



## **YOUR WORK IS DISTURBED OR NEGATIVELY AFFECTED BY FAMILY MEMBERS OF YOUR PATIENT/CLIENT.**

The family represents a very significant factor for each person and can affect the behaviour of the patient/client. It may be a facilitator for a treatment or a negative influencer. Apart from this, the role of the family and their involvement in health issues differs in many cultures, and especially birth, death or disabilities are significant incidents, where in some cultures the whole family is involved. As a professional, it is important to take into consideration the family system and the social role of the client inside the family. The family should be efficiently involved in the therapeutic procedure due to the fact that it can provide important information about past incidents/behaviors of your clients and be a supportive net for the individual. In that way, the family can work as a protective factor and help to achieve better health outcomes for the individual. On the other hand, the family could hinder the processes because of disagreement with procedures, lack of understanding or cultural, religious beliefs on male dominance over female and gender relations.

## **PRACTICAL EXAMPLE**

Doris is an Austrian nurse, working at a gynaecological ward of a hospital. It often happens that women, who come to the hospital to give birth are accompanied by a large group of family members. Even after the birth, when the women are in the puerperium and need to recover, large groups of family visitors come again and again – it becomes too much.

## **SOLUTION**

To solve this problem, Doris addressed to the husband of one family and explained the situation. She gave him the task of coordinating the visits of the relatives, so that they would only come in small groups. This was well accepted, since the husband was involved and the other relatives accepted the restrictions/rules imposed by him.

## OPTION 01

Learn from the patient/client about the family structure e.g. who is taking care of the person, how is the family environment or if they have previous experiences on similar treatment plans.

## OPTION 02

Explain to the relatives, the role of the family in the therapeutic plan and discuss with them about ways to be supportive and also, what behaviours they need to avoid.

## OPTION 03

Remember that you always, need to have the consent of your patient/client to share information with her/his family. You may need also, to consult a cultural mediator or try to isolate your patient/client from other family members to discuss some issues.

## OPTION 04

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