

Gordon's Functional Health Patterns Case Study

Understanding family health background is crucial for patient- and family-centered healthcare. A clinical interview is the most effective mechanism of acquiring such information. Slade & Sergent (2020) argue that interviews are a key element for gathering information on a one-on-one basis from patients and their families in a clinical setting.

Marjory Gordon devised a method for obtaining comprehensive nursing of a patient.

Gordon's functional health patterns approach includes eleven main parameters that include a summary of an individual's health history and the health habits a patient has taken to achieve their current health and wellbeing. The essay conducts a focused functional assessment on an identified family to determine its health patterns using a developed interview questionnaire.

Describe the family structure. Include individuals and any relevant attributes defining the family composition, race/ethnicity, social class, spirituality, and environment.

The patient's family consists of eight people of white descent. The patient is 45 years old, and the wife is 42 years old. There are four children, two sons, and twin daughters. The sons are age 20 and 19, while the twin daughters are aged 14. The grandfather is aged 75, while the grandmother is aged 71. The other family members live in an ancestral ranch in Utah County, a typical affluent back group. The family follows the Christian faith and attends Sunday services with the Utah Valley Church. The patient and the wife are both teachers at a local junior school in Utah. The sons are in college at Alliant International University, while the daughters attend the 12th grade in the same school. The family visits their grandparents and their neighbors regularly.

Summarize the overall health behaviors of the family. Describe the current health of the family.

According to the National Health, Lungs, and Blood Institute, the family assessment revealed that the family maintains a proper nutritional diet – three meals a day (NHLBI, n.d.).

The family consumes healthy and whole meals. However, the children occasionally eat fast and fatty foods while in schools or out in the town. Besides, the family often engages in morning and evening runs, mostly on the weekends.

Furthermore, the family assessment revealed that the family experiences significant health challenges. The patient has diabetes, while the wife is well and healthy. The older son has diabetes managed through medication. The youngest daughter suffered a skin infection and has asthma, managed through medication. The grandparents are receiving home-based care due to old age and chronic ailments. The grandfather has Alzheimer's and arthritis, while the grandmother suffers from chronic obstructive pulmonary disease and prediabetes.

Based on your findings, describe at least two of the functional health pattern strengths noted in the findings. Discuss three areas in which health problems or barriers to health were identified.

The crucial functional health patterns noted in the family include effective exercise and physical activity, and nutritional intake. The family engages in exercise and physical activities such as morning and evening walks and run as a precursor against sedentary health issues (Wu et al., 2017; Saunders et al., 2020). The grandparents are given massage twice a week by their home-based caregiver. The sons are passionate about soccer and play at the community center every Saturday whenever they are home. The daughters also engage in netball games in their schools. In terms of nutrition, the grandparents have a nutritional meal plan by the family nurse. On the other hand, the patient and wife have a nutritional plan that they share with their children. This includes low-fat dairy, fruits and vegetables, lean meat, whole grains, and fat-free products (NHLBI, n.d.).

The grandparents in the family suffer from old age and are constantly cared for by the family nurse. The ailments include joint pains, chronic obstructive pulmonary diseases, and arthritis. Moreover, the patient and the wife previously suffered from depression and anxiety

following their parent's illness. The depression and anxiety were managed through medication and group therapy. Health issues are noted in the youngest daughter having suffered skin disease and asthma,

Describe how family systems theory can be applied to solicit changes in family members that, in turn, initiate positive changes to the overall family functions over time.

According to the family systems theory, a family is an emotional entity with dynamic interactions (Erdem & Safi, 2018). For example, Bowen's theoretical concept of siblings positioning posits that people growing together tend to have common characteristics (Erdem & Safi, 2018). For instance, the elder siblings of this family have a passion for soccer and enjoy engaging in soccer-related activities every Saturday, either at the community or campus playground. Equally, the daughters have a passion for netball and enjoy playing the game at school. The reason behind this eventual difference in preferential sports contributes to the family's physical activity; thus, the associated health benefits.

Furthermore, Bowen's theory of emotional cut-off explains how individuals overcome emotional problems by eliminating or shutting off emotional interactions (Erdem & Safi, 2018). This concept can manifest in this family, leading to separation and consequential crippling of family functions. For instance, differences between the family members, including parents and siblings, can lead to separation to solve the conflict. As a result, the typical family ties and functions are affected.

Conclusion

The assessment interview reveals that the family's identity, relationships, and overall health behavior are effective. Besides, the assessment reveals the family's effective health patterns, including appropriate physical activities, nutritional, cognitive, and emotional health. Lastly, the family has appropriate role relationships and coping strategies for health problems. In sum, the assessment reveals the family's common health themes, including

active lifestyle and chronic illnesses, such as diabetes and chronic obstructive pulmonary disease.

References

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Appendix

Functional Family Assessment Questionnaire:

Values/Health Perception

1. What is your family's perception of health and wellbeing?
2. How would you describe the current health status of your family?
3. What is your family doing to promote health?

Nutrition

1. What types of meals does your family take on a typical day?
2. Does your family have at least three meals a day?
3. Is there any member of your family whose metabolic function is affected by a given meal?

Sleep/Rest

1. How much sleep does your family have on a typical day?
2. Is any member of your family having difficulties falling or staying asleep?
3. How would you describe sleeping and rest routines for your family?

Elimination

1. How would you describe your typical bowel and bladder movement patterns? Are there any changes?
2. Are there any barriers that hinder your ability to eliminate?
3. How many times a day do you eliminate in a day?

Activity/Exercise

1. What is your family's perception of physical activities or exercises?
2. How frequent and how long does your family engage in physical activity in a week?
3. What kind of exercises or physical activities does your family engage in?

Cognitive

1. Does any member of your family suffer from cognitive impairment?
2. How does your family obtain health-related information?
3. Have you or any of your family members had difficulty reading, understanding, or following a medical prescription?

Sensory-Perception

1. What is your perception of sensory impairments?
2. Do or any of your family members suffer from sensory impairment? i.e., sight, hearing, or memory.
3. How frequently does your family go for a sensory check-up?

Self-Perception

1. What is your perception of your life in general?
2. Do you or any of your family members suffer from low self-esteem or depression?
3. How does your family perceive itself among others in the community?

Role Relationship

1. What is the decision-making structure in your family?
2. How would you describe your family relationship, close or segmented?
3. What is your view on the importance of the family?

Sexuality

1. How do you and your family perceive sexuality in terms of marriage, parenthood, and relationship?
2. Do you discuss sex education with your family?
3. What are safe sex practices do you use?

Coping

1. How do you cope with life stressors?
2. What are your family's sources of income?

3. How do you/would you deal with the health crisis in the family?