



COLLEGE OF NURSING UNIVERSITY OF THE PHILIPPINES MANILA



Nursing 12 Public Health Nursing I Study Guide: Week 3 Day 1

Hello! How did you find the first two weeks of the course? In the past years of teaching N12, the usual reaction that I get from the students is that of being surprised. They are surprised to know that: 1) public/community health nursing is a field of nursing specialization; 2) the public health nurse's performance of her roles as care provider, manager and leader and researcher are far more expansive in scope compared to the nurse in a clinical or hospital setting; 3) they did not imagine that the PHN's client is not just focused on an individual but encompasses other levels of clientele such as the family, population group and the entire community; and finally, 4) the PHN's role as manager and leader makes her an indispensable part of the entire country's health system in delivering wellness and health promotion and disease prevention services. Such are the contributions of the PHN but sadly, society does not give her the recognition she deserves.

This week, we move on to Unit 4 to study the Public health Nurse's role in strengthening the family unit in terms of health care provision. The family is considered the basic unit of society. In strengthening the family and its members, public health nurses contribute to developing a strong nation. The week covers discussion of introductory concepts to family, family health and family health nursing.

Learning Outcomes:

After studying this topic, you should be able to:

1. Integrate knowledge from the physical, social, natural and related health disciplines, and the humanities in understanding the family as a unit of society.
2. Discuss basic concepts on family and family health.
3. Describe varied factors that shape and influence family health beliefs and behaviors, family coping processes and strategies.
4. Explain the importance of working with families.
 - nature of family health nursing practice
 - concept of family-centered care
5. Describe selected theories and models as frameworks for family health nursing practice.
6. Describe the roles of the nurse in the care of the families.
7. Describe the family health nursing process.

Topics:

The lessons for Day 1 cover the topics of Unit 4 Family Health Nursing on Introductory Concepts to Family and Family Health

- A. Basic purposes of the family
- B. Family structure, function and process
- C. Forms of and the contemporary Filipino family
- D. Socio-cultural and economic factors influencing family health beliefs and behaviors
- E. Family coping processes and strategies
- F. Nature of family health nursing practice
- G. Importance of working with the family
- H. Concept of family-centered care
- I. Family health nursing process

Learning Activities:

1. Listen to the recorded lectures on “**Introductory Concepts on Family and Family Health**” using the following links:

Part 1 https://drive.google.com/file/d/1xKHj-BuvqkZrDog9XtS1Wxg6slj5rPIK/view?usp=drive_link

Part 2 https://drive.google.com/file/d/1hX0cV343Q1_aOODIPQN1SFCRdK_tDZzk/view?usp=drive_link

2. After listening to the recorded lecture, answer reflection questions below.

Using just one (1) word, answer the following:

- *Describe what family means to you.*
- *Describe your family.*
- *What is the main issue/concern that confront your family now?*
- *How do you think your family can overcome this issue/concern?*
- *If a family health nurse is to help your family address this issue and concern, what is the most important intervention do you want her to perform?*

3. On March 04, the class will be broken down into 8 groups and be engaged in an activity called **Family Conversations**.

Each group will simulate a family dinner or gathering when members discuss contemporary issues that are topics of conversations during family dinner or gathering. Depending on family structure, characteristics and dynamics, family members may individually or as whole view these conversations differently. Some will look forward to these family gatherings while others may shun attending them.

Group presentation will run for 10 minutes. As each group present, the rest of the class will observe the following :

- tone, language and expression of feelings and emotions
- contextual framework, principles or beliefs that influenced or were used to anchor discussion of issues
- manifestation of concern for the family member
- strategies done to resolve issue

Issue 1: Teenage pregnancy

- A. Family in a highly urbanized city living in a gated community; parents are respected leaders in political and social sphere
- B. Family in the rural area; parents are members of faith-based organizations

Issue 2: Illicit drug use/addiction

- A. Family living in an urban poor community; parents are jobless; children are out of school
- B. Middle income family in an urban community; mother is a migrant worker; father does not have a permanent job but uses up income to gambling and other vices

Issue 3: Sources of mental health issues

- A. Student bullying in exclusive schools
- B. Family bullying in middle-income family

Issue 4: Sexual Orientation and Gender Identity

- A. Family living in the city with children studying in exclusive schools
- B. Family living in the rural area with strong religious and cultural influence

