

Effectiveness of Family-Center Nursing to improve self-care and family health independence

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Abstract

The purpose of this study is to review the effectiveness of Family Center Nursing in improving self-care independence and family health. This study is a methodical examination of the literature review chosen based on predetermined themes from 2019 to 2024. These publications must adhere to a study design that fits under randomized controlled trial, cross-sectional, quasi-experimental, experimental, or pre-experimental. For this investigation, the data sources consisted of publications that were discovered in the electronic databases PubMed and Google Scholar. Additionally, the publish or perish tool was utilized to search for articles. When searching through each database, the researcher employed a search technique that included the following keywords: Family-centered nursing, family-centered care, family health, family independence, and self-care. This study employs the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) protocol. A total of 231 articles were obtained from the PubMed database (n=92) and Google Scholar (n=139) using the search method and selection criteria. 48 duplicate data were eliminated. 86 articles were excluded based on title and abstract. 47 articles were excluded based on the study design. Exclude by outcome 38 article. 3 articles had inaccessible full text. 2 article incomplete report. The review encompassed a total of 7 studies. Based on the findings of all the publications studied over the past five years, it has been determined that family-centered nursing can improve self-care independence and family health, enabling families to overcome health problems independently.

Keywords: Family-Center, Nursing, self-care, family, health independence

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1. Introduction

The family is the fundamental entity that receives care from immediate family members and the broader unit. This perspective forms the foundation for family-centered nursing, where the family is considered the focal point of care. The notion of family-centered nursing asserts that families have the entitlement and jurisdiction to care for their families [1]. Family-centered nursing refers to the capacity of nurses to deliver comprehensive nursing care that focuses on the entire family unit. The goal is to empower family members and enhance the overall health of both individual and family members, enabling them to address health challenges effectively [2]. Almost half of families, or 49%, cannot provide health services for their family members independently. Of course, this condition can worsen the symptoms of the disease experienced by the sick family.

On average, families can only identify a small part of the health problems experienced by their members, and families have not been able to take the initiative to take preventive measures for the health of their members independently [3]. The family's lack of knowledge about various health problems or diseases experienced is one of the main factors of independence in self-care in family health [4]. To enhance the family's capacity to perform healthcare duties at home, families must comprehend and execute the five family health chores. To effectively and accurately perform the five family health activities, the family needs to get coaching and direction in carrying out these functions [5]. Family nursing care can be used to teach and support families in achieving family independence and conquering various health concerns. Thus, the significance of family-centered nursing in addressing these issues must be considered [6].

Family-centered nursing refers to nurses' capacity to deliver comprehensive nursing care to families. The aim is to empower family members to enhance the health and well-being of all individuals within the family unit and effectively address any health challenges they may face [5]. The idea is applied by implementing family nursing care using a family-centered nursing strategy, following the nursing process approach outlined in the Friedman model. The family nursing process, which incorporates family-centered nursing, consists of assessment, diagnosis, intervention, implementation, and evaluation. Establishing a high-quality relationship among family members can facilitate effective family involvement in this care [2]. The purpose of this study is to review the effectiveness of Family Center Nursing in improving self-care independence and family health.

2. Materials and Methods

2.1 Research Design

This study is a methodical examination of the literature review chosen based on predetermined themes from 2019 to 2024. The inclusion criteria focused on family health, family health independence, and self-care. Only complete publications that are openly and freely accessible were considered. These publications must adhere to a study design that fits under randomized controlled trial, cross-sectional, quasi-experimental, experimental, or pre-experimental. The exclusion criteria encompassed conferences, literature reviews, chapters, editorials, and theses.

2.2 Data Collection

For this investigation, the data sources consisted of publications that were discovered in the electronic databases PubMed and Google Scholar. Additionally, the publish or perish tool was utilized to search for articles. When searching through each database, the researcher employed a search technique that included the following keywords: Family-centered nursing, family-centered care, family health, family independence, and self-care.

2.3 Data Analysis

This study employs the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) protocol, as illustrated in Figure 1, to ensure adherence to the correct stages of the methodology [7], and described in Table 2.

3. Results and Discussions

3.1 Result

A total of 231 articles were obtained from the PubMed database (n=92) and Google Scholar (n=139) using the search method and selection criteria. 48 duplicate data were eliminated. 86 articles were excluded based on title and abstract. 47 articles were excluded based on the study design. Exclude by outcome 38 article. 3 articles had inaccessible full text. 2 article incomplete report. The review encompassed a total of 7 studies. The study's selection method is illustrated in Figure 1 PRISMA and summarized in Table 2. Findings from Article Analysis.

