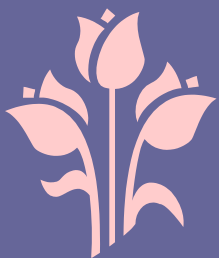


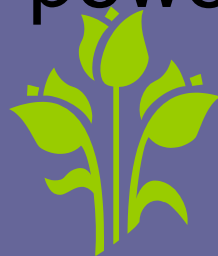
Theoretical Bases for Promoting Family Health

Dr. Hussein Alibrahemi



Learning Objectives

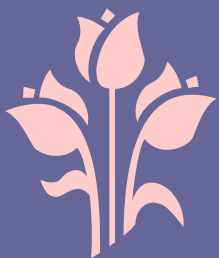
- Analyze changing definitions of family.
- Discuss characteristics all families have in common.
- Identify five attributes that help explain how families function as social systems.
- Discuss how a family's culture influences its values, behaviors, prescribed roles, and distribution of power.



- Compare and contrast the variety of structures that make up families.
- Describe the functions of a family.
- Identify the stages of the family life cycle and the developmental tasks of a family as it grows.
- Analyze the role of the community health nurse in promoting the health of the family unit.



- family definition is important because how nurses define a family influences the care they give and, at the most basic level, how they interact with the family. When you hear the word family, what do you think of?
- How would you define your own family?



Family Definition

- theorists suggest that a family consists of two or more individuals who share a residence or live near one another; have some common emotional bond; engage in interrelated social positions, roles, and tasks; and share cultural ties and sense of love and belonging

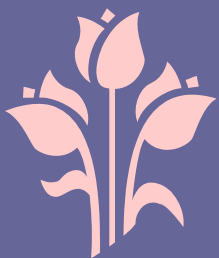


- Today's community health nurse needs to understand and work with many types of families, each of which has unique health problems and needs.
- For example, a young single mother who is homeless seeks help in caring for her sick infant.
- A 55-year-old grandfather provides care for his elderly mother, who was recently discharged from the hospital after a

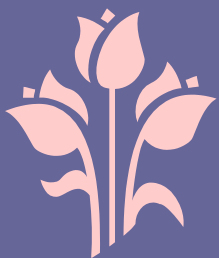
stroke



- Why is it important for the community health nurse to understand and respect the unique characteristics, cultures, structures, and functions of each of these families?
- Do families as basic units of a community have characteristics that affect community health nursing service?



- The answer is an unprofessional yes.
The effectiveness of the community health nurse depends on knowing how to work with a family as a unit of care.



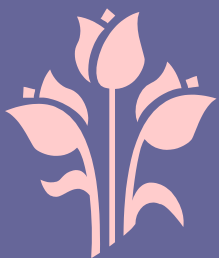
Family functioning

- is defined as those behaviors or activities by family members that maintain the family and meet family needs, individual member needs, and society's views of family. The interdependence of family members involves a set of internal relationships that influence the effectiveness of family functioning



Family health

- is concerned with how well the family functions together as a unit. It involves not only the health of the members and how they relate to other members, but also how well they relate to and cope with the community outside the family.



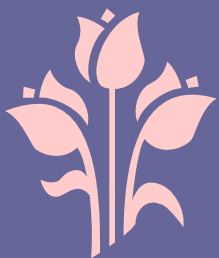
Characteristics of Families

- It provides an important key to understanding each family's uniqueness.
- Every family is a small social system.
- Every family has its own cultural values and rules.
- Every family has structure.
- Every family has certain basic functions.
- Every family moves through stages in its life cycle.



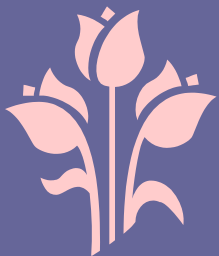
Families as Social Systems

- There are five attributes of open systems that help explain how families function: (1) families are interdependent.
- (2) families maintain boundaries.
- (3) families exchange energy with their environments.
- (4) families are adaptive.
- and (5) families are goal-oriented.



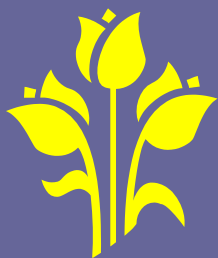
Interdependence Among Members

- All the members of a family are interdependent; each member's actions affect the other members.
- For example, consider the changes a father might make to reduce his risk of coronary heart disease. If he cuts back on working overtime, the family's income will be reduced.



