

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 have the same ethnic background, being Haitian and reside in a neighborhood of the middle class and they identify as Christians. On their free time they like to stay active by going to the gym, walking on a hike and they also have a nutritionist to stay on a healthy diet.

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. 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. 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.

The stage of development that this family is currently in is the school-aged Child, where the developmental milestone for this age group is they begin to develop body image and self-esteem and begin to value friendships and peer relationships. Develops confidence in the ability to achieve goals and likes to understand how things work and begin to do more things independently like brushing their teeth., so we want to teach and educate the parents that their age group should help the children to choose the types of books they want to read and can relate to. Should educate parents to brush their teeth two to three times a day and how oral health is essential to proper growth and development. Encourage healthy eating and they should eat as a family and allow children to

assist in planning and preparing meal. They should ensure adequate intake of calcium and vitamin D by making sure the child drinks enough milk and limit the intake of fat, cholesterol, and sugar. You want to encourage the parents on daily physical activity, follow a consistent bedtime routine, and limiting screen time. etc. and to inform them about the physical group and development that occurs with this age group which are as they get older, they will begin to see improvement in their motor skills; they have better control, coordination, and balance. They will become stronger as they age because their muscle mass will start to change during this time. School-aged children gain about 6-5 to 7.5 pounds each year depending on their diet and growth spurts is common around this age group (Ricci et al., 2021).

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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