

NUR391 Nursing Care of Children and Adolescents

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Family Assessment

Name	Age	Relationship	Occupation	Employment	Education
Mom	41	Mother	Department Coordinator	Full-Time	College
Dad	41	Father	Project Manager	Full-time for 21 years	Technical School
Son	10	Sibling	n/a	n/a	4th grade
Daughter	5	Sibling	n/a	n/a	Kindergarten

The Sanchez family is a nuclear family. The father is Caucasian and the mother is Puerto Rican. The family identifies as Christian. In terms of recreation and leisure activities, both kids are interested in Soccer and language acquisition. The daughter enjoys jewelry making and collects dolls. The son collects Pokemon cards and rocks. There are no distinct roles, but more of a partnership. The family stated that if a task needs to be completed, and one of them is available to do it, then they will.

Developmental Stage

The family is childbearing with school-aged children. Both parents come from nuclear families and were born in the United States. The son is in the law and order stage. One aspect of this stage is the child does not understand the reason behind rules. The mother recently took the son to an awards ceremony to show him that hard work produces rewards. The son was able to see why completing school work and doing well matters because there are rewards on the other end of that. The daughter is in industry vs. inferiority. Many of the activities in this stage are related to peer and social interactions. Her parents are constantly bringing her to play with her cousins or children in the neighborhood.

The Sanchez family lives in a single-detached house. They describe their neighborhood as suburban, multicultural with predominantly hispanic and black neighbors. Transportation mostly consists of a personal car and public transit. Their water supply is city water, and they have no animals. The major safety precaution is a security doorbell. Regarding community associations, Mom is a Board member of the YMCA. The family's social network consists of the maternal grandparents who live a few blocks away. The parents also get together frequently with former church members after their church closed during COVID.

A family Google calendar is their way of communicating and keeping things organized. The decision making process consists of prayer mostly. If the decision relates to finances, they will look at the numbers and pray until the Lord shows them the direction to take. Mom said that they are slow to decide on things, and that mutual agreement is required. If the decision is related to the kids, they have to get two yes's, one from mom and dad, in order to do something. One parents' yes can be vetoed, if either parent feels strongly in opposition to the decision. The family values consist of worship, gratitude, kindness, love, quality time, and practicing the 5 love languages. The 5 love languages are quality time, physical touch, words of affirmation, acts of service and giving and receiving gifts. The parents intentionally incorporate all five of these love languages into meeting their children's needs for affection, love and understanding. Both parents work full-time to provide economic resources for the family.

	PMH	Hospitalizations	Allergies
Mom	Carpal Tunnel surgery; HTN; Iron-deficiency Anemia; C-sections	C-section	Dust mites, grass, pet dander
Dad	HTN, High Cholesterol; Seizures until 12 y/o	none	Dust mites, grass, furry animals

Son	Allergies; Episodic fevers, febrile seizure at 1 y/o	none	Dust mites, grass, furry animals
Daughter	Lactose intolerant; episodic high fevers	none	Dust mites, grass, furry animals

The family's health history includes no hospitalizations, with the exception of mom giving birth.

Allergies are the main concern for each member of the family. The nutritional intake consists of three main meals per day and 7 snacks. As mentioned above the children both enjoy soccer and learning new languages. In terms of social skills, friends and peers, the son is very social, helps to calm other children who are experiencing behavioral issues, great social skills in public when there are formal rules and expectations set he conforms very well. However, mom says at home, he is not the same kid. The daughter is very social, has lots of friends and makes new friends wherever she goes. Her parents describe her as free-spirited.

The family identified the current short term stressors as follows: basement flooded twice and created \$1,000s worth of damage. Mom is in a Master's program and just started a new job. Car repairs needed, so currently deciding between fixing the car, selling it or buying a new one. Long term stressors include: Mom's career once her Masters degree is completed, Spiritual needs of the family being met, and finding a church. The coping strategies are physical exercise, prayer, worship, reading, playing one board game per week, Pokemon Go, and breathing exercises.

Their support system includes maternal and paternal parents and church friends.

Nursing Care Plan

Ineffective Breathing Pattern related to bronchoconstriction as evidenced by respiratory distress

<u>Expected Outcomes</u>	<u>Nursing Interventions</u>	<u>Rationales</u>	<u>Evaluations</u>
The client maintains an effective breathing pattern, as evidenced by relaxed breathing at a normal rate and depth and the absence of adventitious breath sounds.	Teach family about the signs and symptoms of anaphylaxis. Administer epinephrine.	Early detection of signs and symptoms can prevent more serious complications It is fast-acting and relaxes pulmonary vessels to improve air	The client maintained an effective breathing pattern, as evidenced by relaxed breathing at a normal rate and depth and the

		exchange and stabilizes cellular permeability.	absence of adventitious breath sounds.
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