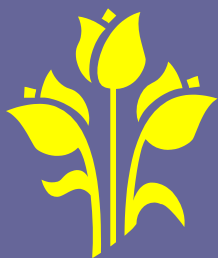
family map

- This tool can reveal a great deal about the interdependence of family members. The way parents relate to each other,
- influences the quality of their parenting. When the interactions between them are frequent and honest.



Family Boundaries

- Families as systems set and maintain boundaries that include some people as members while excluding others.
- These boundaries, which result from shared experiences and expectations, link family members together in a bond that excludes the rest of the world.

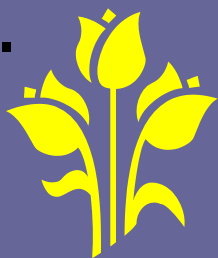


Energy Exchange

- families exchange materials or information with their environment.
- All normally functioning living systems engage in such an input–output relationship.
- This energy exchange promotes a healthy ecologic balance between the family system and the environment.



- For example, a child-bearing family needs adequate food, shelter, and emotional support, as well as information on how to achieve its developmental tasks. The family also needs community resources, such as health care, education, and employment, all of which are forms of environmental input.
- the family contributes to the community by working and by consuming goods and services.

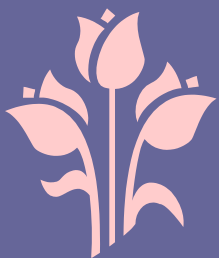


Adaptive Behavior

- Families are adaptive, equilibrium-seeking systems. In unity with their nature, families never stay the same.
- They shift and change in response to internal and external forces.
- Internally, the family composition changes as new members are added or members leave through death or divorce.



- Externally, families are bombarded by influences from sources, such as school, work, peers, neighbors, religion, and government.
- they are forced to house to new demands. Adapting to these influences may require a family to change its behaviors, its goals.



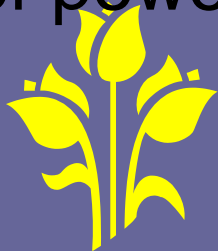
Goal-Directed Behavior

- Families as social systems are goal directed. Families exist for a purpose—to establish and maintain an environment that promotes the development of their members.
- To fulfill this purpose, a family must perform basic functions, such as providing love, security, identity, a sense of belonging; assisting with preparation for adult roles in society;



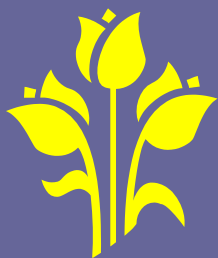
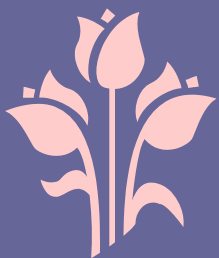
Family Culture

- Family culture also gives the community health nurse a basis for assessing family health and designing appropriate interventions. Three aspects of family culture:
 - (1) family members share certain values that affect family behavior,
 - (2) certain roles are prescribed and defined for family members,
 - (3) a family's culture determines its distribution and use of power.



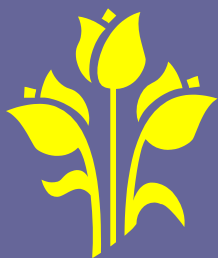
approved Roles

- the father role may be defined as an authoritative one that includes establishing rules, judging behavior, and administering punishment for misuse of rules. In another family, the father role may be defined primarily as that of a loving benefactor. If there is an absence of an immediate male parent, a grandfather, uncle, friend, or mother may take over the father role.

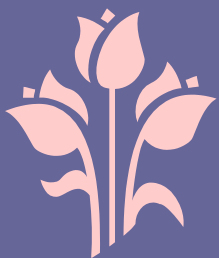


Family Structures

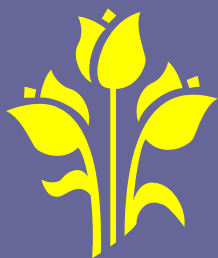
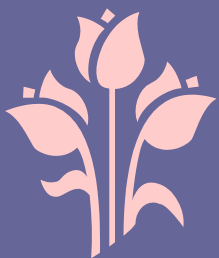
- Family structures fall into two general categories: traditional and modern.
- **Traditional family** structures are those that are most familiar to us. They include the **nuclear family**—husband, wife, and children living together in the same household.



