

based care is the least costly and the most effective way of health promotion. A thorough analysis of family structure and health patterns will provide a clue that can be curbed before the health problem arises. A healthcare system targeting the family directly has been used with much success by low-income countries like Cuba and eventually provides one of the world's most robust healthcare systems. Therefore, it is vital to have a system that periodically assesses the family systems and their healthy behavior pattern. This paper describes a detailed assessment of a family, structure, health, behaviors, functional health patterns, and family system theory applications.

FAMILY STRUCTURE

The family consists of African Americans with a fifty-one-year-old mother, sixty-year-old husband, two daughters thirty-three and thirty, and the granddaughter is three. They live in Philadelphia, Pa. This family's socio-economic status is of an upper-middle working-class. The mother is a retired teacher and is married for the second time, while the husband is a retired army officer. The mother babysits her granddaughter while her oldest daughter works two jobs but is looking for a house to let. The other daughter also works and is moving out of the country as a salesperson.

FAMILY HEALTH AND HEALTH BEHAVIOURS

Generally, the family is healthy despite the mother having several chronic conditions. The mother reports that these conditions are under control and attribute that to their spiritually seeking behaviors. There are no health conditions of concern amongst the rest of the daughters and the

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granddaughter. The father's chronic illness struggles are familial, with almost everyone in his family having a history of hypertension and diabetes. The mother's nutritional habit is of a question explaining the development of diabetes. This is because there are no known familial illnesses in his immediate family. Her love for junk foods and sweet snacks does not do her health any good. The rest of the family appears to be of good nutritional habit; however, further emphasis is required.

NUTRITION, ELIMINATION, SLEEP, AND EXERCISE

There are no food allergies across the family. The family claims to have a balanced diet with three meals and two snacks per day. The mother and the father take little sugary and fatty food because of the chronic illness. However, it has been a tall order for the mother to avoid junk. Generally, most families have normal bowel and urinary patterns apart from the mother's slight incontinence recently. This has been attributed to advanced diabetes that possibly causes neuropathy.

The normal sleep pattern in the family is onset at about eleven and early rise at four. Hindrance to enough sleep is the multiple investments made by the family that requires regular watch. The family has a gym inside the house but using it is the greatest of problems. However, the family believes exercise improves health, and they have gym days at least once every week. However, it is only the mother and the father that are strict with the schedule

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Spelling mist... socio-econom... → socioeconomy

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Three successive sentences begin with The

COGNITIVE, SENSORY PERCEPTION, SELF PERCEPTION, COPING AND SEXUALITY

Family is of good cognition with excellent intellectual ability. There have been no episodes of confusion and psychosis. None of the family members has issues with senses apart from the

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mother, who has had few eye checkups because of diabetes. The family believes the future is bright for them. Stress had impacts on the parts, especially when both parents were diagnosed with chronic diseases. However, the family psychologist has had an important role. The sexual relationship has never been a problem while the children identify themselves as heterosexual.

FAMILY HEALTH STRENGTHS AND WEAKNESSES

Functional health patterns strengths

Two functional health pattern strengths noted in the findings were moral values and spiritual strength. The family's spirituality gave a sense of peace exhibited by how the mother expressed her purpose gave importance to a deeper meaning to her life. She believes God's role in the family's well-being cannot be underestimated, proven by how she has survived with their chronic illness for long without much change in life quality. Also, their obedience to the instruction given by their family doctor is commendable. The ability to comply with medication and avoid unhealthy behavior is a contributor to their successful healthy patterns.

Health problem barriers

The three barriers of health identified were nutrition, sleep/rest, and activity/exercise. They have nutrition problems eating junk foods and foods high in saturated fats, calories, and sodium. The mother already has a diagnosis of diabetes, while the father is diagnosed with hypertension and diabetes in the early thirties. Together with paternal familial risk, the poor eating habits predispose the other daughter and might develop the same sooner or later. Sleep rest is needed for cardiac health and can reduce stress. It is also very vital in rejuvenation as it has been found that most neurotransmitters are synthesized during this period. Inadequate sleep is not good for both psychological and physical health. With inadequate sleep, the body does not function at optimum

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levels. Most of the family has a sleep of five hours because of multiple businesses they run, which is inadequate and puts their health at risk. Physical activity can lower blood sugar levels, improves clearance of body toxins, improves cardiac efficiency, improves our immunity, and reduce the risk of developing atherosclerosis among other things. Exercise should be part and parcel of our daily lives. The family has not fully adopted the required exercise thresholds and therefore at risk of developing lifestyle conditions like the mother (Kaakinen et al., 2018).

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Spelling mistake: Kaakinen → Kaakinen

APPLICATION OF FAMILY SYSTEM THEORY

It will be beneficial to use The Calgary Family Assessment Models (CFAM) (Shajan et al., 2019). This particular model will help us assess the structural, developmental, or functional categories a nurse and/or a clinician can use therapeutic communication and questioning with an applicable functional assessment to use interventions and transform and improve family functioning. Improving family functioning and awareness is crucial in attaining health-seeking behaviors and reducing health problems (Graça et al., 2019).

In conclusion, family assessment forms an integral part of community diagnosis whilst provides necessary information for health policy development and implementation. Therefore, it is imperative to conduct a meticulous family assessment to identify a health problem and concern behavior. The behaviors, perceptions, and beliefs of a family are crucial in determining the health outcome. Adequate health promotion should be individualized based on the family's health needs.

Spelling mistake: Shajan → Shamir

Spelling mistake: Graça → Graca

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