Chapter 22

Theoretical Bases for Promoting Family Health
Objectives:

Upon mastery of this chapter, you should be able to:

- Analyze changing definitions of family.
- Discuss characteristics all families have in common.
- Identify five attributes that help explain how families function as social systems.
- Discuss how a family’s culture influences its values, behaviors, prescribed roles, and distribution of power.
Compare and contrast the variety of structures that make up families.

Describe the functions of a family.

Identify the stages of the family life cycle and the developmental tasks of a family as it grows.

Analyze the role of the community health nurse in promoting the health of the family unit.
Definitions of Family

Most theorists agree that a family consists of:

- Two or more individuals who share a residence or live near one another.
- Possess some common emotional bond.
- Engage in interrelated social positions, roles, and tasks.
- Share a sense of affection and belonging.
In community health. **It is the family**, more than any other societal institution, that nurtures and shapes a society’s members.

Today’s CHNs needs to **understand and work with many types of families**, each of which has different health problems and needs.
Family functioning: is defined as those behaviors or activities by family members that maintain the family and meet family needs, individual member needs, and society’s views of family.

Compare between variety families in meeting individual needs.

Family health: is concerned with how well the family functions together as a unit.

It involves not only the health of the members and how they relate to other members, but also how well they relate to and cope with the community outside the family.
**LEVELS OF PREVENTION MATRIX**

**SITUATION:** The family will provide the emotional and material resources necessary for its members’ growth and well-being.

**GOAL:** Using the three levels of prevention, negative health conditions are avoided, or promptly diagnosed and treated, and the fullest possible potential is restored.

<table>
<thead>
<tr>
<th>PRIMARY PREVENTION</th>
<th>SECONDARY PREVENTION</th>
<th>TERTIARY PREVENTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Promotion and Education</td>
<td>Health Protection</td>
<td>Early Diagnosis</td>
</tr>
<tr>
<td>Health Promotion and Education</td>
<td>Health Protection</td>
<td></td>
</tr>
</tbody>
</table>

**PRIMARY PREVENTION**

- Adults are well prepared for the responsibilities of their union
- Adults enter the relationship with the personal resources necessary to promote the growth and development of their family unit

**SECONDARY PREVENTION**

- Identification of a family member’s personal problems that affect the family as a whole
- Early recognition that problems exist in the relationships among family members
- The family seeks out the appropriate resources that bring the family to the highest level of wellness possible
- After the family suffers a crisis, the members recognize the need for help and accept that help
- Families draw on personal resources to rebuild relationships and heal the family unit
- The family continues using resources that enhance the growth and well-being of individuals and the family as a unit
- Engage in family strengthening practices to protect the family from possible inhibitors to growth and well-being
Two characteristics of All Families:

- **First**: Each family is unique.

- The families have their own distinct problems and strengths.

- So, When you approach the door of a house or push the buzzer of an apartment, you cannot assume what the family inside will be like.
Second, every family shares some universal characteristics with every other family:

1. Every family is a small social system.
2. Every family has its own cultural values and rules.
3. Every family has structure.
4. Every family has certain basic functions.
5. Every family moves through stages in its life cycle.
ATTRIBUTES OF FAMILIES AS SOCIAL SYSTEMS:

- There are five attributes of open systems that help explain how families function:

1. Families are interdependent:
   - Each member’s actions affect the other members.
   - You can’t work with one member in isolation from others.

   *Example, consider the changes a father might make to reduce his risk of coronary heart disease.*
Family map:

This tool can reveal a great deal about the interdependence of family members.

The way parents relate to each other, for instance, influences the quality of their parenting.

When the interactions between them are frequent, honest, and nurturing, they have more to offer their children.
Families as systems set and maintain boundaries: ego-boundaries, generation boundaries, and family—community boundaries.

These boundaries, which result from shared experiences and expectations, link family members together in a bond that excludes the rest of the world.

A family system boundary.

Ex. Boundaries between extended family
3- Energy exchange:

- input–output relationship.

- Family boundaries are semipermeable; (inside & outside)

- Although they provide protection and preservation of the family unit, they also allow selective linkage with the outside world.

- As open systems, in order to function adequately, families exchange materials or information with their environment.

- Ex, Process of child bearing.
Families never stay the same. They shift and change in response to internal and external forces.

There are times when a family’s capacity for adaptation is stressed beyond its limits: danger of disintegrating.

