

**Family Assessment**

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Families are crucial to any community. They provide growth, safety, belonging, and growth for all members of the family unit while also providing and fulfilling a wide variety of roles as a whole. Even as a collective group, health is important for the family unit as a whole, and must be assessed holistically and inquisitively. This report will assess one such family and how their unique dynamics, roles, and beliefs influence their health.

The family that has been assessed is the Aguilar family. The family is a nuclear family and has three children: a 17-year-old son, a 13-year-old daughter, and an 8-year-old male. All three are students. The mother is 49 years old and is a nurse, while the father is 57 years old and a floor tech. The family has an entirely Filipino background and identifies as Roman Catholics. Familial recreational activities include jogging, listening to music, video games, walking, going to Disney Land, and drawing. The parents are authoritative in parenting style, and do not permit any violence or alcohol, and insist on them having a Catholic education.

In terms of cognitive development, the eldest son and daughter are under Piaget's Formal Operations stage while the youngest daughter is under Piaget's Concrete Operations stage. In terms of psychosocial development, both daughters are under Erikson's Industry vs. Inferiority stage, while the eldest son is under the Identity vs. Role Confusion stage. The parents were both born in the Philippines, married in the US, and bore three kids, who were born and raised in the United States. Both parents were born in the Philippines. The parents are meeting their cognitive needs by encouraging their education and cognitive and psychosocial growth, and are actively assisting their children with their development.

The family lives in a single-family home, and live in a middle-class suburban neighborhood. The family travels around by car due to the lack of public transportation options.

Water supply is provided by JEA. The family has no pets. The family is associated with the local Neighborhood Watch, and has a social network of friends from both school and work.

In terms of communication patterns, the family follows a consensual pattern where the family may have open discussions, but the parents ultimately have the final say; the parents will also switch to Tagalog whenever they need to make a decision without the children overhearing. In terms of family decision-making, the parents make the decisions jointly, but the son will make the decisions if the parents are absent. The family values respect and nonviolence towards others, showing compassion to others in need, and enjoys spending time together as a family. The family as a whole always takes time for others within the unit to address any emotional needs; whenever one of them believes they aren't feeling loved, it is brought to the family's attention and immediately addressed by the family. The family has enough savings and enough economic resources in order to provide for the basic needs of the family, as the mother and father have stable jobs that provide adequate incomes in order to provide for the family's basic needs.

In terms of medical history, no family member has any significant medical history; the family is completely healthy. In terms of medical history of the children, none of the children sustained any hospitalizations or required any surgeries, but the son and eldest daughter are allergic to peanuts, and the eldest daughter is also allergic to seafood and coconuts. The three children have stated having a normal and balanced nutritional intake. The eldest son participates in academic clubs, a cross-country club, and a food pantry. The eldest daughter participates in cross-country and track and field clubs. In terms of social skills, the children state that they have normal peer-to-peer dynamics with other children, with no known social issues.

There are no known stressors currently affecting the family; any stressors are usually resolved as soon as possible. Coping strategies include asking family members for help with

stressful situations, staying positive, and dealing with mistakes and successes effectively. The family attempts to actively cope with problems through prayer, as well as conversing with one another and dealing with both successes and failures effectively. In terms of support systems, the family can contact other relatives, friends, or the priest of the local Catholic congregation.

Families come in all shapes and sizes. However, very rarely do they seem like the picture of health or happiness. The Aguilar family, unlike many families, seem to be well adjusted and happy with one another, and their future prospects can only improve from there. Many families should strive to become as close knit and loving as the Aguilar family, and one can only hope that their health and futures continue to be so bright.

## References

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