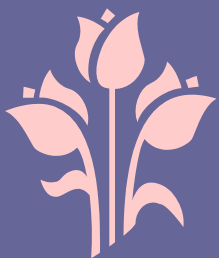
- In nuclear families, the workload distribution between the two adults can vary. Both adults may work outside the home; one adult may work outside the home while the other stays at home and assumes primary responsibilities for the household



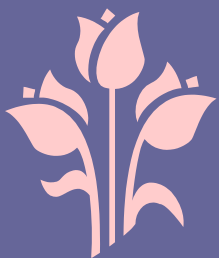
- A **nuclear-dyad family** consists of a husband and wife living together who have no children or who have grown children living outside the home.
- **single-adult families**, in which one adult is living alone by choice or because of separation from a spouse or children or both. Separation may be the result of divorce,



- **Multigenerational families**, in which several generations or age groups live together in the same household.
- A household in which a widowed woman lives with her divorced daughter and two young grandchildren is an example of a multigenerational family, as is one in which adult children live with aging parents.

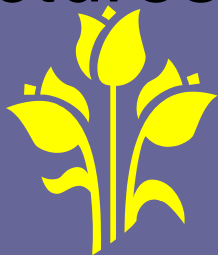


- a **kin-network**, in which several nuclear families live in the same household or near one another and share goods and services. They may own and operate a family business, sharing work and child care responsibilities.

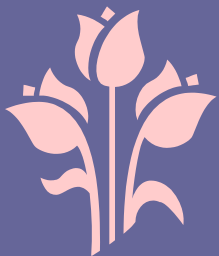


modern Families

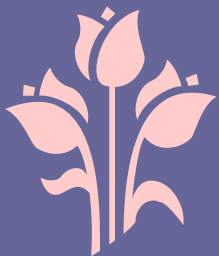
- Society has begun to accept nontraditional definitions of family. The concept of **wider family** .
- is defined as a family that “emerges from lifestyle, is voluntary, and independent of necessary biological or kin connections”
- “With today's wide variety of family types and structures.



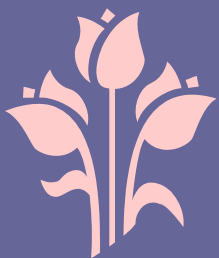
- A **group-marriage family** involves several adults who share a common household and consider that all are married to one another; they share everything, including sex and child rearing.
- A **group-network family** is made up of unrelated nuclear families that are bound by a common set of values, such as a religious system. These families live close to one another and share goods, services.



- **Homeless families** are increasing in numbers, and their characteristics are changing. In 2005, about 41% of the counted homeless population were families with children.

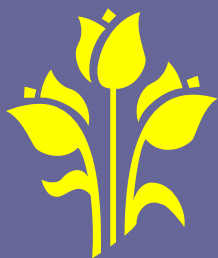


- **foster families.** These families take a variety of forms, but all foster families have had formal training to accept unrelated children into their homes on a temporary basis.
- children's parents receive the help necessary to reunify the original family. Although this arrangement is not ideal.
- most foster families provide safe and loving homes for these children in transition. Often foster children have emotional and physical health problems.

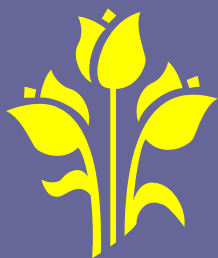
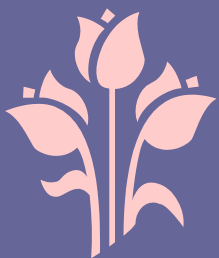


Facts about Families in America

- On any given night in the United States, there are 500,000 to 600,000 homeless men, women, and children
- Some 500,000 children go missing each year.
- More than 3 million children live with their grandparents as the primary care providers.
- Approximately 500,000 children are in foster homes.