3.2 Discussions

The occurrence of health issues within a family is directly influenced by how effectively the family fulfils its responsibilities in managing the healthcare needs of its family

[8]. The family is the most basic unit in society, serving as the starting point for trying to attain optimal public health. Attaining family health will lead to an improvement in overall public health. Hence, the well-being of families is the primary determinant of advancing public health [9]. The significance of family is paramount in the field of nursing. The family unit can influence, hinder, disregard, or rectify health issues. Furthermore, the family remains a key determinant in ensuring the well-being of the family [10]. According to [11] and [12], their research findings support the idea that family-based empowerment, focused on the nursing model, can enhance independence in preventing stunting in toddlers and improve understanding and attitudes towards malnutrition within families [13]. Families frequently experience health issues, including hunger, stunting, upper respiratory tract infections (URI), ulcers, and various other conditions. A study conducted by [14], with a sample size of 130 participants found that using a family-centered approach can enhance family abilities, as evidenced by comparing outcomes before and after the intervention. Similarly, [15], did a study on 56 families and discovered that giving family nursing care positively enhanced family independence. Similarly, the study by [16], demonstrates that implementing family nursing care significantly enhances family autonomy in addressing health issues. According to [17], self-care programs focusing on the family can enhance health literacy and self-efficacy. Family-centered nursing involves utilizing a nursing process approach, including the first assessment phase, where a nurse gathers ongoing information on the family and the care recipient. The nursing diagnosis involves analyzing previously gathered data to produce a family nursing diagnosis, categorized as actual, risk, or potential diagnoses [18]. The second step is the process of planning, where goals and nursing action plans are established together with the family. This is because the family is responsible for managing their own life, while the nurse's role is to offer pertinent information to assist the family in making informed decisions. The third aspect is Implementation. This involves the nurse encouraging the family to make informed decisions about the appropriate care, empowering them with the skills and confidence to care for their sick family members. Additionally, the nurse can assist the family in creating a healthy environment and motivate them to utilize the available healthcare facilities [18]. Ultimately, evaluation is conducted to gauge the family's cognitive, emotive, and psychomotor capacities. Each preceding activity must be assessed to ascertain whether it needs to be repeated or whether an additional action can be incorporated [18]. In order to enhance families' ability to handle health issues, they must comprehend and execute the five responsibilities associated with family health.

The initial step necessitates the family's ability to discern diverse health issues encountered by each family member. The second duty entails choosing suitable nursing solutions to tackle health concerns [9]. The final step entails ensuring sufficient daily care is provided at home. The fourth responsibility entails establishing and adjusting a domestic setting that nurtures and enhances the well-being of every family member. Ultimately, the fifth responsibility entails effectively employing healthcare services to address and resolve health concerns and conditions [19]. Family-centered nursing is needed to achieve self-care independence in family health.

