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Family Assessment

I did my family assessment on Eric Xander Salgado and his immediate family. Eric Xander is a 13 year old Male (Weight: 90.6 lbs and Height: 5ft 4inch). His household is considered to be an extended family since it consists of both his parents, sister, and grandmother. Alexandra Munoz: Female, Mother, 48 years old and works as a Budget Analyst/Finance, and she has a Bachelor's Degree in Accounting. Eric Salgado: Male, Father, 53 years old, works as a Fleet Service Agent at JFK (American Airlines). Emily Salgado: Female; Sister, 17 years old, she is a Highschool Student (Senior). Miriam Duque: Female, Grandmother; she helps around the house with cleaning, cooking, and taking care of kids when both parents are out at work. Eric Xander's Mother is Colombian and Father is Puerto Rican. The family is Catholic, but they only attend church on religious holidays. For Recreational/ Leisure activities, the family enjoys going to the Movies, out to eat at restaurants, hiking in the Spring/Summer, do road trips, father and son play video games occasionally and attend family gatherings/events. For parental roles, both parents divide the work evenly. No one has a superior role in the house. It is healthy and they communicate with each other on what needs to be done in the house and with the kids.

At this point of age he is considered to be an adolescent. His family is large, for example his grandmother is 1 of 12 children. So in my opinion, since the family is large Eric does have a good support system. Most of the family lives relatively close. Some live here in Long Island, NY, and the rest are in Queens, NY. Both Children are adolescents, and the parents do

communicate well with them, they try to encourage them to engage in extracurricular activities. Both kids speak English but try their best with Spanish (they do understand for the most part). They encourage them to speak on their feelings and any problems they are facing. They are both active. Both understand their physical changes of their body during their teen years, if they had any concerns they would ask their parents and they would answer in the best way that they can.

Based on the environmental data that was presented, the family lives in East Meadow, Long Island. The house is located in the suburbs and has two floors, basements and everyone has their own room. Each parent has their own vehicle, so that is the main form of transportation. There are bus stops nearby too if they need to take public transportation. Their water Supply is clean and they do have one dog. For community associations, Eric Xander does participate in CYO (Catholic Youth Organization) at St Raphael's Church. Eric Xander does play basketball for them. Every person has a great connection with family, their own respective group of friends. Communication patterns are great. Often with arguments but they are resolved. Both parents are involved with respect to their kids. In regards to the role structure in the house, decisions are made together but most of the time the mother decides what is best for the kids. The father does contribute and reinforces the decisions. For family values, there is no tolerance for drug use. With Eric Xander, his mother dislikes when he lies. Both parents are heavy on their kids pursuing an education. Honesty and Respect is appreciated. Each person in the house works together in respect to their responsibilities. In regards to affection, love, and understanding. Eric confides in his father more with certain things and the same goes with Emily in confiding in her mother with certain things. For the economic aspect in the house, both parents work. There was no second source of income. Eric Xander’s sister does work in a Pizzeria. So the parents do provide economic resources for their family.

Here is the past medical history in regards to the family members in the household. His mother had 2 C-section deliveries (2005 and 2009) and a Cholecystectomy (March, 2010) and has a Nut and Soy Allergy. His Grandma on the mother's side has Diabetes, Hypertension, Osteoporosis. Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures. Eric Xander's father has had Diverticulitis (November 2022), corrected with a Sigmoidectomy, does have umbilical hernias that he plans to have removed. His Grandma from fathers side only has Hypertension. Eric Xander doesn't have past medical issues. He did have speech therapy from age 3 to 7 years old. His pediatrician said that his level of communication was not where a 3 year old should be at. Emily didn't have any past medical issues but was placed in Speech Therapy for the stuttering.

For the kid's nutritional intake, Emily has no issues. She has a well-rounded nutritional diet unlike Eric Xander. He is very complicated, to the point where his mother has to negotiate with him to eat certain things. He does eat certain Colombian meals that are cooked at home but prefers certain junk food and loves Nutella. Only Eric Xander participated in extracurricular activities such as Track, Soccer and Basketball. Both kids have their group of friends that they hang out with. When it comes to stress, each one has their coping mechanisms. The mother is usually closed off when she is stressed, and goes on walks to relieve that stress. The Father is only stressed about work. Emily talks about her stress but depends on the situation. Eric Xander is very laid back. He isn't stressed about anything at the moment.

After asking Eric Xander and his family a series of questions, I made a specific care plan for him. It is in regards to his nutritional intake. His problem would be Imbalanced Nutrition. From what his mother told me he does have a reduced appetite, lack of interest in foods, and

sometimes have poor concentration. My expected outcome for him would be to consume adequate nutrition throughout his life. Some nursing interventions I can implement would be: Ask the parents to make an appointment with his Pediatrician and ask for a referral to a dietician. The dietitian will be able to appropriately assess the patient and individualize Eric Xander's plan of care regarding nutrition. Encourage nutritional supplements and healthy snacks between meals. Extra snacks and supplements, such as nutritional shakes can increase his caloric intake. Encourage him to take multivitamins. The main purpose of a multivitamin is to fill in nutritional gaps. Educate Eric Xander on the body's nutritional needs. This will allow Eric Xander to gain knowledge in the area of how to independently care for oneself. For my evaluation, the goal is still an ongoing process with him and his parents. With time he will increase his appetite and gain the proper nutrition that he needs.