

Health Sociology

FAMILY HEALTH NURSING

FAMILY: is a group of people united by the ties of marriage, blood or adoption; constituting a single household, interacting and inter-communicating with each other in their respective social roles of husband and wife, mother and father, brother and sister creating a common culture

TYPES OF FAMILY

- 1. Nuclear family**: consists of husband, wife and perhaps one or more children.
- 2. Extended family**: includes members of the nuclear family and other relatives, aunts, uncles, grandparents and cousins
- 3. Blended families**: They are formed when parents bring unrelated children from prior marriages into a new family.
- 4. Single parent families**: They are formed when one parent leaves the nuclear family because of divorce or death.

FUNCTION OF FAMILY

1. The reproductive function of the family, as the Sexual role requires mutual participation of both partners.
- 2- Economic function of the family,-Housekeeper role it involves preparing and maintaining the goods and services for the family use.
3. Health care function of the family, therapeutic role for assisting the family member to cope with health problems.
- 4- Providing affection, companionship, and role to providing recreation for the family members.
5. Providing security and acceptance activities for family members.
- 6- Providing socialization, Child socialization it encompasses the process and activities in the family that contribute to the development of the child's social and mental capacities.

CHARACTERISTICS OF FAMILY

1. Every family is a small social system.
2. Moves through stages of the life cycle.
3. Every family has its own cultural and values
4. Every family performs certain basic functions.
5. Every family has its own structure.

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FAMILY HEALTH:

A condition including the promotion and maintenance of physical, mental, spiritual, and social health for the family unit and for individual family members.

Characteristics of Healthy Families

Healthy families were described as having six important characteristics.

1. Facilitative interaction among family members-

Healthy families communicate. They use frequently both verbal and nonverbal communication means. Its members have learned to share and to work in collaboration with each other.

2. Enhancement of Individual Development-

Healthy families are able to accept each member unconditionally and respect each one's right to be his or her own self.

3. Effective Structuring of Relationships-

In a technological advanced societies however, most families must adapt their roles to be consistent with changing family needs created by external forces. As women enter the work force, for instance, family roles, relationships, and tasks must change to meet the demands of the new situation.

4. Active Coping Effort

Healthy families actively attempt to overcome life's problems and issues.

Their coping ability is enhanced by receptivity to new ideas and means for solving problems.

5. Healthy Environment and Life-Style

Healthy families create safe and hygienic living conditions for their members. Another sign of a healthy family is it promote a healthy family life-style by encouraging an appropriate balance of activity and rest, they foster a nutritionally sound diet and promote regular exercise etc.

6. Regular Link with the Broader Community

Healthy families maintain dynamic ties with the broader community. They participate regularly in external groups and activities. We may see them join in religious activities.

FAMILY HEALTH NURSING

Is a nursing aspect of organized family health care services, which are directed or focused on family as the unit care with health as the goal.

It is thus synthesis of nursing care and health care. It helps to develop self-care abilities of the family and promote, protect and maintain its health.

Family health nursing is generalized, well balanced and integrated comprehensive and continuous are requiring comprehensive planning to accomplish its goal. The goals of the family health nursing include optimal functioning for the individual and for the family as a unit.”

OBJECTIVES OF FAMILY HEALTH NURSING

1. To identify health and nursing needs and problems of each family.
2. To ensure family understands and accepts needs of this health problems.
3. To plan and provide health and nursing services with the active participation of family members.
4. To help families develop abilities to deal with their health needs and health problems independently.
5. To contribute to family's performance of developmental functions and tasks
6. To help family make intelligent use of promotive, preventive, therapeutic and services in the community.
7. To educate, counsel and guide family members to cultivate good personal health habits, practice safe cultural practices and maintain wholesome physical, psychosocial, and spiritual environment.

PRINCIPLES OF FAMILY HEALTH NURSING

1. Provide services without discrimination
 2. Periodic and continuous appraisal and evaluation of family health situation
 3. Proper maintenance of record and reports.
 4. Health education, guidance and supervision as integral part of family health nursing.
 5. Plan and provide family health nursing with active participation of family.
 6. Services should be realistic in terms of resources available.
 7. Encourage family to contribute towards community health.
- Active participation in making health care delivery system