Ex, When death of mother occur

Major goal of CHNs as keeping the individual and family client systems stabilized within their environments.
5- Goal-Directed Behavior:

- Families purpose: *to establish and maintain environment that promotes the development of their members.*

- Basic functions of family: providing love, security, identity, a sense of belonging; assisting with preparation for adult roles in society; and maintaining order and control.

- Beside that, each family member engages in tasks to maintain the family as a viable unit.

- *Ex, family strain their life in order to teach their children.*
Family Culture:

Definition of family based on its culture:

“The family is a unity of interacting persons related by ties of marriage, birth, or adoption, whose central purpose is to create and maintain a common culture which promotes the physical, mental, emotional, and social development of each of its members.”

Culture: The acquired knowledge that family members use to interpret their experiences and to generate behaviors that influence family structure and function.

Family culture also gives the community health nurse a basis for assessing family health and designing appropriate interventions.
Three aspects of family culture:
Families cultural values drawn from: the larger society in which they live & develop unique variants.

Ex, family value: “Family matters must always stay within the family.”

Family values, become powerful determinants of what the family believes, feels, thinks, and does.
Certain roles are prescribed and defined for family members:

- **Roles**: the assigned or assumed parts that members play during day-to-day family living.

- Ex, father role different from family to other.

- **Intra-role functioning**: Family members play several roles at the same time.

- The CHNs must work with families to achieve a balance of activities and roles that promotes family health.
3- a family’s culture determines its distribution and use of power:

- **Power**: the possession of control, authority, or influence over others—assumes different patterns in each family.

- In some families, power is concentrated primarily in one member; in others, it is distributed on a more egalitarian basis.

- The CHNs can suggest families practice joint decision making and equal participation by all members.
Family structure:

- Globally, families—in all their varied forms—are the basic social unit.

- *family* evokes a picture of a husband, wife, and children living under one roof with the male as breadwinner and the female as homemaker.

- CHNs has an opportunity to access to family system.

- Family structure has changed into different forms: (Traditional & nontraditional families).
Traditional Families:

- **Nuclear family**: husband, wife, and children living together in the same household.

- A **nuclear-dyad family**: consists of a husband and wife living together who have no children or who have grown children living outside the home.

- **Single-adult families** in which one adult is living alone by choice or because of separation from a spouse or children or both.
Cont.

- **Multigenerational families**, in which several generations or age-groups live together in the same household.

- **kin-network**, in which several nuclear families live in the same household or near one another and share goods and services.

- **Augmented family**. This is a family group in which extended family members or non-relatives or both live with and provide significant care to the children.
Blended family: single parents marry and raise the children from each of their previous relationships together.

Single-parent families: include one adult (either father or mother) caring for a child or children as a result of a temporary relationship, a legal separation or divorce, or the death of a spouse.

Commuter family. Both partners in this family work, but their jobs are in different cities. The pattern is usually for one partner to live, work, and perhaps raise children in the “home” city, while the second partner lives in the other city and commutes home.
Non-traditional families (contemporary family):

- **wider family**: a family that “emerges from lifestyle, is voluntary, and independent of necessary biological or kin connections”

- Some of this relations are still regarded as unacceptable or even dangerous to society.

- ‘the family is who the client says it is’”

- **Primary relationship**: two or more persons interacting in a continuing manner within the greater environment. This primary relationship encompasses all the possible family structures.
In the nontraditional families the “life spiral,” rather than a life cycle

Family continuous linear movement along a path.

Traditional functions and structures of the family continue to evolve as new combinations of people live together and consider themselves a “family.”
**Forms of non traditional families:**

- **Cohabitating couples:** may range from young adults living together to an elderly couple sharing their lives outside of marriage to avoid tax penalties or inheritance issues.

- **Commune family:** a group of unrelated couples who are monogamous (married or committed to one person) but who live together and collectively rear their children.
Group-marriage family: involves several adults who share a common household and consider that all are married to one another; they share everything.

A group-network family: is made up of unrelated nuclear families that are bound by a common set of values such as a religious system.

Some commune and group-network families select one of their members, usually a man, to be their leader or head.
Cont.

- **Foster families:** Many children are removed from their homes of origin because of abuse, violence, or neglect. In most communities, these children are housed with families. *Ex, SOS children.*

- Most of them have emotional and physical health problems.

