University of the Philippines Manila

**COLLEGE OF NURSING**

**N-12 Public Health Nursing I**

**Family Health Nursing**

**Case Worksheet 1**

Collecting Data for Individual and Family Health Assessment

**Background and Rationale of the Activity:** Nurses are expected to provide comprehensive care to individuals and families in the community. However, due to limited resources, particularly time both on the side of the nurse and of the family, comprehensive care, including assessment, must be delivered in a directed and focused manner.

**Purpose of the Activity**: The activity aims for students to practice decision-making skills in determining needed key relevant data and appropriate methods of data collection given cases on common health issues and concerns affecting beginning families.

**Relevant Learning Outcomes**:

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. Perform safe, quality, holistic and compassionate **care** to *healthy, well, and at-risk members of the family* utilizing the family health nursing process
3. **Assess** the health status of the *family and its members* using appropriate family assessment models and tools

**Instructions:**

1. The students will be divided into groups of 10-12.
2. Each group will be given a case scenario reflecting conditions commonly faced by beginning families in the community.
3. For each case, the students will be asked to accomplish the attached worksheet. The worksheet is a data collection plan template aimed to articulate the following:
   1. Specification of relevant data that may have to be collected to assess the condition the given health issue/concern and the family’s performance of health tasks as a reflection of the family’s health/functioning
   2. Identification of appropriate methods of data collection, including tools or questions
   3. Determination of standards and norms to which data will eventually be compared against.
4. Students will be given an hour to complete the worksheet using a google docs or a word document file.
5. The students will then be asked to present their output for feedback. Each student will be given 15 minutes to present their output.
6. Submit the written output to Dr. Alejo through e-mail ( [jvalejo@up.edu.ph](mailto:jvalejo@up.edu.ph) ) with the subject *N12 Family Worksheet 1 Group Number.* 
   1. In the email text, write the names of the members
   2. Attach a link of t*he* google docs or of the word document file.

**Case Scenario:**

You are a public health nurse assigned to manage a barangay health station in the Manila. Every morning, you conduct clinics and see patients consulting for various health conditions. In the afternoon, you visit some of the priority patients in their homes to further assess their conditions.

Today, in the clinic, you were visited by the following clients presenting with their concerns and complaints:

* Group 1 Patient: A healthy 23-year-old male and healthy 22-year old female couple inquiring about family planning as part of their pre-marriage counseling requirements
* Group 2 Patient: A 23-year-old G1P1 married female who initially consulted for headache but was noted to have delayed menses for 3 months already but with no prenatal consult
* Group 3 Patient: A 25-year-old, G1P1, 3-weeks postpartum woman consulted for advise about newborn and infant care because she feels tired adjusting to the lack of sleep from the frequent crying of the newborn
* Group 4: A 2-year-old male toddler presenting with 3 days of fever, cough, and rapid breathing

You plan to further assess the patients during the consultation and their families during a home visit. You try to organize your thoughts by planning the assessment and accomplishing the attached worksheet with the following components:

* Column 1: Data to be assessed (both for the individual as a client and the family as a client)
* Column 2: Appropriate method of data collection and tools
* Column 3: Specific questions to ask, if appropriate
* Column 4: Relevant norms and standards, if appropriate, that will be basis for comparison of data (specify references)

**Worksheet:**

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| --- | --- | --- | --- |
| **Data Relevant to the Problem to be Assessed** | **Method and Tools of Data Collection** | **Specific Questions**  **If appropriate** | **Norms and Standards**  With references |
| Example1:  *Individual:* history of present complaint | * Interview: Health History | “Kailan pa po nagsimula ang inyong…? |  |
| Example 2:  *Individual:* Dietary Practices | * Records Review: 3 day 24-hour food recall |  |  |
| Example 3:  *Family:* Previous actions of the family to address the complaint | * Structured Interview using Interview guide | “Noong napansin niyo po na umuubo si Kyla noong nakaraang linggo, ano po ang mga ginawa Ninyo?” |  |
| Example 4:  *Family*: Toilet Facilities | * Observation |  |  |
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