Family Health Assessment

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**Values and Health Perceptions**

This section assesses the values, perceptions and beliefs of the three members of Mr. and Mrs. Phillip Anderson including the young couple and an eleven years boy. Both Mr. Anderson and Helen his wife are strong Christians. Nonetheless, the two spouses have high regard to their cultural believes and practices. They value all the rights of passage and other practices like the payment of dowry and circumcision among others. Helen suffers from diabetes type 2 while Anderson complains of high blood pressure. Besides taking the prescribed drugs, the two spouses attend therapies to improve their health.

**Nutrition**

Based on the information from the couple, their health condition largely dictates the kind of foods to consume. The young couple adheres to the instructions from the respective doctors not to take sugary and fatty foods among other junk foods. In fact, both Helen and Anderson prefer consuming homemade juices and much water for improved health status. Because of the health restrictions, they both avoid taking sodas and preserved or any off-shelf juices. James complain that the parents somewhat deny him happiness anytime they caution him of the sodas and other meals. In fact, the spouses seldom purchase him chips and sodas. Additionally, since the parents do not take sugar, they do not value adding some sugar to their son’s tea or coffee.

**Sleep/Rest**

Mr. Anderson asserts that their health condition made them construct a strict schedule of activities to permit adequate time to sleep and rest. Despite being a hardworking family, the schedule permits a combined rest and sleep time of not less than eight hours. Anderson is aware that sufficient sleep and rest time reduces blood pressure mainly because of the relaxation of the minds. The learned time management effectiveness allows sufficient time for sleep and rest in addition to helping them achieve much within a limited time (D'Amico & Barbarito, 2015).

**Elimination**

Helen suffers from posttraumatic disorder she developed after an accident in her teenage. The later make Helen avoid long distance travels, as she is always troubled with the thoughts of an accident. Phillip did not understand why the wife avoided long distance travels. Helen had no idea that the condition was treatable. Helen began therapeutic treatment and the fears for long distance travel have declined significantly. Both Phillip and James complained of the situation as they are adventurous and they would opt for long distance travels during holidays.

**Activity/Exercise**

It is apparent that the adaptability and improved health among the spouses depends on sufficient fitness activities particularly for the relaxation of the minds and reduced anxieties. The young couple has fun in exercising some aerobics without exceeding the limits as per the instructions from their trainers and the therapists. For example, both Anderson and Helen may have the typical jogging or jumping of the rope to reduce the risk of increasing high blood pressure.

**Cognitive**

Oftentimes, because of the posttraumatic condition, Helen repeats some activities every day. For instance, she keeps checking to confirm the car speeds any time they travel to ensure that they are moving at moderate speeds. Mrs. Anderson keep closing the eyes each time the driver holds the car breaks. On the other hand, although the sleep and rest time is adequate for the couple, James asserts that he sleeps too often during the class time. Anderson has the tendency to forget the car keys only to remember a few steps away from the car door.

**Sensory-Perception**

As a Christian family with much love and compassion, Anderson feels no harm assisting doing the kitchen work. However, whenever he makes the food, Helen complains of the food being too salty but Anderson argues that he not only measures the amount of salt putting in the foods but he tastes the food as he adds the salt but Helen ever complains of salty foods. From this perspective, the spouses’ sense of taste is dissimilar, or one has a problem.

**Self-Perception**

From the interview, neither Mr. Anderson nor Helen admitted of having low self-esteem or negative self-perception. Although is not low self-perception, Helen is shy of expressing herself in public. According to Helen, their son James is very adventurous as claimed above but the parent’s health conditions limit him. Phillip argues that health concerns have never and ever will not limit him from conducting his roles as the father and a husband. Further, Phillip says that the conditions will not stop him conducting his duties as a Christian and a member of the society.

**Role Relationship**

Notably, Mr. and Mrs. Anderson own a business where both works thus helping one another in their daily activities. Further, both Helen and Philip are aware of their business’ net income because they work together and do the end of posting together. As highlighted above, Philip helps in the kitchen affairs. The couple makes their schedule together including allocating time for exercises, travelling time as well as other duties (Wilson & Giddens, 2016). Apart from helping one another in their daily activities, Helen and Anderson understand their respective roles.

**Sexuality**

As individuals and the awareness through the contemporary factors including technology, either of the spouses has a clear knowledge and understanding of spirituality, sexuality and health. Therefore, Anderson and Helen are faithful and honest to one another, as they believe that marriage is holy and thus sexuality and that neither of the two spouses has the right over his or her sexuality. They try to do things together to make each other enjoy the family and marriage life.

**Coping**

The spouses realize the influence of Christianity in their life. While Christians, the young family ensures good health through effective communication particularly by ensuring proper, and timely communication. In fact, this family values the aspect of sharing information for the success of the family.

**Application of family systems theory for change**

The family systems theory claim that an individual cannot be assessed as a separate unit rather a composite part of the family (Becvar & Becvar, 2017). The application of this theory may effectively help Mr. and Mrs. Anderson’s family to have a behavior change to improve their social life and wellness. For instance, while the members restrict one another in making adventure or fun, the theory may encourage them to share their health concerns so that each other clearly understands the other. In light of this, the parents would not be too restrictive to the kid or amongst themselves.

**References**

Becvar, R. J., & Becvar, D. S. (2017). *Systems theory and family therapy: A primer*. Rowman & Littlefield.

D'Amico, D., & Barbarito, C. (2015). *Health & physical assessment in nursing*. Prentice Hall.

Wilson, S. F., & Giddens, J. F. (2016). *Health Assessment for Nursing Practice-E-Book*. Elsevier Health Sciences

**Appendix**

**Questionnaire**

1. Values, Health Perception
   1. What are your values and perceptions on health?
   2. How do you perceive holiness and healthiness?
   3. What is the affect of your values on your family life?
2. Nutrition
3. What is nutrition?
4. Which foods do you find harmful when consumed?
5. What is your take on the junk meals?
6. Sleep/Rest
7. How much time do you rest and sleep per day?
8. Do you feel negatively affected by the sleeps and rests?
9. How would you rate the influence of rest and sleep in wellness?
10. Elimination
11. How does a traumatic encounter influence a person’s family life?
12. Do you have trouble during travels?
13. How accommodative are you during travels?
14. Activity/Exercise
15. What is the importance of doing exercises in your life?
16. Which activities engage the family members?
17. What value does the fitness activities add towards the family management?
18. Cognitive
    1. Do you have any mental challenge?
    2. How do you help people with mental concerns?
    3. Do you have a history of cognitive challenges?
19. Sensory-Perception
    1. How do you perceive the sensory of other people?
    2. Do you have challenges in sensing?
    3. How do sensory affect your decision-making?
20. Self-Perception
    1. How do you perceive yourself in front of others?
    2. Is your health condition an obstacle in your life?
    3. What are your steps towards improving your self-perception?
21. Role Relationship
    1. What are the woman’s roles in the family?
    2. What are the man’s roles in the family
    3. Are you able to assist each other in daily duties?
22. Sexuality
    1. What is your perception on sexuality?
    2. What is the importance of sex in your family life?
    3. What situations force sex avoidance?
23. Coping
    1. How do you control the challenges of your health?
    2. How do you manage family issues?
    3. What are your considerations in coping with cultures, christen life, and health matters?