- **Homeless families:** lack of marketable skills, negative economic changes, or chronic mental health problems including substance abuse, find themselves without permanent shelter.
Gang: are formed by young people who are searching for emotional ties and turn to one another as a substitute for an absent or dysfunctional family.

Loose shirt families: Parents work from home via the personal computer (word processing, e-mail, faxing, cellular telephone—“telecommuting”).
# Table 22-1

The Traditional and Nontraditional American Family

<table>
<thead>
<tr>
<th>Structure</th>
<th>Participants</th>
<th>Living Arrangements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRADITIONAL</strong></td>
<td></td>
<td></td>
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<tr>
<td>Nuclear dyad</td>
<td>Husband</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Wife</td>
<td></td>
</tr>
<tr>
<td>Nuclear family</td>
<td>Husband</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Wife</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Child(ren)</td>
<td></td>
</tr>
<tr>
<td>Commuter family</td>
<td>Husband</td>
<td>Household divided between two cities</td>
</tr>
<tr>
<td></td>
<td>Wife</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Children (sometimes)</td>
<td></td>
</tr>
<tr>
<td>Single-parent family</td>
<td>One adult (separated, divorced, widowed)</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Children</td>
<td></td>
</tr>
<tr>
<td>Divorced family (shared custody of children)</td>
<td>One adult parent, children part-time</td>
<td>Two separate households</td>
</tr>
<tr>
<td>Blended family</td>
<td>Husband</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Wife</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(His and/or hers, and possibly their children)</td>
<td></td>
</tr>
<tr>
<td>Single adult</td>
<td>Any combination of the traditional family structures</td>
<td>Common household</td>
</tr>
<tr>
<td>Multigenerational family</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kin network</td>
<td>Two or more reciprocal households (related by birth or marriage)</td>
<td>Close geographic proximity</td>
</tr>
<tr>
<td>Augmented family</td>
<td>Extended family group or nonrelatives who provide significant child care</td>
<td>Common household or close geographic proximity</td>
</tr>
<tr>
<td><strong>NONTRADITIONAL</strong></td>
<td></td>
<td></td>
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<tr>
<td>Unmarried single-parent family</td>
<td>One parent (never married)</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Children</td>
<td></td>
</tr>
<tr>
<td>Cohabitating partners</td>
<td>Two adults (heterosexual, homosexual, or “just friends”)</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Children (possibly)</td>
<td></td>
</tr>
<tr>
<td>Commune family</td>
<td>Two or more monogamous couples</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Sharing children</td>
<td></td>
</tr>
<tr>
<td>Group marriage commune family</td>
<td>Several adults “married” to each other</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Sharing childrearing</td>
<td></td>
</tr>
<tr>
<td>Group network</td>
<td>Reciprocal nuclear households or single members</td>
<td>Close geographic proximity</td>
</tr>
<tr>
<td>Homeless families</td>
<td>Any combination of family members previously mentioned</td>
<td>The streets and shelters</td>
</tr>
<tr>
<td>Foster families</td>
<td>Husband and wife or single adult</td>
<td>Common household</td>
</tr>
<tr>
<td></td>
<td>Natural children (possibly)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Foster children</td>
<td></td>
</tr>
<tr>
<td>Gangs</td>
<td>Males and females usually of same cultural or ethnic background</td>
<td>Close geographic proximity (same neighborhood)</td>
</tr>
<tr>
<td>“Loose shirt” families</td>
<td>Parents work from home via the personal computer (word processing, e-mail, faxing, cellular telephone—“telecommuting”)</td>
<td>Common household</td>
</tr>
</tbody>
</table>
Implication for community health nurse:

- **First:** community health nurses can no longer hold to a myth that idealizes the traditional nuclear family.

- **Second:** the structure of an individual’s family may change several times over a lifetime.
  
  *Ex, kin network family---nuclear--------single parent*

- **Finally:** each type of family structure creates different issues and problems that, in turn, influence a family’s ability to perform basic functions.
  
  *Ex, Extended family support and security but may have problems with power distribution and decision making.*
Functions of a Family:
Provide affection:

- Human beings of any age require love as sustenance for growth and find it most often in the family.

- Couple-----children------members

- Families, unlike many other social groups, are bound by affectionate ties, the strength of which determines family happiness and closeness.
Providing Security and Acceptance:

- The stability of the family unit gives members a sense of security.

