Family Health Assessment

[Name]

[Institution]

[Date]

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**The family structure**

I interviewed a family with a sir name, “Bailey” and the family consist of a father who is 70 years old, a mother who is 65 years old, a 40 years old son and his wife who is in her thirties. The couple has two babies, a girl who is five and a baby boy who is two years old. The 70 years old father is called Mr. Jack Bailey, his wife is Mrs. Jimmy Bailey, their son Mr. David Bailey, his wife Jessica Bailey, their babies, Sam and Emily lived in a beautiful house in the capital city of Georgia. They belong to the middle class of the society and David is working in a local retailer company as a quality control manager and his wife is working in a nearby restaurant. Basically, they are British and Mr. Jack Bailey told me that their father moved to the United States when he was two years old and he does not remember why his Family moved to the United States but he is happy being an American with a British background. Mrs. Bailey told me that they are Protestant Christians and are regular in their Sunday prayers.

The family has maintained a very supportive environment and the two old baileys are taking great care by their son and daughter in law, a quality that can is very rare in the contemporary world.

**The health behavior of the family**

Mr. Jack told me that he is suffering from diabetes and he has also got rheumatoid arthritis. His wife has got Sciatica due to a back injury in a car accident. Rest of the family members are young and are blessed with good health.

Sciatica is a pain that goes down to the leg in the course of the sciatic nerve is mostly associated with disk disorder. when disk disorder happens when the normal cushion between the spinal vertebra ruptures and it suppress the nerve passing through it which cause severe pain throughout the course of the sciatic nerve (Ropper & Zafonte, 2015).

Rheumatoid arthritis: Is an autoimmune disorder where the immune system of the body attacks its own tissue. In the case of rheumatoid arthritis, the immune system damages the joints causing inflammation and severe pain (Singh et al., 2015).

**Strength of the health pattern in the family**

The family receives home-based treatment and the two old Baileys are perform regular exercises for the relief of their body pain, to fresh their minds and to eliminate anxiety due to their illness.

The family takes good care of Mr. and Mrs. Bailey’s metabolism and they take plenty of rest so that their bodies might feel refreshed.

Both the patient make sure that their cognitive pattern won’t suffer and for that, they are attending social groups which arrange activities, talks, games that kept their brain working.

**Heath barriers in the family**

Mr. Jack Bailey is unable to control his diabetes which is worsening his rheumatoid arthritis problem. He has been taking regular injections of insulin and yet the problem is not curable. He is more irritated by joint pains and his doctor says that Disabilities is adding 20 percent to rheumatoid arthritis. He cannot take high calories to strengthen his bones and to maintain the fluid in his joints due to his age and diabetes.

Mrs. Bailey’s weight is the main barrier in the treatment of Sciatica. Although she does perform limited exercises most of the time she remains sited and this increase the pressure on her nerves even more. She says that she cannot carry that heavy body around so she prefers to sit most of the time.

The tough schedule of David and his wife is also a barrier to his parent health. David and his wife are unable to manage timely doctors’ visit but they are planning to keep a nurse for their parents in the near future.

**The application of family system theory on the family**

The family system theory was presented by Dr. Murray Bowen and he suggested that an individual cannot live in isolation but would rather prefer to live as a part of a family. He said that family provides emotional support and the family system is interconnected and an individual cannot live away from the system (Titelman, 2014).

Bowen has suggested that the pattern of the closeness of the family can reduce the anxiety level in an individual. In case of Bailey’s family, David and his wife spent more of their time at work. They should spare some time for the parents and be the part of the triangle suggested by Bowen in order to change the stressful events in their parent’s life. If they spent some more time with the parents then they will be motivated to fight against their illness.

Appendix A

**An interview questionnaire**

This interview is being conducted in order to use it in a family-focused functional assessment and I need your consent before asking to attempt this. Your information is highly secure with me and I will use them just for an assessment. Kindly feel free to contact me on my email address and kindly give the below information to process further.

Name:Click here to enter text.

Gender: Click here to enter text.

Head of the family:Click here to enter text.

The number of family members:Click here to enter text.

Interviewees’ signatures: Click here to enter text.

Answer the following question in a sentence or two.

1. How healthy is the family and how often the family members visit the doctor?

Click here to enter text.

1. What kind of food and snack you take and do you take care of the nutrition level of the ill member of your family in particular and the overall family in general?

Click here to enter text.

1. How much sleep and rest you usually have?

Click here to enter text.

1. How often you experience normal bowel moment?

Click here to enter text.

1. What types of exercise you perform and how often do you do that?

Click here to enter text.

1. How is your cognitive behavior and do you feel any issue with your eyesight, taste or memory and if yes how you are going to tackle it?

Click here to enter text.

1. Tell me something about your marital relationship. Is it helping to cope with your illness?

Click here to enter text.

8-Are you and your partner feeling any sexual dysfunctions?

Click here to enter text.

9- How you usually cope with stress and who has been helping you with that?

Click here to enter text.

10- Do you think that your self-perception and personal belief system is helping you out with your health issues? If yes then how?

Click here to enter text.

Thank you so much for being part of this interview.

References

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