Definition of family culture:

Family culture may be defined as the knowledge that family members use to generate behaviors that influence family structure & function.

Three aspects of family culture:

1. Family members share certain value that affects family behavior.
2. Certain roles are prescribed & defined for family members
3. A family's culture determines its distribution & use of power.

Socio-economic status:

A family's socio-economic status greatly affects all aspects of a Childs life, including development, nutrition and overall health & functioning. Low socio-economic status has the greatest adverse effect on health and many children in this country live below poverty level.

Socio-economic indicators:

1. Rate of population increase.
2. Per capita GNP (Gross National Product)
3. Level of unemployment.
4. Dependency ratio
5. Literacy rates, especially female literacy rates.
6. Family size

7. Housing – the number of persons per room
8. Per capita caloric availability.

Definition of family health:

Family health as the dynamic ways members holistically cared for one another using communication, socio-economic and care giving to develop & sustain health routines within the contextually embedded household.

OR

Family health is a process that occurs as member's value one another & act in nurturing ways at specific time points & over the life course.

Spirituality and Religion:

Spirituality:

Spirituality and religion play a large role in many people's lives –they influence what people wear, whom they can marry, when they seek medical advice and when they can peacefully die. It is often when people are sick that they seek comfort from religious or spiritual beliefs, seeking strength in their faith or beliefs.

Religion: Is an organized & public beliefs system of worship & practices that generally has a focus of a god or supernatural power.

Religious beliefs related to health care:

The following are the major religious of the world. A nurse manager should be attentive to the spiritual needs & customs of patients & their families in order to provide holistic nursing care

- Islam
- Hinduism
- Christianity
- Buddhism

Stress & Crisis:

Definition of Stress:

Stress is the response produced by a stressor. If a family is handling stress poorly or using ineffective adaptive strategies, it may be crisis. When a family crisis occurs, the stressors are overwhelming and the family is unable to cope and resolve problems.

Definition of Crisis:

Family crisis is a stressful & disruptive event that comes with or without warning & disturbs the equilibrium of the family

Types of Crisis:

1. **Developmental crisis:** Developmental crises are periods of disruption that occur at transition points during normal growth & development. When developmental crisis occur, people feel threatened by the demands placed. Developmental crisis arise from both physical and social changes.
2. **Situational crisis:**
A situational crisis is a stressful disruption event arising from an external event that occurs suddenly often without warning, to a person, group or community. Typically the external events require behavioral changes and coping mechanisms beyond the abilities of the people involved. For example a couple could experience a developmental crisis (birth) and a situational crisis (birth defect) simultaneously with the resulting stress compounded.

Define the term of adaptation to acute & chronic illness.**Definition of adaptation:**

Adaptation is the process of adjustment to change. How a family adapts to stress & change affects family health & functioning. If adaptation to stress is negative, the family functions less effectively than if the adaptation to stress is positive.

Definition of illness: Illness is a deviation from a healthy state that may occur acutely or as a series of long-term events.

Acute illness:

Acute illness is an illness or disease that has a relatively rapid onset and short duration. The condition usually responds to specific treatment & ends in full recovery. Examples of acute illness are the common cold or influenza, appendicitis and urinary tract infection (UTI).

Chronic illness:

Chronic illness usually involves permanent or disability and requires long term rehabilitation & medical or nursing treatment. Examples of chronic illness are coronary artery disease, endocrine disorders & diabetes mellitus

Adaptation to stress:

Adaptation to stress is essential to maintaining health. Through adaptation, individuals cope constructively with stressful conditions. Human beings cannot go through life without stress. Stress is as much a part of life as breathing and eating. Internal and external factors can trigger stress. Environmental factors, life changes and physiological or emotional illness all contribute to stress.

Life changes that cause stress for most people include the following:

- Death of spouse
- Divorce
- Marital separation from mate
- Detention in jail or other institution
- Death of a close family member
- Major personal injury or illness
- Marriage
- Being fired at work
- Marital reconciliation with mate
- Retirement from work
- Trouble with in laws
- Change in schools