

Family Health Nursing

What is family health?

Family health may be defined as “a dynamic changing relative state of well-being which includes the biological, psychological, cultural and spiritual factors of the family system”.

The goal of family health nursing is to preserve, protect and promote health.

Definition of family:

A family is “two or more persons who are joined together by bonds of sharing and emotional closeness & who identify themselves as being part of the family” (Friedman 1997)

Family is the fundamental of human life. It is the right place for integrating, preventive, promotive and curative services & for the improved delivery of health & other social services.

Types of family:

1. *Nuclear family*: Nuclear family consists of only husband, wife and their children.
2. *Extended family*: The extended families consist of those members of the nuclear family and other blood related persons such as grandparents, aunts, uncles and cousins.
3. *Step family*: Step family occurs when a divorced, widowed or never married single parent forms a household with a new partner both partners or only one may have children
4. *Single parent family*: Single parenting occurs when a divorce, separation, death of a spouse where a single person acquires a child through birth but most single parent households have been created by divorce.
5. *Wider family*: A family that emerges from life style is voluntary and is independent of necessary biological or kin connections.
6. *Traditional family*: The family structures that are most familiars and that are most readily accepted by society.

Definition of demographic:

Demo means human being & graph means to draw a chart or a picture. Demography is the scientific study of human population. It focuses its attention on three readily observable human phenomena –

- Changes in population size (growth)
- The composition of the population
- The distribution of population in space

Changing demographic:

Changing demographics affect the ways in which health care resources are used and what technologies are developed. It also affected in population demographics because the demand for health care services increase in developing countries. An important use of family demography by nurse is to forecast and predict stresses and development changes experienced by families and to identify possible solutions to family problems.

Demographic process:

1. Fertility
2. Mortality
3. Marriage
4. Migration
5. Social morbidity

Sources demography:

- Population census
- National survey
- Registration of vital events like birth, death and marriage registration
- Hospital records
- Sample screening
- International statistical records

Demographic characteristics of Bangladesh

- i. Population
- ii. Birth & death rate
- iii. Growth rate
- iv. Doubling time

- v. Density of population
- vi. Age pyramid
- vii. Dependency ratio
- viii. Sex ratio
- ix. Fertility trend

Family Nursing

What is family nursing?

Family nursing is a one kind of nursing practice in which family is the unit of services when the family affecting the health of an individual.

Principles of family nursing practice:

1. Work with the family collectively
2. Start where the family is
3. Adapt nursing intervention to the families stage of development
4. Recognize the validity of family structural variations and
5. Emphasize family strengths

Family nursing care should be provided after assessing the families and their coping strategies. First identify what stresses the family is experiencing; what kind of coping mechanisms are used and how will the family is coping with stress. Find out the internal and external coping strategies. When assessing families to cope, encourage all family members to be involved in support coping patterns that have been successful in the past

Role and responsibilities of nurses in family health nursing:

There are many roles for the rural community health nurse.....

1. Advocate – For rural clients & families, assisting them to obtain the best possible health care.
2. Coordinator/ case manager – For case management connecting rural clients with the health & social services.
3. Health teacher – Providing health education for individuals, families or groups on health promotion
4. Referral agent – Making appropriate connections between rural clients & urban providers of services
5. Mentor – To new community health nurse, nursing students and other nurses new to the rural community.
6. Researcher – Suggesting new approaches to solving patient care or community health problems based on research.
7. Activist –Willing to take appropriate risks to improve the community's health.