Family Health Assessment

Name

Institution

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Family health assessment is a simple test which is performed by gathering enough information from the family to suggest health promotion and disease prevention practices. It is crucial in learning how to administer any form of care (Mellanie Rollans, 2013). It is essential to make additional inquiries from the family members who have been diagnosed with a health condition for identifying the potential medical risk due to genetic reasons. In this Report, family health is assessed by interviewing individuals of the family and evaluating the collected data. A random family is selected for this purpose, which has recently moved to Australia from South Asia. Mother is a Nurse and Dad is an accountant at the bank. They have three kids, two girls and a boy. Orem self-care model and Gorden assessment patterns are used to showing the family’s lifestyle.

# Social Determinants of Health

Social Determinants of the Health (SDoH) comprises of specific parameters or conditions in which individual or a family lives in, goes to work, born at, and grow old. These conditions vary from person to person under different circumstances. Because of these circumstances, there is a lot of difference in health status within or between countries. These circumstances are build up due to unfair distribution of wealth, power and resources. Social, economic, and living conditions, along with lifestyle choices, play a vital role in shaping the health of a person. These lifestyle choices include; exercise, diet, smoking, consumption of alcohol, sleeping pattern, even mode of commute, any many more. SDoH should be adopted by the organizations for their employee, as it is crucial for the health and well-being of its employees. As the family under study has just migrated to Australia, it is hard but not achievable for them to adapt to SDoH. Thankfully necessary infrastructure for health assessment along with practices of SDoH is available in most of the institutes here in Australia. As the family is religious and are regular in attending church, they should participate in the social gathering at their local church, by doing so they will get to interact with the locals and even foreigners like them. As the mother is a Nurse, and she is familiar with the healthy practices, she can play an essential role in adopting a healthy social environment. The father being the primary source of providing bread at home, it is his responsibility to give the family a healthy lifestyle. (Lynne Fernandez, 2010)

# Screening Process & Recommendations

One girl and a boy are in primary school, and the elder daughter is in secondary school. All of them are assessed in detail, along with mom and dad. It is observed that the family has a good sleeping pattern and healthy eating habits, but are not physically active. Screening of an individual is performed using a standardized tool (Chung et al., 2016). The family is divided into three groups to conduct proper screening. Group 1; Mom (39 years) and Dad (42 years), Group 2; Teenage (15 years) daughter, Group 3; Younger daughter (6 years) and Son (10 years). As this family cannot be observed throughout the day, it is recommended to design a questionnaire (asking general questions) for the family. These questionnaires should be different for each Group.

## Group 1:

As Group 1 includes adults, and they are the source of income for the family, questions asked in the process of screening should be off work and stress related. Below are the examples of screening questions

* Are their pays justified by the amount of work they are doing?
* Do they serve suitable hours as by the law? And do they get enough breaks during those hours?
* Does the company provide lunch? If yes, determine if it’s healthy.
* Is there a healthy social atmosphere in the office?
* Do they have time to spend with the kids when they are home?

## Group 2:

Teenagers are at a different stage of growing and learning; questions asked in the process of screening should be of varying nature. They should be about social activities at school, bullying issues, puberty, after-school social life, diet, sleeping pattern, involvement in physical activities.

## Group 2:

Question asked the kids of this age should not be aggressive. They may be about the attention they are getting from parents, school’s environment, their friends, their diet and sleep. In addition to that, it should be asked that if they are a victim of child abuse, do they have any friend who is a terrible influence on them and are they involved in physical games or not.

These questions and the step involved in the screening process are crucial for ensuring the Social Determinants of Health. Along with the problems, a variety of other means can be used to screening the person for a health assessment.

# Health Model

It is suggested that Orem self-care model and Gorden assessment should be used in creating a plan of action for a better and healthy lifestyle. Orem model perfectly suites this family as it focusses on the self-reliance, which means that everyone should be responsible for their well-being and should also take care of other family members. As we have divided the family into three groups, Orem model suggests that everyone is a distinct individual and should be treated accordingly (Naroie, 2012). As the mother is nurse, her knowledge of health problems is an essential part of Orem model.

Quality of life will significantly enhance upon applying all the aspects of Orem model, and it will have a positive impact on lifestyle. The family should adopt to self-caring and nursing as they are much dependent on each other. Giving small responsibilities to the kids daily will be a little but a decisive advance towards self-care.

# References

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