- The family **offers a safe retreat from the competition of the outside world** and provides a place where its members are accepted for themselves.

- *Ex, when people experience problems at their work they return to family.*

- This contributes to their mental and emotional health and equips them with the **skills necessary to cope with the outside world.**
Instilling Identity and Satisfaction:

- The family functions: to give members a sense of social and personal identity.

- Like a mirror.

- Needs fulfillment in the home determines satisfaction in the outside world.

- Families influence their members’ positions in society by instilling values and goals.
Promoting Affiliation and Companionship:

- They help satisfy their members’ needs for belonging. Each person knows that he or she is integral.

- **Ex, two family face financial conflicts:**

- First family discussing differences and making compromises; this promotes affiliation.

- Another family, members keep spending selfishly and never discuss compromises.
Providing Socialization:

- Families transmit their culture—their values, attitudes, goals, and behavior patterns—to their members.

- Members, socialized into a way of life that reflects and preserves the family’s cultural heritage, pass that heritage on, in turn, to the next generation.

- The socialization process also influences the degree of independence experienced by growing children.
Establishing Controls:

- Families maintain order through establishment of social controls both within the family and between family members and outsiders.

- Conduct of members is controlled by the family’s definition of acceptable and unacceptable behaviors.

- *Ex, division of labor between family members.*

- Families also determine the external resources used by their members.
Family life cycle:

- **Expansion**: as new members are added and roles and relationships are increased.

- **Contraction**: as family members leave to start lives of their own or age and die.

- *Ex, Jordan family*
Stages of the Family Life Cycle

- Forming a partnership
- Childbearing
- Pre-school age
- School-age
- Teenage
- Launching center
- Middle age parents
- Aging family members
Family Developmental Tasks:

- **Through life cycle:** A family must carry out its basic functions and the developmental tasks associated with those functions:
  - **Childbearing:** Require greater emphasis on Socialization.
  - **Preschool:** A family sets clearly defined limits for children.
  - **School stage:** Control activities may center on allocating responsibilities.
  - **Teenage stage:** Focuses on the relationships between family members and outsiders.
Launching center: providing anticipatory guidance for young adult.

Middle-aged parents: Prepare adults for grand-parenting role

Aging family member: Prepare the aging adults with ways to cope with the losses of old age, including changes in space, work, health, status, and loss of friends and family members
## Stage-Critical Family Developmental Tasks:

<table>
<thead>
<tr>
<th>Stage of Family Life Cycle</th>
<th>Family Position</th>
<th>Stage-Critical Family Developmental Tasks</th>
<th>Role of the Community Health Nurse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forming a partnership</td>
<td>Female partner</td>
<td>Establishing a mutually satisfying relationship</td>
<td>Interact with family where they are at</td>
</tr>
<tr>
<td></td>
<td>Male partner</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Partner-mother</td>
<td>Adjusting to pregnancy and the promise of parenthood</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Partner-father</td>
<td>Fitting into the kin network</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Infant child(ren)</td>
<td>Having and adjusting to infants, and encouraging their development</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Establishing a satisfying home for both parents and infant(s)</td>
<td></td>
</tr>
<tr>
<td>Childbearing</td>
<td>Partner-mother</td>
<td>Adapt to the critical needs and interests of preschool children in stimulating, growth-promoting ways</td>
<td>Assist in preparing for family expansion through education and anticipatory guidance</td>
</tr>
<tr>
<td></td>
<td>Partner-father</td>
<td>Coping with energy depletion and lack of privacy as parents</td>
<td></td>
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<tr>
<td></td>
<td>Child, siblings</td>
<td></td>
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<tr>
<td>Preschool-age</td>
<td>Partner-mother</td>
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<tr>
<td></td>
<td>Partner-father</td>
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<td></td>
<td>Child, siblings</td>
<td></td>
<td></td>
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<tr>
<td>School-age</td>
<td>Partner-mother</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Partner-father</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Child, siblings</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Teenage</td>
<td>Partner-mother</td>
<td>Balancing freedom with responsibility as teenagers mature and emancipate themselves</td>
<td>Provide anticipatory guidance for the school-age children as they grow into adulthood</td>
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<tr>
<td></td>
<td>Partner-father</td>
<td>Establishing outside interests and careers as growing parents</td>
<td></td>
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<tr>
<td></td>
<td>Child, siblings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Launching center</td>
<td>Partner-mother-grandmother</td>
<td>Releasing young adults into work, military service, college, marriage, etc., with appropriate rituals and assistance</td>
<td>Provide anticipatory guidance for the contracting family as children leave home</td>
</tr>
<tr>
<td></td>
<td>Partner-father-grandfather</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Child, sibling, aunt or uncle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Middle-aged parents</td>
<td>Partner-mother-grandmother</td>
<td>Maintaining a supportive home base</td>
<td>Prepare adults for grandparenting role</td>
</tr>
<tr>
<td></td>
<td>Partner-father-grandmother</td>
<td>Rebuilding the relationship</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Partner-father-grandfather</td>
<td>Maintaining kin ties with older and younger generations</td>
<td></td>
</tr>
<tr>
<td>Aging family members</td>
<td>Widow or widower</td>
<td>Adjusting to retirement</td>
<td>Assist aging adults with emotional and financial security as they approach retirement</td>
</tr>
<tr>
<td></td>
<td>Partner-mother-grandmother</td>
<td>Coping with bereavement and living alone</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Partner-father-grandfather</td>
<td>Closing the family home or adapting it to aging</td>
<td></td>
</tr>
</tbody>
</table>
EMERGING FAMILY PATTERNS:

