Family Assessment

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This assessment involves my brother's family. It is a nuclear family composed of a father, a mother, and their two children. They arrived at the clinic for a pediatric appointment for their nine-year-old son. The father is 40 years old, holds a Master of Science in civil engineering, and is employed in this profession. The mother is a teacher with a Bachelor of Science and 12 years of experience. The eldest daughter is 12 years old and in the seventh grade. A father, mother, and two children constitute a nuclear family unit. The parents are married and committed to one another. All family members are Caucasian and reside in a neighborhood of the middle class.

The dynamics within the family are well-ordered and predictable. The mother is the primary caregiver and manager of the household, while the father is responsible for providing for the family financially. Both parents are involved in their children's lives and provide love and guidance (Fusar-Poli, 2019). Both parents work together to care for and educate their children. The son, now 9, is transitional between childhood and adolescence.

The young lady is currently in her pre-teen years, as she is 12. She is coming into her identity and feeling the need to communicate that identity. Inflammation and pain in the muscles and joints caused by lupus increase a 12-year-old girl's potential for physical disability. She is a 12-year-old girl diagnosed with lupus who has inflammatory discomfort and limited movement

in her muscles and joints. Her health may worsen, limiting her ability to participate in activities such as playing, jogging, and walking (Ricci et al., 2021). The knees, ankles, and wrists are particularly bothersome to her. She has trouble moving around, including walking, climbing stairs, and doing other physical tasks and she also complains of itchy skin rashes. She also discusses her helplessness and depression due to her perceived differences from her contemporaries.

The house is a typical two-story residence seen in a typical suburban neighborhood. The home is safe for the family to reside in and is in excellent overall condition ((Fusar-Poli, 2019). Both parents have jobs that need them to be fully engaged and contributing members of society. While the mother works in education, the father is in systems engineering. The family has sufficient resources and can meet the children's fundamental requirements. The children are doing well academically in the public school located in their neighborhood.

This stable, loving household can provide a safe environment for their children. Both the 9-year-old boy and 12-year-old girl look to be in good health. The young man, who is nine years old, appears to be in good condition. His immunizations and checkups have all been kept up to current. He has not been hurt or sick recently. The girl, now 12 years old, has no medical history of note. Her checkup was uneventful, and she is current on her immunizations. There have been no recent accidents or diseases that she has had to deal with.

The nurse's role is to educate parents on their children's developmental milestones regarding physical and cognitive development. The nurse will assess the family's understanding of infant development and education on the associated physical, emotional, and mental growth stages. (Johnson et al., 2021). The nurse will also guide parenting strategies, such as positive reinforcement and honest communication. The nurse will advise parents on ensuring their children's optimal emotional and physical health and provide referrals to additional resources. The nurse will also assess the family's precarious health situation and guide them in taking preventive measures.

In Caring for the family, the Nursing diagnosis that will be appropriate is “Acute Pain” and “Impaired Skin integrity.” Due to the child’s diagnosis with Lupus. This is evidence by the child having inflammatory discomfort while having limitation movements in her joints. The interventions would be to Encourage adequate nutrition and hydration. Educate the mother to clean and dry and moisturize the skin to prevent skin breakdown, while wearing maximum protection of sunscreen and lastly, prescribe pain medication for the pain the pain she is experiencing. The suspected outcome would that she will maintain no signs of skin rashes and verbalize the decrease of her pain level from a 9 out of 10 to a 4 out of 10. We also want to educate the parents about the care of a child with lupus and how to properly take care of her when she’s experiencing flare ups.

References

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