

Family process

What is family process?

Family process is the systematic approach to providing nursing care using assessment, diagnosis, outcome, identification, planning, implementation & evaluation.

OR

It is the systematic & cyclic method where by nurse make family decisions & identify a course of action based on analysis of available information & provides feedback on client care base on evaluation.

Role of family: Each member of the family has a role:

1. A role is how one is expected to behave in a situation.
2. Cultural & social class usually influences how roles are allocated to family members.
3. Family roles are performance oriented such as breadwinner, homemaker, handywomen or gardener.
4. A healthy family is one in which there is opportunity to shift roles from time to time.
5. In the traditional nuclear family, roles frequently are characterized as formal or informal.
6. Formal roles consist of a limited number of positions in the family such as wife-mother, husband-father, son-brother and daughter –sister. There are certain role expectations with each of the formal roles such as homemaker, financial manager, cook & so on.
7. Informal roles have different requirements such as age, sex specially personality. Effective performance of informal roles can strengthen the performance of the formal roles.

Definition of family communication:

Family communication “describes the exchange of information in the instrumental & affective dimensions of family life” every family provides a context for learning to communicate.

Family communication patterns:

Communication refers to the process of exchanging feeling, desires, needs, information & opinions. Every individual have their own distinct style of communication, families also have their unique communication style or pattern. Clear communication is a means of providing a nurturing environment in which family function well. Conversely, unclear communication may be a major contribution to poor family functioning.

Definition of Power:

Power is the ability to influence or control other people's behavior to accomplish a specific purpose. Family power is a dynamic & multidimensional process.

Power distribution among family members:

Power is the possession of control, authority or influence over others. In some family power is concentrated primarily in one member. The traditional patriarchal family, in which the father holds absolute authority over other decision making power such as vacations, housing, leisure activities child rearing etc.

Decision making:

Hurber defines decision making as a "behavior exhibited in making a selection & implementing a course of action from alternatives. It may or may not be result of an immediate problem"

Nurses role in patient decision making:

Nurses must be aware of patient's rights in making decisions about their treatments and they must assist patients in their decision making when patients are active participants with prescribed treatments. Empowering the patient in this manner ultimately promotes a more positive outcome

Definition of Coping:

Coping is problem – solving process a person uses to manage stress.

Definition of coping Mechanism:

Coping mechanism is effort used to manage stress.

Definition of family coping:

Family coping refers to a positive response that families employ to resolve problems or reduce the stress produced by a problem or event. Family coping processes and strategies enable the family to maintain its necessary functions. Without effective coping & adaption, family functions cannot be adequately managed.

Types of coping strategies:

Internal coping strategies:

1. Family group reliance: Becoming more reliant on its resources.
2. The use of humor: Relieving anxiety & tension with humor.
3. Maintaining cohesiveness: Sharing feeling, thoughts & experiences to maintain a cohesive family unit.
4. Controlling the meaning of the problem: Interpreting events in a positive way.
5. Joint family problem solving: All members working together to solving problems.
6. Role of flexibility: Changing roles as needed.
7. Normalizing: Maintaining as normal a life as possible in the face of stressors.

External family coping strategies:

1. Seeking information: Obtaining information about a situation to maintain control.
2. Maintaining active linkage with the community: Participating in clubs or community organizations, using societal resources and information.
3. Seeking social support: Using informal & formal support systems & support groups.
4. Seeking spiritual support: Obtaining spiritual support for coping with stress.

Values:

What do you mean by values?

Values are standards for decision making that endure for significant time in one's life. They are abstract ideas that have four parts thinking, choosing, feeling and behaving.

Definition of family values:

Family values are "a family's system of ideas, attitudes & beliefs about the worth or priority of entities or ideas that bind together the members of a family in a common culture"

Clarification of values:

People can use values clarification in several decisions:

1. To examine past situations & decisions
2. To conduct general case studies
3. To explore how they spend their time by listing activities in atypical 24 hours period.

Process of valuing:

1. Choose the value freely & individually

2. Choose the value from among alternative
3. Carefully consider the consequences of the choice
4. Cherish or prize the value
5. Publicly affirm the value
6. Incorporate the value into behavior so that it becomes a standard
7. Consciously use the value in decision making.

Relationship among family members in the Bangladeshi culture:

Bangladesh is one of the member countries of United Nations. As a peace-loving & democratic country. The family is a unit in our country; the traditional joint family constitutes an independent unit made up several single families where the resources of all members contribute to the total group. When one member of family meets a difficulty all members come to his rescue. Relationship among family members in Bangladeshi culture like bonding, they living together, same laws & regulation and in a geographical area. Most of the festivals are celebrated in a group. Muslim, Hindu, Christian & Buddhism are the main religions in Bangladesh. All groups are co-operative & helpful.