



N-12 Public Health Nursing I
 Second Semester, Academic Year 2024-2025

Environmental Health

Site Visit, Presentation of Findings, and Application to Case: CASE BGALF

Family Structure, Characteristics, and Dynamics / Relational Patterns

Head of the Family: BF

Address: District 1, Tondo, Manila

Family Member		Relation to Head	Sex	Birth Date		Marital Status	Highest Education Completed	Occupation		Remarks / Date Entered
No.	Name			Month	Year			Type of Work	Place	
1	BF	Head	M	September	1992	Married	High School Graduate	Kuliglig driver	Tondo-Divisoria	Assessed February 24, 2025
2	GF	Wife	F	November	1993	Married	Second Year High School	Food vendor (spaghetti, pancit, palabok)	Divisoria	Assessed February 25, 2025: 5 months (22 weeks) pregnant G3P2(1102)
3	AF	Son	M	January	2015	N/A	Grade 3	N/A	N/A	Assessed February 26, 2025
4	LF	Daughter	F	December	2017	N/A	Grade 1	N/A	N/A	Assessed February 26, 2025

Family F is a nuclear family composed of 4 members, namely the parents, BF and GF, who are 32 and 31 years old respectively, and their son, AF, who is 10 years old, and daughter, LF, who is 7 years old. Decision-making is dominantly done by BF. However, GF takes charge of health care and care-tending matters.

The family experiences difficulty in handling conflict. GF, at times, would get hurt, especially when BF is drunk, sleepless, or tired from his work. She is concerned about the fact that given their limited space, AF and LF would see and hear them fight, along with the banging on the wall and throwing of items within reach. GF reported seeing AF locking himself in the toilet while LF would prefer being with her friends.

Socio-economic and Cultural Characteristics

Both BF and GF rise early and work daily, as BF tries to reach the *bagsakan* of goods and the arrival of fish *banyeras* from the port, while GF sells food for breakfast, such as spaghetti, pancit, and palabok. Everyday, both are exposed to the dusty and noisy streets of Tondo and Divisoria; both do not wear any mask or protective equipment. Daily, both move around streets filled with smoke from vehicles passing by.

Table 1 shows an approximate of their monthly income and expenditure.

Table 1
Approximate Monthly Income and Expenditure of Family F

Monthly Income	P 16,000.00	
Item of Expenditure	Cost of Expenditure	Percentage
Food and other groceries	P 4,000.00	25%
Electricity bill	P 1,000.00	6.25%
Kuliglig expenses	P 2,000.00	12.50%
Food selling expenses (including purchased water for drinking)	P 6,000.00	37.5%
House rental	P 3,000.00	18.75%
Baon of AF and LF	P 3,000.00	18.75%
Total Expenses	P 19,000.00	118.75%
Deficit	P 3,000.00	18.75%

At present, Family F's monthly income is not adequate to meet their needs, which prompts them to resort to *5/6*. They also anticipate additional expenses once GF gives birth. No percentage is allocated for health.

BF completed high school while GF only finished until second year because of the need to find some work at an early age. She used to sell *fish ball*, *kikiam*, and *squid ball* upon stopping from school. BF is from Ilocos while GF is from Samar; BF would usually drink with other Ilocanos in their neighborhood. All four are Catholics but do not attend Mass. At times, BF would join the *paliga*.

Home and Environment

Family F rents a small one-floor apartment (around 25 square meters of floor area) in a densely clustered neighborhood in District 1, Tondo, Manila. The house is made of light materials, similar to the adjacent houses that are closely built to each other. To get to their house, a narrow, poorly lit, congested, and swampy *eskinita* shall be passed through. Numerous rats, cockroaches, cats, and dogs are seen loitering around, scavenging on piles of plastic bags with mixed garbage, food leftover, and animal feces.

Upon entering their house, it can be seen that it has no rooms. Family F has a television, refrigerator, and 2 cellphones. As observed, the house is filled with clutter, mostly from the clothes of AF and LF. All members sleep in the common area with foldable mattress and *banig*. There is one window that is not open, as of assessment. There is one electric fan, and two bulbs - one for the common area and one inside the toilet. In the absence of a door, a makeshift curtain is hung to separate the toilet from the rest of the room and cover the person inside. Water for daily use is made available through two blue plastic drums, where water is stored. BF said, "*Nakikiigib kami sa poso. Halos tuwing dalawang araw, ganun kami. Mag-iigib, tas yun na yung gagamitin naming lahat. Doon na nga rin naglalaba at naliligo yung mga kapitbahay*". The first has no cover while the second has an old plastic cover used by GF for LF's books. On top of the plastic is some amount of water from splashes during bath. Family F does their bathing and laundry inside their toilet, where they also hang newly washed clothes. Floor is usually wet. "*Yung gamit nang tubig, madalas yun din ang pambuhos namin.*", GF described.