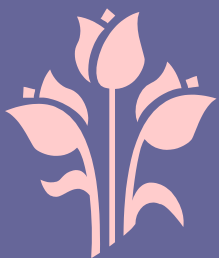


- Almost 8% of girls between 15 and 19 years of age get pregnant each year, producing 750,000 pregnancies annually.
- Ten percent of the population has significant problems related to substance abuse .
- At least 4% of U.S. households include three generations; approximately 78,000 homes include four generations .
- In California, gay adoptions, or “second-parent” adoptions, number 10,000 .



Facts about Families in Jordan

- Large families are traditionally desired, but family sizes are declining due to economic necessity.
- To be able to help another member of the family is considered an honor as well as a duty. Parents will often help or support their children even after marriage.

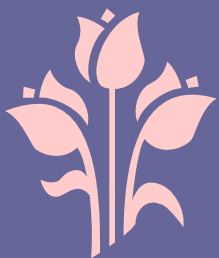


- The father is considered head of the family and is expected to provide for the family financially.
- The mother is expected to take care of the children and household.



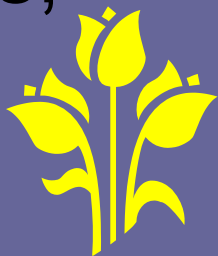
Family Functions

- families have produced children, physically maintained their members, protected their health, encouraged their education or training, given emotional support and acceptance, and provided supportive and promotion care during illness.



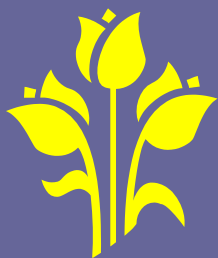
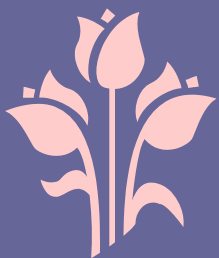
Providing Affection

- The family functions to give members affection and emotional support.
- love brings couples together. In some other cultures, affection comes after marriage.
- Continued affection creates an atmosphere of care for all family members,



Providing Security and Acceptance

- create a secure environment. Members need to know that these basics will be available and that the family is committed to providing them.
- The stability of the family unit also gives members a sense of security.



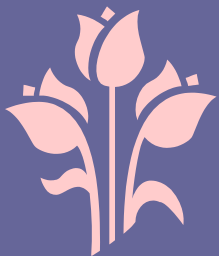
Instilling Identity and Satisfaction

- Positive reflections provide the individual with a sense of satisfaction and worth such as that experienced by a girl when her family applauds her efforts in a swim meet or by a boy whose family praises the bird house he builds.
- Needs fulfillment in the home determines satisfaction in the outside world;



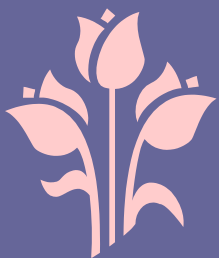
Promoting relationship and friendship

- The family functions to give members a sense of belonging throughout life. Because families provide associational bonds and group membership, they help satisfy their members' needs for belonging.



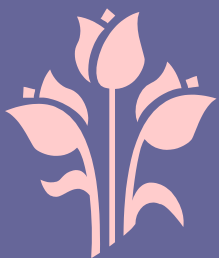
Providing Socialization

- The family functions to socialize the young. Families transmit their culture—their values, attitudes, goals, and behavior patterns—to their members. Members, socialized into a way of life that reflects and preserves the family's cultural.



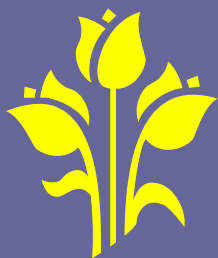
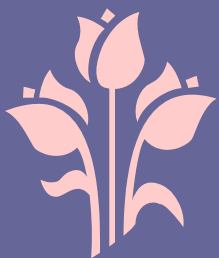
Establishing Controls

- The family functions to maintain social control. Families maintain order through establishment of social controls both within the family and between family members and outsiders.



Stages of the Family Life Cycle

- There are two stages:
- 1- *expansion* as new members are added and roles and relationships are increased.
- 2- *contraction* as family members leave to start lives of their own or age and die.



Stages of the Family Life Cycle

- Forming a partnership
- Childbearing
- Pre-school age
- School-age
- Teenage
- Launching center
- Middle age parents
- Aging family members



CHN Role in Promoting Family Health

- Apply the nursing process in the care of families
- Build personal knowledge base about family structures, functions and developmental tasks
- Work with families to improve family functioning

