

FAMILY ASSESSMENT FOR FUNCTIONAL HEALTH PATTERNS

Commented [JL1]: Please review the sample papers and the template. The title is not in all capitals and there are too many spaces. These are simple to fix and correct

[REDACTED]

Title goes here in bold font

Family assessment is a very vital tool in achieving primary health care. This type of care usually is the least costly and the most effective. A thorough family analysis in terms of structure and health patterns will provide a clue that can be curbed before the health problem arises. This type of care 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.

Commented [JL2]: A review to the template and sample papers is needed. See where to place the title on the second page as I have corrected.

Formatted: Font: Bold

Formatted: Font: Bold

Commented [JL3]: A citation is needed here. How do you know this? Is it fact from the evidence or your opinion.

Commented [JL4]: Good job with your thesis statement

Family Structure

The family consists of African Americans with a fifty-one-year-old mother, sixty-year-old husband, and three daughters thirty-three and thirty. They live in Philadelphia, Pa. The family's socioeconomic is of an upper-middle working-class family. The mother is a retired teacher and is married for the second time; her husband is a retired army officer. The oldest daughter works two jobs and is currently looking for a house. Another daughter also works and is moving out of the country as a salesperson.

Commented [JL5]: Please note the heading is in bold, but not all capitals. See my correction.

Commented [JL6]: You only listed 2 ages and there are 3 daughters.

Commented [JL7]: As per the rubric, I would include religion as well.

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. The rest of the daughters and the granddaughter are in good health with no health conditions of concern. The father also struggles with chronic illness. This is seen in his paternal family, with almost everyone having a history of hypertension and diabetes. The mother's

Commented [JL8]: See my comments regarding headings above

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 junky 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

Commented [JL9]: Please review headings

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 limited 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

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 mother, who has had few eye checkups because of diabetes. The family believes the future is bright for them. Stress had 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.

Commented [JL10]: Good job describing overall family health.

FAMILY HEALTH STRENGTHS AND WEAKNESSES

Functional health patterns strengths

Two functional health pattern strengths noted in the findings were integrity and spiritual strength. The way the mother expressed her purpose gave importance to a deeper meaning to her life. The mother believes God's role in the family's wellbeing cannot be underestimated, proven by how she has survived with their chronic illness for long without much change in the quality of life. 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.

Commented [JL11]: If you use second level headings, please review how to do correctly, they should be flush to the left.

Formatted: Justified, Indent: First line: 0"

Health problem barriers

Formatted: Indent: First line: 0"

The three barriers of health identified were poor nutrition, inadequate rest, and inadequate activity. They have nutrition problems eating junk foods. The mother already has a diagnosis of diabetes, while the father is diagnosed with hypertension and diabetes in the early thirties. 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 re-energization as it has been found that most neurotransmitters are synthesized during this period. Inadequate sleep is not good for both psychological and physical health. It is hypothesized that with inadequate sleep, the body does not function at optimum 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. Adequate exercise improves clearance of body toxins, improves cardiac efficiency,

improves our immunity, and reduces the risk of developing atherosclerosis it 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).

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).

Commented [JL12]: I would not cite this sentence. You are stating your opinion.

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 health outcomes.

Commented [JL13]: You described the model, but how would you apply this to your family? More application is needed.

Commented [JL14]: Use a conclusion heading

Course Code	Class Code
NRS-429VN	NRS-429VN-O500

Criteria	Percentage
Content	80.0%

Interview Questionnaire Assessing Functional Health Patterns 15.0%

Family Structure (individuals, relevant attributes of family composition, race/ethnicity, social class, spirituality, environment) 15.0%

Family Health and Health Behaviors 15.0%

Findings (functional health patterns strengths, health problems or barriers to health) 15.0%

Application of Family Systems Theory 20.0%

Organization and Effectiveness	15.0%
--------------------------------	-------

Thesis Development and Purpose 5.0%

Argument Logic and Construction	5.0%
---------------------------------	------

Mechanics of Writing (includes spelling, punctuation, grammar, language use)	5.0%
---	------

Format	5.0%
--------	------

Paper Format (use of appropriate style for the major and assignment)	2.0%
---	------

Documentation of Sources (citations, footnotes, references, bibliography, etc., as appropriate to assignment and style)	3.0%
---	------

Total Weightage	100%
-----------------	------

Assignment Title

Family Health Assessment Part I

Unsatisfactory (0.00%)

questionnaire presented does not include family-focused functional health patterns. More than three of the functional health patterns have been omitted. Four or more of the functional health patterns have fewer than three open-ended questions.

Description of family structure omitted.

Health behaviors and current health of the family are not presented.

Functional health pattern strengths, health problems, and barriers to health are not presented as indicated in assignment criteria.

Application of family systems theory is not presented.

Paper lacks any discernible overall purpose or organizing claim.

Statement of purpose is not justified by the conclusion. The conclusion does not support the claim made. Argument is incoherent and uses noncredible sources.

Surface errors are pervasive enough that they impede communication of meaning. Inappropriate word choice or sentence construction is used.



Template is not used appropriately or documentation format is rarely followed correctly.

Sources are not documented.

Total Points

150.0

Less than Satisfactory (75.00%)
--

The interview questionnaire presented is incomplete. One or two of the functional health patterns have been omitted. Two or three of the functional health patterns have fewer than three open-ended questions. Overall, the interview questionnaire is inconsistent with the assignment criteria.

A partial description of family structure is presented. Not all individuals are included. Relevant attributes are listed but incomplete. Some attributes are missing. There are inaccuracies.

