Chapter 4
Health of the Individual, Family, and Community
Meeting Basic Human Needs

- The absence of basic human needs results in illness.
- The presence of basic human needs helps prevent illness or signals health.
- Meeting basic human needs restores health.
- One feels something missing when needs are unmet.
- One feels satisfaction when needs are met.
• http://www.youtube.com/watch?v=LOLEMxCbhFg
Maslow’s hierarchy of Human Needs

- Physiologic
- Safety and security
- Love and belonging
- Self-esteem
- Self-actualization

Higher-level needs

Lower-level needs
Question

A nurse who focuses attention on the strengths and abilities of his patients rather than their problems is helping them to achieve which of Maslow’s basic human needs?

A. Self-actualization
B. Self-esteem
C. Love and belonging
D. Safety and security
E. Physiologic
Answer

Answer: A. Self-actualization

Rationale:

To meet patient self-actualization needs, nurses provide a sense of direction and hope and maximize patient potential.

Self-esteem needs are met by respecting patient values and beliefs and setting attainable goals for them.

Love and belonging needs are met by including family and friends and establishing caring relationships with patients.

Safety and security needs are met by encouraging spiritual practices and independent decision making.

Physiologic needs are needs that must be met to maintain life.
Self-Actualization Needs

- Acceptance of self and others as they are
- Focus of interest on problems outside oneself
- Ability to be objective
- Feelings of happiness and affection for others
- Respect for all people
- Ability to discriminate between good and evil
- Creativity as a guideline for solving problems and pursuing interests
Family Structures

- Family—any group of people who live together and are emotionally bonded
- Nuclear family—traditional family; two parents and their children
- Extended family—includes aunts, uncles, and grandparents
- Blended family—two parents and their unrelated children from previous relationships
Question

Tell whether the following statement is true or false.
A family can be defined as any group of people who live together.
A. True
B. False
A. True.

A family can be defined as any group of people who live together.
Family Functions

- Physical
- Economic
- Reproductive
- Affective and coping
- Socialization
Question

Which of the following family functions is met when the family provides emotional comfort to a child who is ill?

A. Physical
B. Economic
C. Reproductive
D. Affective and coping
E. Socialization
Answer: D. Affective and coping

Rationale:
The affective and coping function of a family provides emotional comfort to family members.
The physical function provides a safe, comfortable environment.
Economically, the family provides financial aid to members.
The reproductive function pertains to raising children and socialization involves transmitting beliefs, values, attitudes, and coping mechanisms and guiding problem solving.
Family Stages

- Couple and family with children
- Family with adolescents and young adults
- Family with middle-aged adults
- Family with older adults
Risk Factors for Altered Family Health

- Lifestyle risk factors
- Psychosocial risk factors
- Environmental risk factors
- Developmental risk factors
- Biologic risks
- See Box 4-1 page 63
Question

Tell whether the following statement is true or false.

An example of a developmental risk factor is a family who has inadequate child care for a preschool child when both parents are working.

A. True

B. False
B. False

An example of a psychosocial risk factor is a family who has inadequate child care for a preschool child when both parents are working.
Community Factors Affecting Health

- Social support systems
- Community healthcare structure
- Economic resources
- Environmental factors
- Nursing in the community
Question

Tell whether the following statement is true or false.

The healthcare structure of a community has a direct effect on the health of the people living within it.

A. True
B. False
A. True.

The healthcare structure of a community has a direct effect on the health of the people living within it.
Characteristics of Community Influences on the Health of a Member
Questions

• Self-________ needs include the need for individuals to reach their full potential through development of their unique capabilities.

• A traditional family with two parents with their children is known as a __________ family.

• Smoking is a lifestyle ______ factor for altered family health.

• Nutritional services, healthcare education services, and waste disposal services are all examples of ________factors affecting health.

• A ______ can be defined as any group of people who live together.