1- Adolescent Unmarried Parents:
- Teen parenthood is an important social issue with distinct medical and nursing ramifications.

2- Older Adults:
- Many aging families do not understand or practice the appropriate stage-specific functions and developmental tasks.
- Community health nurse can intervene as teacher, counselor, and clinician.
3- Divorced and Blended Families:

- Children of divorce face:
  
  1. an absent father or mother
  2. inter-parental conflict
  3. economic distress
  4. parent adjustment
  5. multiple life stressors
**CHNs function in divorce family:**

- Listen and be empathic
- Fellow nonjudgmental attitude.
- Find resource for the family.
- Make Support groups for adults and children
- Provide invaluable services at a time of emotional instability in the family.
- Peer support groups for children and adolescents
- Community-wide planning if there are services that are needed but unavailable.
### Family divorce:

<table>
<thead>
<tr>
<th>Phase</th>
<th>Emotional Responses</th>
<th>Transitional Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stressor leading to marital differences</td>
<td>Reveal the fact that the marriage has major problems</td>
<td>Accepting fact that marriage has major problems</td>
</tr>
<tr>
<td>2. Decision to divorce</td>
<td>Accepting the inability to resolve marital differences</td>
<td>Accepting one’s own contribution to the failed marriage</td>
</tr>
<tr>
<td>3. Planning the dissolution of the family system</td>
<td>Negotiating viable arrangements for all members within the system</td>
<td>Cooperating on custody visitation, and financial issues</td>
</tr>
<tr>
<td>4. Separation</td>
<td>Mourning loss of intact family</td>
<td>Informing and dealing with extended family members and friends</td>
</tr>
<tr>
<td></td>
<td>Working on resolving attachment to spouse</td>
<td>Develop coparental arrangements/relationships</td>
</tr>
<tr>
<td>5. Divorce</td>
<td>Continue working on emotional recovery by overcoming hurt, anger or guilt</td>
<td>Restructure living arrangements</td>
</tr>
<tr>
<td>6. Post-divorce</td>
<td>Separate feeling about ex-spouse from parenting role</td>
<td>Adapt to living apart</td>
</tr>
<tr>
<td></td>
<td>Prepare self for possibility of changes in custody as child(ren) get older, be open to their needs</td>
<td>Realign relationship with extended family and friends</td>
</tr>
<tr>
<td></td>
<td>Risk developing a new intimate relationship</td>
<td>Begin to rebuild own social network</td>
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<tr>
<td></td>
<td></td>
<td>Giving up fantasies of reunion</td>
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<tr>
<td></td>
<td></td>
<td>Staying connected with extended families</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rebuild and strengthen own social network</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Make flexible and generous visitation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>arrangements for child(ren) and non-custodial parent and extended family members</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Deal with possibilities of changing custody arrangements as child(ren) get older</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Deal with child(ren)s reaction to parents establishing relationships with new partners</td>
</tr>
</tbody>
</table>
CHN Role in Promoting Family Health:

- Apply the nursing process in the care of families
- Build personal knowledge base about family structures, functions and developmental tasks
- Work with families to improve family functioning
- Incorporate cultural competence into family care giving
Thank You