

## **Family Assessment**

### **Family**

The Martinez family presents with three children ages 11, 11, and 15. This nuclear family includes fraternal female twins, and an older son. Both parents work in accounting, while the children would normally attend school. Both parents were born in the United States, however one grandmother is native to Jamaica. They are a Baptist family, attending church since neonatal years. The kids are actively involved in basketball, cross-country, piano, ballet, girl scouts. Prior to the pandemic, parental roles included transportation to and from all activities, and preparing lunch.

### **Developmental stage**

One parent is from New York, the other is from Ohio. The family continues to monitor all social media interaction and other screen time. The mother is past advanced maternal age, and does not anticipate having more children. All three living children are exceeding in school, and extracurricular activities. The children demonstrate flexible thinking and often have debates.

### **Environmental Data**

They have lived in a two story single-family home in the suburbs of Connecticut, for several years. The property has a large private backyard. There is an elementary school and a small town nearby. The family frequently visits the community center to use its resources such as the library, gym, pool, and dance lessons. A car is needed to change locations in the area. There is also a fire department located minutes away. There is adequate running water in the household. There is a family cat that was adopted several years ago. The kids often participate in community events and interact with their neighbors. The parents often meet up with long time family friends, and their children.

### **Functional/family structure**

The son has a cellular device to keep in contact with the parents in regards to after school activities. The parents often discuss family trips and rules, often coming to a mutual agreement that fits in their budget. The family presents with a hierarchy and role assignment for tasks such as chores and other daily routines. Values include eating together, creativity, love for God, and honesty. The family does their best to surprise the children with entertainment venues and road trips. They understand the abundance of love they receive from God and their parents. There are sufficient vital resources to meet their basic needs. They have two vehicles to assist in transportation to and from sports.

### **Health History**

The mother has previously delivered a stillborn prior to the birth of her current living children. Their son has had four impacted wisdom teeth removed. There has been no hospitalizations for any children. There are no known allergies in the family. The children stick to a three meals a day schedule. This often consists of large amounts of protein, and low amounts of fat. Extracurricular activities include basketball, cross-country, girl scouts, piano, swimming, and ballet. Social skills are good for their age. They all have friends in school and at their extracurricular activities. The son attends a private school.

### **Family Coping Patterns**

#### **Short and long term stressors**

In the past year the family has dealt with the sudden passing of a grandmother. This has greatly impacted the family dynamic as their normal routine has been altered.

#### **Coping strategies**

To cope, they attend church and Sunday school and look back at old pictures as memories. There is a large support system in place from the extended family. Most have relocated to different states however virtual contact still occurs.

Describe how the family attempts to actively cope with problems

Support system

## **Nursing Care Plan**

Nursing Diagnosis: Interrupted family processes related to issues with situational crisis as evidenced by crisis related to health of family member

Expected Outcome: Family will demonstrate adequate functioning throughout the remainder of the year.

### Nursing Interventions

1. Encourage the family to verbalize feelings, and acknowledge feelings and emotions
2. Engage in family-centered care
3. Assess the family's level of stress and ability to cope
4. Stress the need for adequate rest, sleep, exercise, and nutrition for family members
5. Assess childrens' present coping skills
6. Identify support system for family

### Rationales

1. Verbalization is a way of decreasing anxiety levels
2. Provides a holistic approach to care of the family
3. Determines family's ability to cope with multiple stressors
4. Promote family health and minimizes stress of loss on family
5. Determines areas for improvement and support
6. Identifies resources available for coping

### Evaluation

The family has displayed coping and psychosocial adjustment.

Rando, T. A. (1984). *Grief, dying, and death: Clinical interventions for caregivers* (pp. 80-103). Champaign, IL