

## **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 16 years old and in the seventh grade. A father, mother, and two children and they all constitute a nuclear family unit. The parents are married and committed to one another. The parents met through mutual friends. They eventually lived together for a couple of years and proposed, they got married and had their first child. All family members have the same ethnic background, being Haitian and reside in a neighborhood in the middle, they also 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 teen years, as she is 16. The 16-year-old 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 16-year-old girl's potential for physical disability. The developmental stage of these children is the Piaget's preoperational stage 6–12-year-old. She is a 16-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, they also have private vehicle, and have a dog and cat. The family al socialize with their family, their kids go to public school and socialize with other kids and friends. 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 16-year-old girl look to be in good health. Both parents talk appropriately to each other and their children's and show affection to them. They listen to each other and respectful and they to come together to reach an agreement even if they don't agree with each other. Their role in the relationship is they are both involved in their children's lives and provide love and guidance; they work together to care and educate their children's and to meet their milestones as they continue to get older. They also show their kids a good value by teaching their children to show love to everyone and be friendly in school, both siblings show affection towards each other and also with the parents as well. My assessment of the parent's financial situation is they are financially stable and provide for their children's. 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 16 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 Father medical history is no known allergies, He has been diagnosed with HTN and diabetes, and its well-controlled by taking his daily medication, diet, and exercise, he has no past surgeries and hospitalizations. The mother medical history is no known allergies, history of depression and has no recent hospitalizations and surgeries. The extracurricular activities that they participate in is the parents tries to limit certain activities due to daughters since lupus diagnosis and the son plays basketball

at times with the father and plays soccer in school, and the parents does prepare meals for they children's and they ensure adequate intake in calcium and vitamin D, they also limit the intake of fat, cholesterol and sugar. The kids socialize with other kids their age at their school, but the 16-year-old could sometimes be shy and embarrassed due to her lupus symptoms.

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 6-5to 7.5pounds each year depending on their diet and growth spurts is common around this age group (Ricci et al., 2021). The family long term coping stressor is the parents dealing with their 16-year-old child condition and their short-term stressor is not being educated about the disease and being afraid about what can happen to their child in the future by this recent diagnosis. The way this family try to deal with stress as a family is by going to therapy to help cope with their lupus child condition and they try to have a distraction by going to the gym, going on a hike with friends and doing fun activities with the kids and they have their family and friends to support them through their difficult times.

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 due to her she's experiencing flare ups as evidence by butterfly-shaped rash on cheeks, hair loss and fever of 101 F. The suspected outcome 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. The Evaluation is, the goal is met, at 3:00 PM during hospitalization the child verbalized a pain level of 2 out of 10 and appeared calm and relaxed within 2 hour of medication administration. The nursing diagnosis for the father will be "risk for decreased Cardiac output" due to HTN causing an increase in peripheral resistant and other conditions such as myocardial damage, as evidence by shortness of breath, blurry vision and increase in his blood pressure, 140/90. The suspected outcomes are he will maintain a BP an individually acceptable range within 3 hours. Some nursing interventions are maintaining activity restriction by providing bedrest to lessen physical stress and tension that can affect his blood pressure and monitoring his blood pressure every 2 hours and proving medication to control is blood pressure to lower B and we also want to educate the patient about proper diet and by avoiding foods with sodium, fat, and cholesterol restrictions because this could help manage fluid retention and decrease myocardial workload. The evaluation for the patient is that

the goal is met, His blood pressure was lower due to medication that was given within a few days of administration. The mother's nursing diagnosis is "Risk for self-directed violence" due to her depression. The suspected outcome is she will verbalize alternative ways of dealing with negative feelings and emotional stress. Some nursing intervention is encouraging the patient to express her feelings which can help with overwhelming emotions and give her a sense of control of her life. And provide her with a therapist so she can have someone to express her feelings to and not bottle them in. the evaluation is she verbalized she will go to therapy to express her feelings within 2 hours of hospitalization.

### References

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