

**Family Assessment**

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## Family Assessment

### Family Identification

The family assessment was conducted on the Basham family that resides in Benson, Arizona. This family has three members; Daniel, Melissa and Wyatt. Daniel is a male age 48 and works as a director of rehabilitation and holds a Bachelor of Science in Management as well as a Masters Degree in Business Administration (MBA). Melissa is a female age 42 and works as a physical education teacher, student trainer and personal trainer. She holds a BSE Degree in Kinesiology Pre-Athletic Training and an MeD in Physical Education and Sports Management. Wyatt is an 11 year old male and in the fifth grade. This is a nuclear family, as they are a mother, father and child who all live under the same roof. The cultural background of Daniel is English and Irish, and the cultural background of Melissa is English, Irish, and Scottish. This family identifies themselves as Christians, they are involved in their church as members and Wyatt is part of the children's ministry. As a family they enjoy many activities such as hiking, snowboarding, off-roading, watching football, mountain biking, going on walks traveling, hosting pirates, and cook-outs. As an individual Daniel enjoys hunting, and working around the house. Melissa enjoys training for triathlons, photography, cooking, baking, decorating, and shopping. Wyatt enjoys hunting, dirt biking, go-karting, and playing outside.

Both Daniel and Melissa work full-time jobs so they split parental roles pretty evenly. Melissa works in the school- district so she is able to get Wyatt to and from school. Melissa takes care of most meals, including packing lunches for Wyatt. Daniel works and takes care of most things around the house. He is also a stern voice and does the most punishment when it is necessary.

**Developmental Stage**

Melissa and Daniel met in 2005 in Austin, Texas. Melissa had just completed her MeD and Daniel was still in school. They dated for two years and were married in 2007. They then traveled all over the country with Daniel's job as a PTA living in an RV. Four years after they were married they had Wyatt and continued to travel until he was 5 years old. They then settled down in East Texas for two years followed by their move to Benson, Arizona where they have been for the past five years. Melissa, the maternal side of the family, comes from a nuclear non-broken family and is the second of two children. Daniel, the paternal side of the family, comes from a nuclear non-broken family and is the oldest of three children.

This family is described as childbearing with school-aged children. Wyatt, their only child, is school-age and well supported by his parents. Wyatt's parents are meeting the tasks for this stage by sending him to school and allowing him to learn and grow in a supportive environment. Wyatt participates in many team sports and spends lots of time with friends and peers. He is nurtured in his schooling even when he may not be successful. Wyatt understands the Golden rule, but is still developing in terms of his understanding of right versus wrong. His parents allow Wyatt to make his own decisions and help guide him when he needs it.

**Environmental Data**

The Basham family lives in a house that is on nine acres in rural southeast Arizona. They have both mountain and desert terrain, and say that no home is within 4 acres of another. They get to school and work by car and can use the RZR to retrieve mail and get around the neighborhood. Their water is supplied through a well. They have two family dogs, both of which are chocolate lab mixes. There are community safety precautions because they live only one hour from the border of Mexico. Border patrol is very prominent as well as the sheriff's office. They

also live in an environment where wildfires and dust storms do occur. Because of this wildfire evaluations as well as dust storms and wind advisories are very common. Within their home they do have many safety precautions in place as well, guns are not loaded and are locked away separate from their ammunition. Medications are locked and away from access to Wyatt and security cameras are in place at all home entrances and exits. Fire alarms are all up to date as well. In the car Wyatt sits in the back seat and always wears a seatbelt.

Community associations they have are through church, sports teams, and connections through work. Their social network is tied closely with their community associations as this is how they meet people and form their social network.

### **Functional Assessment/ Family Structure**

Communication looks different based on the situation. When Melissa and Daniel are at work they communicate through text and phone calls. When there is a situation that needs to be handled in the family they talk through it as adults and if Wyatt needs to be made aware they then talk to him about it. Decisions are made between Melissa and Daniel, if it involves Wyatt depending on the circumstances he has a say as well. For the most part Melissa and Daniel make the decisions for the family.

Family roles include both Melissa and Daniel, they both work full-time and care for Wyatt. Melissa takes care of cleaning and cooking while Daniel does house work such as mowing the lawn. They are both home on the weekends and share these roles during that time. Some of the family values this family has is to respect each other and always tell the truth. They also strive to be each other's biggest cheerleaders and support each other always.

Melissa and Daniel meet all of Wyatt's needs very well. He is well supported in all aspects of his life. They are a very open family and have lots of discussions about how Wyatt

feels. Because Wyatt is an only child he receives lots of one on one time with his parents as well as time with both parents. Wyatt is very well loved and understood. Both Melissa and Daniel work full-time jobs that provide a steady income. This allows them to be comfortable and not worry too much when it comes to finances. They are able to provide a home, food, and clothing for all members of the family.

### **Health History**

Daniel's health history includes asthma, gallbladder removal in 2021, wrist fusion 2003, and bilateral ankle reconstruction in 1996. Melissa's health history includes chronic migraines since the age of five, and cesarean section in 2011. Wyatt's health history includes scarlett fever in 2017, tonsillectomy and adenoidectomy in 2020, asthma, and RSV multiple times as an infant and toddler. Wyatt only has seasonal allergies, and his reaction consists of runny noses, sneezing, and puffy or itchy eyes. Wyatt has only been hospitalized when he had recurrent RSV as an infant and toddler.

Melissa likes to know everything Wyatt is eating, because of this she cooks most meals, and packs lunches for Wyatt when he goes to school. Protein, fruit, and low-fat foods are a priority for Wyatt. He drinks milk and water, and on occasion may have juice or soda. He does not eat much candy or high sugar snacks. Prepackaged snacks are kept at a minimum and healthy snacks are always available for school and after practice.

Wyatt participates in many sports including football, wrestling, and track. He also enjoys dirt-biking, and playing outside. Melissa describes Wyatt to be very social with kids his age. He is very talkative and friendly but has a few close friends. With adults Wyatt can be shy, but is always happy to talk.

### **Family Coping Patterns**

Short term stressors for this family include sports when they are in season as this requires more time from all members of the family. Long term stressors include paying student loans, paying the mortgage on their house, and Wyatt’s asthma. As a family they cope by having open communication and working together to sort things out. They also like to go on walks, or exercise to clear their heads. Their support system consists of each other as well as family and friends. They lean on each other a lot to get through hard times.

**Nursing Care Plan**

*Nursing Diagnosis:* Interrupted family processes related to busy schedules as evidenced by dad missing sporting events, mom having unpredictable work hours, and Wyatt participating in many sports.

*Expected Outcome:* Within the next month the Basham family will show improvement in family processes.

*Evaluation:* The Basham family showed improvement in family processes, they limited interruptions.

Interventions:	Rationales:
1. Assess where the family can make adjustments	This will keep family processes from being interrupted before they are.
2. Establish expectations for all family members.	This allows each family member to know what is expected of them and how they will be hurting their family if they do not meet these expectations.
3. Manage stress as individuals	Managing stress as individuals will keep it from affecting all members of the family and therefore interrupting family processes.
4. Resolve all conflict in a timely manner	Resolving conflict in a timely manner will keep it from affecting family processes in the

	future.
5. Educate parents on the importance of structure for children and their development	Educating Parents on the importance of structure will allow them to know how structure will positively affect their child.