

1	Family Health Assessment II	Student's Name	Department, Institution Affiliated	Course Title	Tutor's Name	Date
---	-----------------------------	----------------	------------------------------------	--------------	--------------	------

2	Family Health Assessment II	Introduction
---	-----------------------------	--------------

The WHO, (2018) defines health as a state of physical, mental, and social wellness. Various factors come into play for a person to be in such a state and not have any infirmity. The factors that come into play creating differences in health status among different groups are known as the social determinants of health. These factors can either promote the general wellness of a person or contribute to their health deterioration (Seus et al., 2019). This paper seeks to analyze the social determinants of health for a designated family, point out the predisposing factors and make possible recommendations for screening and healthy behavior change.

SIOH Factors Affecting the Family

Economic Stability

Economic stability affects an individual's ability to afford much-needed resources in life ranging from housing, quality of healthcare to the type of food and lifestyle practices (Maganan, 2017). In the family's case study, the wife is a retired teacher while the husband is a retired army officer. Both of these jobs have excellent pension schemes, and one can comfortably afford most of their needs and wants. This sense of financial independence has enabled the wife to satisfy her appetite for junk food that is usually not cheap and, unfortunately, has led to her developing diabetes. The husband has a positive family history of diabetes and gets it as a result. With a strong financial muscle, the family can install a home gym to stay healthy. Nevertheless, adherence to the practice schedule is a bit of a challenge. The parents engage in exercise only once a week despite them being on retirement with nothing much to do.

Education

Research shows that the more educated a person is, the more likely they are to live longer. This is because one becomes more aware of various health hazards, is able to appreciate the importance of balanced nutrition, and is more equipped with disease prevention strategies. Moreover, education enables one to achieve a more stable job, as is the case with the family in question (Maganan, 2017). The family members can recognize that health is not just a matter of physical well-being but also mental, which is likely to make them more receptive to mental health education, which generally is considered only for the mentally disabled. However, the level of education does not always correlate with healthy behavior. Other factors such as personal drive and social support come into play to see the mother still taking junk food despite her knowledge of its adverse effects. They rarely exercise, yet they appreciate the benefits of good exercise.

Age-appropriate Screenings

The family's stage cycle under study is that of a retiring family, otherwise known as seniors. The children are both adults old enough to be independent. The two daughters aged thirty and thirty-three fall more or less in the same age bracket. The age-appropriate screening for them would include check for blood cholesterol levels and blood pressure monitoring especially given the fact that there is a positive family history of hypertension the father and

Spelling marker: Seus → SIOH

Duplicated phrase: Economic Stab... → Economic Stab...

Type of family: type of

Typification problem: well being → well-being

Three successive sentences begin with: The

diabetes by both parents. Should be encouraged to do the frequent self-breast examination for any lumps and a pap smear every three years to rule out any malignancies of the cervix. As for the mother, a mammogram done annually is best suited for her to rule out any associated breast malignancies. Should also do pap smear after every three years. Men above 45 years are at risk

of prostate hyperplasia. So the houseman is encouraged to test the prostate-specific antigen levels every two to four years to rule out benign prostate hyperplasia or prostate cancer. Both the husband and the wife should do a colonoscopy at least once in ten years to check for colon cancer development, which is prevalent for the age (Carroll et al., 2017).

Health Model for Plan of Action

A social model of health would best suit the family in this study. This model focuses on preventing diseases rather than curing them. Emphasizes cultural, economic, and social practices of a family. There will be the family members' education with the social model, more so the two daughters in their thirties and are in good general condition. Knowledge of healthy lifestyle choices might protect them from developing hypertension or diabetes despite their parents having the disease. As for the parents, they will reduce the risk of developing complications associated with the chronic illness (Zare & Valadkar, 2020).

Family-centered Health Promotion Steps

The steps involved are: open communication with the family members, and a nurse caring for the family would be the best suited for this task. Secondly is recognizing the importance of family members and allowing them to participate in caring for one of their own, and encourage a culture of literacy. This would keep them abreast with the latest trends on healthy living (Kankinen, 2018).

References

(Carroll, J. C., Campbell-Scherer, D., Perreault, J. A., Myers, J., Mance, D. P., Mcenney, C., ... & Grunfeld, R. (2017). Assessing family history of chronic disease in primary care: prevalence, documentation, and appropriate screening. *Canadian Family Physician*, 63(1), e58-e67.

Spelling mistake: Valadkar → Canada

Grammatical problem: do not is recognizing

Spelling mistake: Kankinen → Kankinen

Kaukianen, J. K., Coelho, D. P., Steele, R., & Robinson, M. (2018). *Family health care nursing: Theory, practice, and research*. FA Davis.

Magnan, S. (2017). Social determinants of health 101 for health care: five plus five. *NAM Perspectives*.

Sous, T. L. C., Silveira, D. S. D., Tomasi, E., Thurne, F., Faehin, L. A., & Siqueira, F. V.

(2019). Family Health Support Center: health promotion, physical activity, and chronic

diseases in Brazilian-International PMAQ survey 2013. *Epidemiologia e Serviços de Saúde*, 28,

e2018308.

Zare, H., & Vafadar, Z. (2020). Doctor of Nursing Practice based on Family Health: A review of

the best Educational Models in Nursing. *Iranian Journal of Systematic Review in Medical*

Sciences, 1(2), 51-59.