

The Nursing Process & Family Nursing

Definition of nursing process:

The nursing process is a systematic continuous & cyclic method whereby nurses make clinical decisions & identify a course of action based on analysis of available information and provide feedback on client care on evaluation.

Phases of nursing process:

1. Assessment: Collecting subjective and objective data.
2. Diagnosis: Analysis subjective & objective data to make a professional nursing judgment.
3. Planning: Determining outcome criteria & developing a plan.
4. Implementation: Carrying out of the plan.
5. Evaluation: assessing whether outcome criteria have been met & revising the plan as necessary.

Definition of family nursing:

Family nursing is “the provision of care involving the nursing process to families & family members in health and illness situations”

Definition of family assessment:

Family assessment is the process of collecting data about the family structure, relationships and interactions among individual members.

A comprehensive family assessment should be the basis for promoting the health of a family. When performing a comprehensive assessment of a family, Allender and Spradly suggest that the nurse do the following

- Focus on the family as a total unit
- Ask goal-directed questions
- Collect data overtime
- Combine quantitative and qualitative data
- Exercise professional judgment

[N.B: two of the most commonly used assessment instrument for developing a family database: Gegram & Ecomap]

Criteria for selecting family assessment instrument:

1. It is clear, uncomplicated and easily understandable.
2. Questions are worded at an appropriate grade level so that family member with poor reading skills and/or limited vocabulary can comprehend them.

3. It can be administered in a short in a short period of time and scored easily.
4. It is reliable and valid.
5. Questions are appropriate for the majority of families i.e. they are not geared to a particular social class, age group or ethnic background.
6. It is clinically relevant; i.e. it focuses on family needs for which nursing interventions can be planned.

Definition of family interventions:

A family intervention is any treatment the nurse performs to enhance client outcomes based on clinical and family judgment and knowledge.

Family interventions to promote crisis resolution:

Phase	Goals
Pre-crisis	<ul style="list-style-type: none"> • Health promotion • Disease prevention • Education
Interventions	<p>Primary prevention</p> <ul style="list-style-type: none"> • Anticipatory guidance • Reduce factors that increase vulnerability. • Reduce hazards in some events • Reinforce positive coping strategies • Mobilize social support and other resources.
Crisis	<ul style="list-style-type: none"> • Reduction of stress load • Cure or restoration of function
Interventions	<p>Secondary prevention</p> <ul style="list-style-type: none"> • Assist with reaction to the event & functioning • Allow behavior, dependence & grief • Set goals with client • Refer to resources
Post crisis	Rehabilitation and maintenance
Interventions	<p>Tertiary prevention</p> <ul style="list-style-type: none"> • Promote adaptation to a changed level of wellness. • Promote independence • Reinforce newly learned behavior, life style changes, coping strategies