

# Family Assessment And Intervention Model Scholarly Articles

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ORIGINAL ARTICLE

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## Bowen Family Systems Theory: Mapping a framework to support critical care nurses' well-being and care quality

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### Abstract

Intensive care nursing is prone to episodic anxiety linked to patients' immediate needs for treatment. Balancing biomedical interventions with compassionate patient-centred nursing can be particularly anxiety provoking. These patterns of anxiety may impact compassion and patient-centred nursing. The aim of this paper is to discuss the application of Bowen Family Systems Theory to intensive care nursing, mapping a framework to support critical care nurses' well-being and, consequently, the quality of care they provide. This article is founded on research, theoretical papers and texts focused on Bowen Family Systems Theory (BFST), and findings from a constructivist study on patient-centred nursing and compassion in the intensive care unit. The goal of Bowen Family Systems Theory is to empower individuals, decreasing blame and reactivity. Bowen Family Systems Theory can be applied to the sometimes intimate relationships that develop in this environment, aiding understanding of nurses' experience of compassion satisfaction and fatigue. Where organizational factors and management styles fall short in supporting critical care nurses to meet expectations, BFST can offer a perspective on the processes that occur within the intensive care unit, impacting nurse well-being and quality of care. This paper makes plain the importance of understanding the anxiety that occurs within the intensive care unit as a system, so that individuals, such as critical care nurses, can be supported appropriately to ensure nurse well-being and quality care.

### KEYWORDS

compassion, critical care, differentiation, family systems theory, intensive care unit, nurses, patient-centred, workplace culture

## 1 | INTRODUCTION

The goal of healthcare professionals working in intensive care is to use their skills, knowledge and technology to maintain life and alleviate suffering, and many experience a sense of failure if their patient dies (Beckstrand, Hadley, Luthy, & Macintosh, 2017). The intensive care unit epitomizes the medical ideology of cure and restoration of health for all. However, death in the intensive care unit is a stark and not infrequent reality, no matter how much effort is made to avoid this. In this and other situations, where the expectations of

patients, families, health professionals and the healthcare service as a whole are unmet, an uncomfortable work environment can result for nurses and their colleagues (Jakimowicz, Perry, & Lewis, 2017b).

Critical care nurses are generally expected to provide nursing that is patient-centred; this model of nursing is emphasized in health service core values internationally (WHO, 2014). Patient-centred nursing (McCormack & McCance, 2016) and Patient and Family Centred Care (PFCC) (Mitchell et al., 2016) are models of care now recognized as capable of meeting the expectations and needs of both contemporary health services and the community. However,

**Family assessment and intervention model scholarly articles** serve as critical resources for understanding the dynamics of family systems and the interventions that can be applied to enhance family functioning. These scholarly articles explore various models and frameworks that help practitioners assess family needs and implement effective interventions. This article delves into the significance of family assessment models, the key components of intervention strategies, and a review of notable scholarly articles in the field.

# Understanding Family Assessment Models

Family assessment models are structured approaches used to evaluate the functioning and dynamics of families. These models enable practitioners to gather comprehensive information about family interactions, communication patterns, and the external factors that influence family life.

## Purpose and Importance of Family Assessment

The primary goals of family assessment include:

1. Identifying Problems: Understanding the challenges that families face, such as communication issues, conflicts, or mental health concerns.
2. Evaluating Strengths: Recognizing the strengths and resources within the family that can be leveraged during intervention.
3. Establishing Goals: Setting realistic and achievable goals for treatment based on the family's needs and aspirations.
4. Tailoring Interventions: Creating personalized intervention strategies that address the specific circumstances of the family.

## Key Components of Family Assessment Models

Family assessment models often incorporate several key components:

- Genograms: Visual representations of family relationships that help identify patterns and dynamics.
- Ecological Perspective: Considering the family within the context of its environment, including cultural, social, and economic factors.
- Cultural Sensitivity: Acknowledging and respecting diverse cultural backgrounds and their influence on family functioning.
- Strengths-Based Approach: Focusing on the positive aspects of the family and building upon existing strengths.

## Intervention Strategies in Family Assessment Models

Once a thorough assessment is conducted, practitioners can apply various intervention strategies tailored to the family's unique needs. These strategies may include therapeutic techniques, educational programs, and community resources.

# Types of Interventions

Intervention strategies can be categorized into several types:

1. **Therapeutic Interventions:** These involve counseling or therapy sessions aimed at improving communication, resolving conflicts, and fostering emotional connections among family members. Techniques such as Family Systems Therapy (FST) and Structural Family Therapy (SFT) are commonly utilized.
2. **Educational Programs:** Providing families with knowledge and skills related to parenting, stress management, and conflict resolution. Workshops and seminars can be effective in addressing specific family issues.
3. **Community Resources:** Connecting families with local resources, such as support groups, mental health services, and financial assistance programs, can enhance their overall well-being.

