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Family health promotion: Critical practice of family nurse practitioner

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Family health promotion is the most important goal of family nursing practice, especially, in the present day that family institute does not have incomplete and inappropriate living pattern and function which can impact on family member health both body and mind. Especially, non-communication diseases are increasing in Thailand such as diabetes mellitus, hypertension, including emotional problem and depression. Thus, family nurse should gain insight to family health and family health promotion concepts for promoting family health as individually. Application the related family theories should be analyzed based on real situation and settings before proceeding promoting family health. Particularly, family should involve as the owner of their health and cooperation by whole family system with awareness, accepting own situation and health risks that are threatening them. Including, families need to set their goal and cooperating with family members that can help them getting success. For example of family health promotion project should be focused on increasing family awareness, alertness and accepting to have risked diseases or crisis situation. Then they could develop their competency of health promotion to solve their problem that could help the risked person free from these health problems that could evaluate from biochemistry and psychosocial health outcomes. However, some families could not promote new health pattern for their risked member and situations due to inconsistency with their process of behavior modification and life style, including having many barrier factors. Therefore, family nurse should keep monitoring and increasing morale and motivation based on family and environment assessment data for creating new measures for success on family healthy goals. In terms of applying the related theories, family nurses should learn more from own practice both success and unsuccessful situations that could help them to increase understanding and try to development new knowledge for achieving in family health promotion.

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