

Family Assessment Paper

Chanho Kwak
School of Nursing, Alliance University
NUR392: Nursing Care of Children and Adolescents
Dr. Lauren Ibiezugbe
April 2, 2023

The family that was interviewed for the assessment consisted of five members. The Zhang family has three children of pediatric age – Evelyn (14-year-old female), Enzo (12-year-old male) and Edwin (7-year-old male). The father and mother are the caregivers of these 3 children. The father, Joey, is a 46-year-old male with a college education and currently works as a trader. The mother, Aida, is a house wife also with a college education. This is a nuclear family, ethnically Chinese and speaks mandarin in the home. The Zhang's identify themselves as Christian. As a family, their recreational and leisure activities include television, Korean drama, cooking, cleaning and games. The father and mother play the traditional roles of father and mother. The father is the main disciplinarian and the mother nurtures the children.

The three children are in different developmental stages of their lives. Edwin, the 7-year-old male just entered into the school-age developmental stage. Although physical growth will be slow at this time, he'll continue to accelerate his social and developmental growth. His perspective will broaden from his family to include those around him such as teachers, friends, and other influences. Edwin will begin to become more independent and participate more in activities (Kyle, T., & Carman, S., 2017). While Edwin is just entering the school-age stage, his brother Enzo, is at the tail end of the school-age stage and about to enter into the adolescent stage. Enzo, as a 12-year-old male, has gone through many changes through the school-age years. His brain growth should have been completed, as well as his frontal sinuses. His respiratory system continues to develop as it transitions into diaphragmic breathing. The pulse rate decreases as the blood pressure increases. As the GI and GU systems develop – stomach capacity and bladder capacity increases. There is also musculoskeletal development which leads to increased strength and coordination. For Evelyn, the 14-year-old female, she is in the adolescence stage of development. She is in the middle adolescent years and going through

biological changes known as puberty. The average age for menarche is 12.8 years. This stage is marked by brain growth due to myelin sheath, decrease in respiratory rate, increase in the size and strength of the heart, full set of teeth except the wisdom teeth, continued ossification, and the toughening of skin (Kyle, T., & Carman, S., 2017).

The family has resided in Queens for 15 years with the exception of a 2-year stint in Germany in between. Evelyn and Enzo were born in Flushing, Queens with the exception of Edwin who was born in Germany. Both Joey and Aida, were born in China. Joey was born in the city of Suzhou and at the age of 10, immigrated to Queens, New York with his family. Aida, was born in Wenzhou, China and moved to Germany at the age of 10. Aida and her parents relocated to Germany for work reasons. Aida moved to the United States in 2001 to pursue her college education in finance.

The parents face the challenge of nurturing 3 children who are in different developmental stages. The parents expressed their frustration with communicating, loving, disciplining Evelyn as she undergoes her development during puberty. The father and mother stated that Evelyn was emotional, forming her identity and that talking with her was very difficult. Although it was difficult, the parents felt that they were meeting her needs at this stage. Enzo is not yet in puberty and has not yet undergone any drastic physiologic and psychological changes. The parents felt that his needs were met. Edwin is in a school-age stage and the parents expressed that he was learning to communicate as well as sharing with friends. The description of Edwin's development is considered normal for school-age development. The parents communicated that Edwin's needs were met.

The Zhang's currently resided in a detached home in Queens. The parents and children all had their own rooms with a living room, kitchen, dining room and an office in the basement.

The neighborhood was lined with other single household homes with driveways. The neighborhood has excellent public schools nearby. They live in a middle-class neighborhood which is conveniently located near public schools, public buses, as well as banks, markets, shops, and restaurants. Their home is easily accessible by public transportation and car. They were no safety issues in their home, had running water and utilities. The family does not have any pets. The Zhang's participated in a church approximately 20 minutes outside their neighborhood. Their social networks included their grandparents, close friends, and church. Aida's parents were still in Germany and they would visit annually.

Next, a functional/family structure assessment was completed. Joey described his communication as "decent" with his family. His communication focused on finding solutions to problems. He felt that his job and role as a father was to provide the resources necessary for his family to succeed. If his children were struggling in school, he would find a tutor to help them. He stated that his role as a father was to provide, mentor and be able to give wisdom to his family. Aida's role as the mother was to provide, cook, and nurture the children. It was her responsibility to be involved in the day to day activities of the children. Joey felt that they were meeting the needs of the children, physically, psychologically, educationally, and spiritually. They were happy with their children's development and were providing in all these areas through school programs, support through family, friends and church. As for their economic resources, the father was able to financially support the family and met all their needs.

The family values were trust and unity. Although the family was traditional in its function, the family decision making process was much more egalitarian. For example, if the family were to go on an extended trip, each member of the family would all have a part in the decision-making process. The kids would have the ability to decide on the destination and on the

places that they would visit. The father would purchase plane tickets and the mother would prepare the itinerary.

The family has no significant medical issues. Joey suffered a seizure 2 years ago and was admitted to the hospital but had no prior medical history. Aida suffered from a migraine 2 years ago, has seasonal allergies and has no prior medical history. Evelyn also suffers from seasonal allergies and is healthy without any prior medical history. Enzo and Edwin are also healthy and have no health issues. The children eat a healthy balanced diet and participate in extracurricular activities such as basketball, bicycling, and ice-skating. All the children have friends and peers and have social lives outside of their homes. Evelyn is described as being a leader, Enzo a follower and Edwin a leader.

The main long-term stressor that was identified was financial/economical. The financial strain on the family resulted from a bad investment and caused significant difficulty for approximately 5 years. The family recovered from the financial strain. The current short-term stressors revolve around the children and their challenges that come along with raising children. Marriage also has its challenges but they are manageable. Joey copes with his stress by vaping; Aida comforts herself by eating junk food. They also put their trust in God in order to get through difficulties. The children express their emotions and also cope in different ways. When emotional, Evelyn will ignore her parents, yell and express an attitude toward her parents. She copes by talking with her friends and expressing her frustration. Enzo and Edwin are mild mannered and will cope through their toys and games. The parents also attempt to train their children to trust in God in times of hardship. The family's support system is grounded in their close friends and church members who they are close with. Joey and Aida are distant from their parents and are not typically involved.

Nursing Careplan

Identify One (1) need area utilizing the nursing process to formulate a nursing careplan:

Nursing Diagnosis (PES)

Deficient knowledge about seizures related to lack of exposure and unfamiliarity with resources as evidenced by questions and statements of concerns

Expected Outcome

- The patient will verbalize understanding of the various stimuli that may increase potential seizure activity by the end of the day

Nursing Interventions

- Discuss the significance of maintaining good general health
- Review medication regimen, the necessity of taking drugs as ordered and not discontinuing therapy without physician supervision.
- Recommend taking drugs with meals, if appropriate
- Identify necessity and promote acceptance of actual limitations

Rationale

- Ascertain the level of knowledge, including anticipatory needs
- Determine the client's ability or readiness and barriers to learning
- Review pathology and prognosis of the condition and need for treatments
- Discuss the patient's trigger factors

Evaluation Statement

- The patient successfully verbalized understanding of the various stimuli that may increase potential seizure activity by the end of the day

References

Kyle, T., & Carman, S. (2017). *Essentials of Pediatric Nursing* (3rd ed). Philadelphia: Wolters Kluwer/ Lippincott Williams & Wilkins.