Health and Wellbeing

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Katrina's well-being is associated significantly with surroundings and the developmental theory, Urie Bronfenbrenner (1917-2005) explores major of the issues that can influence her health. This theory was established and stated that the environmental systems concept to explicate how the whole thing in a child and the child's atmosphere affects the growth and development of a child. He categorized different features or stages of the surroundings that impact children's growth. The microsystem is an environment that influences the child directly as it is the system where a child lives. Child's macro system is the environment which includes stuff such as the relation liberties allowed by the state government, ethnic standards, the economy, conflicts, etc. These things are associated with Katrina's situation as she is not in her native town. This paper will describe the clinical, ethical, and socio-economic aspects that are associated with the child's development.

## Bronfenbrenner’s Theory

Ecological systems theory was developed to concisely elucidate on how a child and the child's neighboring atmosphere affect their development and growth. The environmental model explains a rising form of philosophy and study. It involves the procedures and situations that produce a role in our life, particularly in the definite atmosphere of humans (Bronfenbrenner, 2018). Essentially, Urie Bronfenbrenner's model is founded on examination from over periods by investigators. It shows the influence of neighborhoods on the growth of youngsters' thoughts. In the 1970s, Bronfrenbrenner's environmental knowledge was presented as a response to the research conducted by developmental psychologists (Hertler, Figueredo, Peñaherrera-Aguirre, & Fernandes, 2018). A report was published in 1974, which explains the role of family and family policies and challenging environments on the development of the child (Hertler, Figueredo, Peñaherrera-Aguirre, & Fernandes, 2018).

# Levels of Bronfenbrenner’s Theory

The five levels of Bronfenbrenner’s Theory are effectively addressing Katrina's case. The first level, microsystems, are the surroundings of people where their family roles, peers and school are in direct link with them. This is the reason that Katrina experienced a good mood in her schools with her friends, where she can fully enjoy (Hertler et al., 2018). The environment of her neighborhood and family was not cooperative and therefore, Katrina was dejected and hopeless and felt isolation and, ultimately, left the house. The mesosystems are the relations of a child with the family members, engagement of family, environment, and school particularly interact with the child. Mesosystems include interactive sessions of families, environment, teachers, and peers. This influences child growth and development (Hertler et al., 2018). For example, Katrina is outside of her town, and she often has a feeling of hopelessness because the family is not welcoming and her own family is not with her to cheer her up. The microsystems and the mesosystems are directly affecting her health and well-being. Due to her bad and poor experience, she found herself in the hospital. Child's macrosystem is the setting which comprises of stuff such as the relations, and liberties allowed by the state government, ethnic standards, the economy, conflicts, are also part of macrosystems.

The exosystem is a system that is not directly linked and connected with the child; however, it is indirectly linked with a child (Ferguson & Evans, 2019). For example, due to any reason such as financial, social or societal, her family is facing some separation issues, which influenced her health and resulted in her hospitalization (Bronfenbrenner, 2018). A parents' job status, salary, traveling schedule and experience with the family interactions significantly changes the child's development and cognitive behaviors (Kaakinen, Coehlo, Steele, & Robinson, 2018). The provisions and interventions ensure healthcare organizations to achieve its objectives and aims (Kaakinen et al., 2018). Also, it guarantees for safe practices, distribution of quality care, and organizers of patient's safety. Nurses following the provisions stated by the American Nursing Association can effectively address such patients in the healthcare facilities (Hertler et al., 2018). Healthcare centers, daycares, employment areas, parks, and other government departments usually influence a child's growth indirectly (Kaakinen et al., 2018). Child's macro system is the environment which includes stuff such as the relation liberties allowed by the state government, ethnic standards, the economy, conflicts, etc. Chronosystems are the systems that influence a child's development over time. The role of chronosystems would not be observed in a short period; however, it affects the development and thoughts of children over time (Ferguson & Evans, 2019). For example, parental divorce, socio-economic changes, and socio-historical elements are included in chronosystems. Katrina's case is different, where she has an influence on chronosystem in her life. She is experiencing the separation of her parents and that will lead her to complications such as suicidal thoughts. She usually feels good when spent time with her school mates but she feels dejected at home and has suicidal judgments. She considered it an escape from the negative and bad experiences of life.

# Nursing Hypothetical Interventions

The provisions and interventions are also needed in the given scenario as Katrina needs additional support and care from the nurses and healthcare providers. Patients considering healthcare services are always considering for a facility where they would be appreciated, respected, and cared according to their needs and requirements (Kaakinen et al., 2018). It is suggested to familiarize patients with different parents groups to interact with children such as groups of fathers with children, groups of mothers with youngsters and groups of refugees with children to perceive the impact of behaviors on children (Hertler et al., 2018). Parenting is meaningfully involved in the development of children and their learning activities.

Mental health problems are increasing day by day. It is recommended to initiate an evidence-based plan for youth and children at healthcare facilities and hospitals to have better health of children such as cognitive behavioral therapy (Ferguson & Evans, 2019). Studies have shown that there is an association between mental health problems and socio-economic status. This may include the initiation of a new provision, for example, cognitive-behavioral rehabilitation in hospitals, particularly for patients having a background from underprivileged society. Katrina particularly needs regular sessions to feel positive and develop healthy thoughts. Nurses with the provision of this intervention can significantly improve the psychological and mental health of dejected patients.

Other intervention would be the role of nurse in patient-centered care. The need for this intervention is recommended for the patients suffering problems related to socio-economic status. It is preventable and avoidable by utilizing special care for the patients and helping them to understand and cope with the difficulties (Ferguson & Evans, 2019). For instance, the low socio-economic status is unswervingly related with an adaptation of isolation and loneliness. These children have higher magnitudes of alteration of bad and impaired behaviors in the future. It is also avoidable and preventable by engaging community associates, family and relations to interact with the child. This intervention will be following the improvements in the mesosystems and microsystems of the child.

Intervention at the administration level, for example, the implementation of the supportive team specifically introduced to remain available for patients. This can be implemented by utilizing electronic connections between patients and therapists (Ferguson & Evans, 2019). Use of modern technology such as social media, cells, the telephonic connection between patients and the healthcare provider (Kaakinen et al., 2018). It can also be implemented by introducing facility groups, parent groups or healthcare provider groups to facilitate patients suffering from any mental health issue. This intervention can significantly improve the learning and choice of the child to acquire healthy and improved behaviors from the environment (Hertler et al., 2018). It will be introduced as an intervention at microsystems and mesosystems that can play its role in the growth and development of the children.

References

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