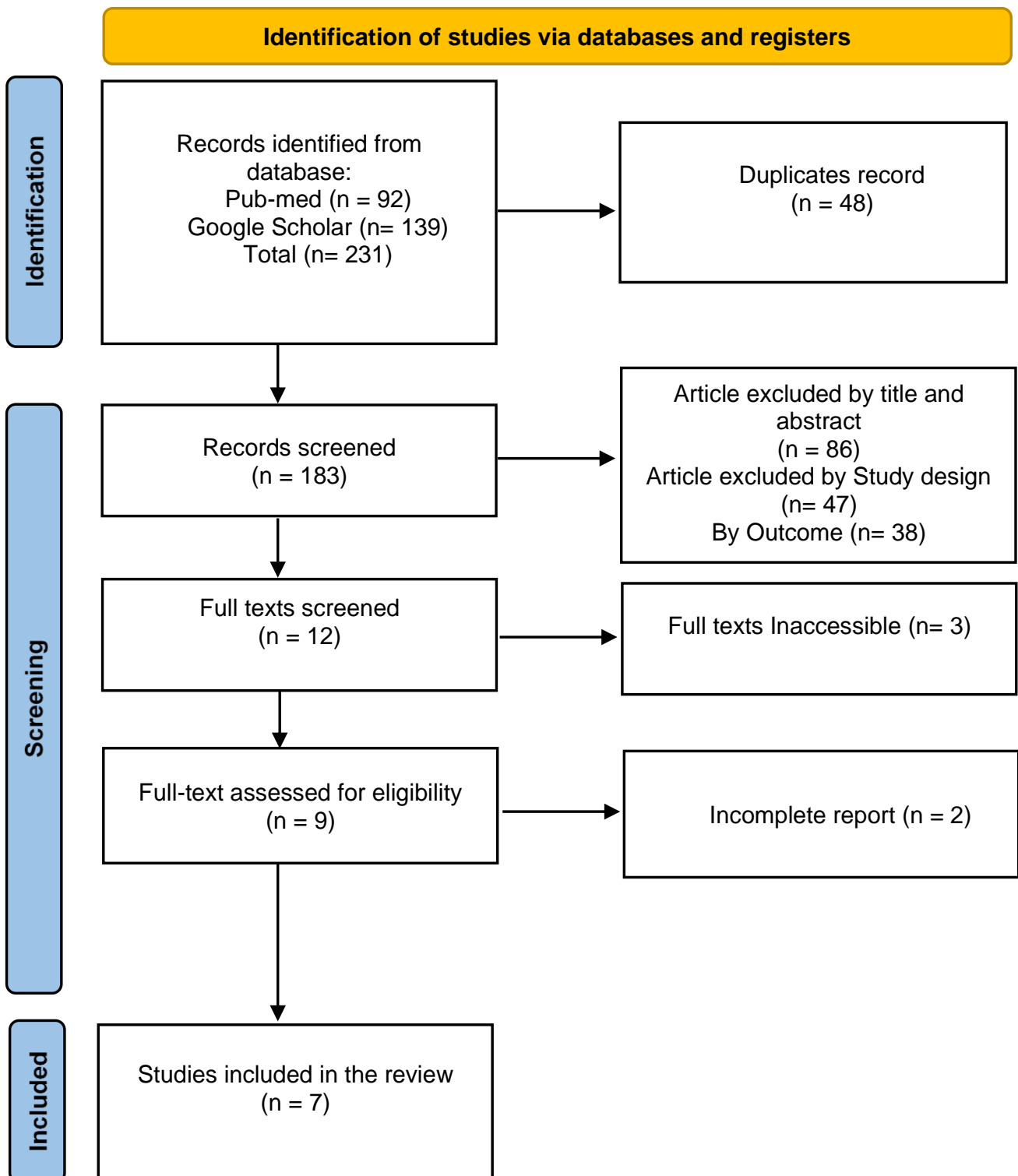


Figure 1. Results by PRISMA [7]

Table 1. Result of Article Analysis

Author	Objective	Design	Sample	Result
[13]	To evaluate the efficacy of family-centered nursing by utilizing media modules to enhance family comprehension and attitudes regarding malnutrition and educational movies on malnutrition.	quasi-experiment	74 Respondent	The average value of the attitude statement showed a greater increase compared to that of the control group. The p-value for the Wilcoxon test is 0.001.
[11]	To identify a strategy for family empowerment in the prevention of stunting that is based on care that is centered on the family.	quasi-experiment	280 Respondent	Implementing a nursing strategy focusing on family-based empowerment can enhance efforts to reduce stunting in toddlers.
[14]	To achieve its effectiveness, this approach focuses on families with stunting.	quasi-experiment	130 Respondent	There was a statistically significant difference before and after receiving counseling using the family-centered care method (p = 0.043).
[12]	To determine how well family nursing care improves family independence in addressing the stunting in children's health issues.	quasi-experiment	50 Respondent	Providing family nursing care has a substantial impact on the level of family independence in addressing stunting in children within the family (p-value = 0.000).
[15]	to assess the impact of family nursing care on family independence in overcoming health issues	quasi-experiment	56 Respondent	Providing family nursing care has an impact on enhancing family independence.
[16]	The purpose of this study was to examine the impact of providing nursing care to families on independence in dealing with health problems that commonly occur in families.	quasi-experiment	50 Respondent	It has been demonstrated that providing nursing care to families significantly impacts the degree to which families can overcome health difficulties independently (p-value = 0.000).
[17]	The purpose of this study is to examine the impact of a self-care program based on families on the degree of health literacy and efficacy.	quasi-experiment	50 Respondent	Family-centered self-care programs can improve health literacy and self-efficacy levels (p < 0.001).

This is the ability of nurses to provide family nursing care, thereby making the family independent. This will improve the health of all family members and allow the family to overcome health problems independently.

4. Conclusions

Based on the findings of all the publications studied over the past five years, it has been determined that family-centered nursing can improve self-care independence and family health, enabling families to overcome health problems independently.

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