In a small corner of their house situates a *Super Kalan* and cooking stove which they use for cooking meals. GF reported that she uses this to cook small meals. While for the cooking stove, GF stated she uses this for cooking bigger portions of meals that she will sell in their ambulant food cart in Divisoria. "*Kahit na ang daming kailangang sahog, mas gusto ko pa rin yung mga tingi tinging binibili, tulad ng mantika. Para 'pag ubos na, tapon agad nung plastic na pinaglagyan! Tingi tinging kutsara at tinidor ang pinapagamit ko sa mga bumibili. Para tapon na rin agad. Syempre, kailangan din yun, alangan kumain ng spaghetti nang walang tinidor? HAHA!*", GF said.

When asked about food preparation, GF stated, "*Yung mga sangkap at tira sa binebenta nilalagay namin sa refrigerator namin doon. Maliit lang pero kasya naman siya.*" When the refrigerator was assessed, it can be seen that some raw foods are in contact with leftover foods. GF also added that she would defrost the meat by submerging it in water until it is ready to be cooked. When leaving food for AF and LF, GF would leave the food on their wooden table (approximately 3 feet high) and cover it with a plate. GF added, "*Mga 5:30 ako madalas umaalis eh, kaya nandiyan lang yung pagkain nila. Minsan kasi alas diyos sila nagigising kasi yung pasok rin naman nila... pang hapon pa silang dalawa.*" Moreover, she said, "*Naku, mahirap ang tubig dito sa amin. Madalas, pag-uwi ko, nakatiwangwang lang yung mga baonan o pinagkainan. Sakit sa ulo!*" Meanwhile, purchased from a nearby store, drinking water is kept in blue plastic containers, which are placed on the floor.

During the assessment, there were rats and cockroaches (brown) roaming inside their house. BF stated, "*Oo madaming mga daga at ipis dito. Hindi ko na nga alam anong gagawin. Bakit ba sila hindi mawala-wala? May mga tinda akong pagkain oh!*" There are also mosquitoes and flies (typically gray) in their house. For their pets, Family F has one cat, named *Kuting*, and one dog, named *Moshi*. GF has always been the primary carer of the cats. GF is responsible in cleaning the feces of their pets. When asked where she would dispose them, GF answered, "*Winawalis*

ko tapos itatapon ko na sa tapunan namin ng basura.” Moreover, plastic bags are used for kitchen and food wastes, mixed. These are collected every Saturday morning, at around 10 AM.

GF reported that over the past days, some neighbors had mentioned about a certain “*alas-kwatro*” campaign. “*May apat daw na T na dapat gawin, hindi ko lang maalala anu-ano yun. Tapos bakit alas-kwatro lang? Bawal bang sa umaga?*” she verbalized.

Values, Habits, Practices on Health Promotion, Maintenance and Disease Prevention

GF reported that all of them had their immunizations completed. She had one prenatal visit just two months ago because she is too busy with cooking and selling. She also finds it difficult to go to the health center. She said, “*Nakakawalang gana magpunta punta. Pangatlong anak ko na naman ‘to. Alam ko na naman siguro umiri, di ba?*” She reported difficulty sleeping, given the rowdy community they live in. She described, “*Nakakapanghina rin. Pero wala, anong magagawa ko? Kailangan kong magtrabaho. Kailangan kong may mapakain sa mga anak ko... at sa magiging anak ko.*”

She did not recall getting any vaccinations. She also recalled that her doctor told her to drink vitamins. GF stated, “*Wala eh nagpacheck-up lang ako nun. Wala naman akong naalalang bakunang binigay pero may nasabi ata yung doktor na kailangan kong inumin na vitamins pero ‘di ko maalala kung ano yun.*”

GF’s height measures 153 cm. Before pregnancy, her weight was 52 kilograms. As of the assessment, she weighs 57.72 kilograms. GF stated, “*Ano na ba timbang ko? Ay buti naman. Ayaw ko kasi lumaki ng masyado! HAHAHAAAA.*”

When asked if her current pregnancy was planned, BF stated, “*Yung unang dalawa yung planado namin pero yung ngayon hindi eh kaya malayo yung agwat nila sa pangalawa namin.*” GF added, “*Oo. Plano lang talaga namin ay dalawang anak dahil mahirap na magka-anak sa panahon ngayon dahil magastos nga.*” When asked about their utilization of family planning, she stated, “*Dati nag pi-pills ako. Naririnig ko lang sa kaibigan ko yung Diane ba yun. Kaso hindi ko rin naman araw-araw naiinom. Ngayon, dahil kapos na nga sa gastusin gawa nga ng lumalaki na mga anak namin, nahirapan na ako at hindi ko na natuloy. Mahal kasi buti sana kung libre.*”