ATI Chapter 1: Family-Centered Nursing Care

- Families are groups that should remain constant in children's lives. Family is defined as what an individual considers it to be.
- Families often include individuals with a biological, marital, or adoptive relationship, but in the absence of these characteristics, families also consist of individuals who have a strong emotional bond and commitment to one another.
- Due to the expanding concepts of family, the term household is sometimes used.
- Positive family relationships are characteristics by parent-child interactions that show mutual warmth and respect

COMPONENTS OF CARE

Family-centered nursing care includes the following:

- agreed-upon partnerships between families of children, nurses, and providers, in which the families and children benefit
- respecting cultural diversity, and incorporating cultural views in the plan of care
- understanding growth and developmental needs of children and their children
- treating children and their families as clients
- working with all types of families
- collaborating with families regarding hospitalization, home, and community resources
- allowing families to serve as experts regarding their children's health conditions, usual behaviors in different situations, and routine needs

CHARACTERISTICS OF HEALTHY FAMILIES

- members communicate well and listen to each other
- there is affirmation and support for all members
- there is a clear set of family rules, beliefs, and values
- members teach respect for others
- there is a sense of trust
- members play and share humor together
- there is a shared sense of responsibility
- there are traditions and rituals
- there is adaptability and flexibility in roles
- members seek help for their problems

FAMILY THEORIES

FAMILY SYSTEMS	FAMILY STRESS	DEVELOPMENTAL
The family is viewed as a whole system, instead of the individual members. • a change to one member affects the entire system • the system can both initiate and react to change • too much and too little change can lead to dysfunction	Describe stress as inevitable. • stressors can be expected or unexpected • explains the reaction of a family to stressful events • offers guidance for adapting to stress	Views families as small groups that interact with the larger social system. • emphasizes similarities & consistencies in how families develop and change • uses Duvall's family life cycle stages to describe the changes a family goes through over time • how the family functions in one stage has a direct effect on how the family will function in the next stage

FAMILY COMPOSITION

- **Traditional nuclear family:** married couple and their biological children (only full brothers and children)
- **Nuclear family:** two paresthesias and their children (biologic, adoptive, step, foster)
- **Blended family (also called reconstituted):** at least one stepparent, step-sibling, or half-sibling
- **Extended family:** at least one parent, one or more children, and other individuals (might not be related)
- **Gay/lesbian family:** two members of the same sex who have children and a legal or common-law tie
- **Binuclear family:** parents who have terminated spousal roles but continue their parenting roles
- **Communal family:** individuals who share common ownership of property and goods, and exchange services without monetary consideration

Changes that occur with the birth (or adoption) of the first child:

- Parents' sense of self as they transition to the new parental role
- Division of labor and roles within the relationships of couples
- Relationships with grandparents
- Work relationships

FAMILY ASSESSMENT

- **History:** medical history for parents, siblings, and grandparents
- **Structure:** family members (mother, father, son)
- **Developmental tasks:** tasks a family works on as the child grows (parents with school-age child helping her to develop peer relations)
- **Family characteristics:** cultural, religious, and economic influences on behavior, attitudes, and actions
- **Family stressors:** expected (birth of a child) and unexpected (divorce, disability, death) events that cause stress
- **Environment:** availability of and family interactions with community resources
- **Family support system:** availability of extended family, work and peer relationships, as well as social systems and community resources to assist the family in meeting needs or adapting to a stressor

Guidelines for Promoting Acceptable Behavior in Children:

- Set clear and realistic limits and expectations based on the developmental level of the child
- Validate the child's feelings, and offer sympathetic explanations
- Provide role modeling and reinforcement for appropriate behavior
- Focus on the child's behavior when disciplining the child

PARENTING STYLES

DICTORIAL/AUTHORITARIAN

- Parents try to control the child's behavior and attitudes through unquestioned rules and expectations
- **Example:** The child is never allowed to watch television on school nights

PERMISSIVE

- Parents exert little or no control over the child's behaviors, and consult the child when making decisions
- **Example:** The child assists with deciding whether they will watch television

DEMOCRATIC/AUTHORITATIVE

- Parents direct the child's behavior by setting rules and explaining the reasons for each rule
- **Example:** The child can watch television for one hour on school nights after completing all homework and chores
- Parents negatively reinforce deviations from the rules
- **Example:** The privilege is taken away but later reinstated based on new guidelines

PASSIVE

- Parents are uninvolved, indifferent, and emotionally removed
- **Example:** The child may watch television whenever they want

PRACTICE QUESTIONS

1. A nurse manager on a pediatric unit is preparing an education program on working with families for a group of newly hired nurses. Which of the following should the nurse include when discussing the developmental theory?
   A. Describes that stress is inevitable
   B. Emphasizes that change with one member affects the entire family
   C. Provides guidance to assist families adapting to stress
   D. Defines consistencies in how families change

2. A nurse is assisting a group of guardians of adolescents to develop skills that will improve communication within the family. The nurse hears one guardian state, "My son knows he better do what I say". Which of the following parenting styles is the parent exhibiting?
   A. Authoritarian
   B. Permissive
   C. Authoritative
   D. Passive

3. A nurse is performing family assessment. Which of the following should the nurse include?
   A. Medical history
   B. Parent's educational level
   C. Child's physical growth
   D. Support systems
   E. Stressors

ANSWERS:
1. D
2. A
3. A, B, D, E