Health behaviors and current health of the family are partially presented. Overall, the health and health behaviors of the family are unclear.

Two functional health pattern strengths, and three health problems or barriers to health are partially presented. Some aspects presented are not relevant, or are not consistent with findings.

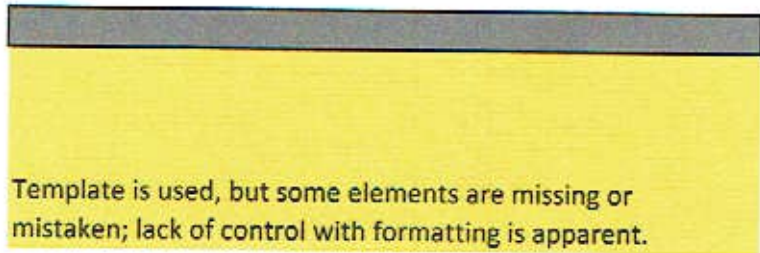
Application of family systems theory is partially presented. It is unclear how the theory will be applied to positively change overall family functions over time. There are inaccuracies in the application or representation of the theory.

--

Thesis is insufficiently developed or vague. Purpose is not clear.

Sufficient justification of claims is lacking. Argument lacks consistent unity. There are obvious flaws in the logic. Some sources have questionable credibility.

Frequent and repetitive mechanical errors distract the reader. Inconsistencies in language choice (register), sentence structure, or word choice are present.



Template is used, but some elements are missing or mistaken; lack of control with formatting is apparent.

Documentation of sources is inconsistent or incorrect, as appropriate to assignment and style, with numerous formatting errors.

Satisfactory (79.00%)

Health patterns have been omitted. One of the functional health patterns has fewer than three open-ended questions. Overall, the interview questionnaire is consistent with the assignment criteria. Some of the open-ended questions are not family-focused or not relevant to the scope of the

A summary of family structure is presented. All individuals are included. Most relevant attributes listed are summarized. Some aspects are vague. There are minor inaccuracies.

Health behaviors and current health of the family are summarized. Overall, the health and health behaviors of the family are generally presented.

Two functional health pattern strengths, three health problems, and barriers to health are summarized. Aspects presented are relevant and generally consistent with findings.

Application of family systems theory is presented. A general discussion on how the theory will be applied to initiate positive changes in family functions over time is presented. There are minor inaccuracies in the application or representation of the theory.

Thesis is apparent and appropriate to purpose.

Argument is orderly, but may have a few inconsistencies. The argument presents minimal justification of claims. Argument logically, but not thoroughly, supports the purpose. Sources used are credible. Introduction and conclusion bracket the thesis.

Some mechanical errors or typos are present, but they are not overly distracting to the reader. Correct sentence structure and audience-appropriate language are used.

Template is used, and formatting is correct, although some minor errors may be present.

Sources are documented, as appropriate to assignment and style, although some formatting errors may be present.

Good (89.00%)

patterns are included, and each has three open-ended questions that are family focused and relevant to functional health patterns. The interview questionnaire is consistent with the assignment criteria. Overall, the open-ended questions are family-focused and relevant to the scope of the

The family structure is described. All individuals and relevant attributes are presented. Overall, the discussion provides insight into the family structure.

Health behaviors are identified and presented. The current health behaviors of the family are described.

Two functional health pattern strengths, three health problems, and barriers to health are discussed. Aspects presented are relevant and consistent with findings.

Application of family systems theory to initiate positive changes in family functions over time is discussed. The manner in which the theory is applied is relevant and generally supports steps toward the desired outcomes.

Thesis is clear and forecasts the development of the paper. Thesis is descriptive and reflective of the arguments and appropriate to the purpose.

Argument shows logical progressions. Techniques of argumentation are evident. There is a smooth progression of claims from introduction to conclusion. Most sources are authoritative.

Prose is largely free of mechanical errors, although a few may be present. A variety of sentence structures and effective figures of speech are used.



Template is fully used; There are virtually no errors in formatting style.

Sources are documented, as appropriate to assignment and style, and format is mostly correct.

--	--

Excellent (100.00%)	Comments

The interview questionnaire presented and demonstrates strong insight into family-focused assessment strategies. All functional health patterns include three highly relevant open-ended questions.

The family structure is clearly described. All individuals and relevant attributes are discussed in detail. The discussion demonstrates an in-depth perspective into family structure.

Health behaviors are identified and presented in detail. The current health of the family is described. A clear understanding of family health and health behavior is demonstrated.

problems, and barriers to health are discussed. Discussion identifies and assesses key aspects from findings. Discussion demonstrates insight into assessment of findings to identify functional health pattern strengths and health problems or barriers.

Application of family systems theory to initiate positive changes in family functions over time is thoroughly discussed. The manner in which the theory is applied is highly relevant and strongly supports steps to achieving the desired outcomes.

--	--

Thesis is comprehensive and contains the essence of the paper. Thesis statement makes the purpose of the paper clear.

Clear and convincing argument that presents a persuasive claim in a distinctive and compelling manner. All sources are authoritative.

Writer is clearly in command of standard, written, academic English.

All format elements are correct.

Sources are completely and correctly documented, as appropriate to assignment and style, and format is free of error.

--	--

Points Earned	

22.50/22.50

20.02/22.50

22.50/22.50

22.50/22.50

23.70/30.00

--	--

6.67/7.50

7.50/7.50

7.50/7.50



2.25/3.00

3.56/4.50

138.71/150.0