## Evaluating Intervention Effectiveness

Assessing the effectiveness of interventions is crucial for determining their impact on family dynamics. Several methods can be employed, including:

- **Pre- and Post-Assessment:** Conducting assessments before and after the intervention to measure changes in family functioning.
- **Feedback from Family Members:** Gathering subjective feedback from family members regarding their experiences and perceived improvements.
- **Long-Term Follow-Up:** Monitoring families over an extended period to assess the sustainability of changes achieved through intervention.

## Scholarly Articles on Family Assessment and Intervention Models

To better understand the landscape of family assessment and intervention, a review of notable scholarly articles is essential. These articles provide insights into contemporary research, theoretical frameworks, and practical applications.

### Key Scholarly Contributions

1. McGoldrick, M., & Gerson, R. (1985). "Genograms in Family Assessment." This seminal work introduces the concept of genograms as a powerful tool for family assessment. The authors discuss how genograms can uncover patterns of behavior and relationships, serving as a visual representation that facilitates understanding and intervention.

2. Kuehner, C. (2015). "The Role of Family Dynamics in Treatment Outcome." This article explores the impact of family dynamics on treatment outcomes for individuals in therapy. It highlights the importance of addressing family issues in conjunction with individual therapy for optimal results.

3. Sexton, T. L. (2000). "The Role of Family Therapy in the Treatment of Substance Use Disorders."

Sexton discusses the application of family therapy in treating substance use disorders. The article emphasizes the need for a systemic approach that considers the family environment's influence on addiction.

4. Doherty, W. J., & McDaniel, S. H. (2010). "Family Assessment: A Multidimensional Approach."

This article proposes a comprehensive framework for family assessment that integrates various dimensions, including psychological, social, and cultural factors. The authors argue for a holistic approach to understanding family dynamics.

5. Carr, A. (2009). "The Effectiveness of Family Therapy and Systemic Interventions for Adult-focused Problems."

Carr reviews the evidence base for family therapy as an effective intervention for various adult-focused problems, including mental health issues and relationship challenges. The article provides a synthesis of research findings and clinical implications.

## **Emerging Trends in Family Assessment and Intervention Research**

Recent scholarly articles have identified several emerging trends in family assessment and intervention research:

- **Integration of Technology:** The use of teletherapy and online assessment tools is becoming increasingly common, allowing practitioners to reach families in diverse geographical locations.
- **Focus on Diversity and Inclusion:** There is a growing emphasis on culturally competent practices that address the unique needs of diverse family structures and backgrounds.
- **Preventive Approaches:** Scholars are advocating for preventive interventions that aim to address family issues before they escalate into more significant problems.
- **Interdisciplinary Collaboration:** The importance of collaboration among various disciplines, such as social work, psychology, and education, is being recognized to provide comprehensive support to families.

## **Conclusion**

Family assessment and intervention model scholarly articles play a vital role in advancing our understanding of family dynamics and the strategies that can be implemented to improve family functioning. By exploring various assessment models, intervention strategies, and notable scholarly contributions, practitioners can gain valuable insights that enhance their practice. As the field continues to evolve, ongoing research and collaboration will be essential in addressing the complexities of family life and fostering healthy family relationships.

## **Frequently Asked Questions**

### **What is the primary focus of family assessment and intervention models in scholarly articles?**

The primary focus is to evaluate family dynamics, identify strengths and weaknesses, and implement evidence-based interventions that enhance family functioning and well-being.

### **How do researchers typically measure the effectiveness of family assessment and intervention models?**

Researchers often use quantitative measures, such as surveys and standardized assessments, alongside qualitative methods like interviews and case studies to evaluate the outcomes of interventions.

### **What role do cultural factors play in family assessment and intervention models?**

Cultural factors are crucial as they influence family structures, values, and communication styles, necessitating culturally sensitive approaches in assessments and interventions to ensure relevance and effectiveness.

### **What are some common frameworks used in family assessment models?**

Common frameworks include the Genogram, the Circumplex Model of Marital and Family Systems, and the Ecological Model, which help practitioners understand family interactions and contextual influences.

### **What challenges do scholars face in the field of family assessment and intervention?**

Challenges include the diversity of family structures, varying definitions of family, ethical considerations in assessment, and the need for standardized measures that accommodate different cultural contexts.

## How has technology influenced family assessment and intervention practices?

Technology has enhanced accessibility, allowing for telehealth services, online assessments, and digital interventions, which can improve engagement and provide support for families in diverse settings.

## What is the significance of interdisciplinary collaboration in family assessment and intervention?

Interdisciplinary collaboration is significant as it brings together diverse expertise from fields such as psychology, social work, and medicine, leading to more holistic assessments and comprehensive intervention strategies.

## What future trends are emerging in family assessment and intervention research?

Future trends include a greater emphasis on preventive approaches, the integration of mental health services within family assessments, and the use of data analytics to personalize intervention strategies.

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