

# Family Nursing Boosts Families to Tide over Crisis

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## Introduction

Families are the basic elements of community. The harmony of the community is built on healthy families. If family with health or social problems, the harmony of family must be jeopardized. To stabilize these vulnerable families, 'Mutual concern and mutual aid among neighbors is a strong support for families' (Mr. Donald Tsang, CE of HKSAR, 2006 Policy Address).

Cheung Ching Estate in Tsing Yi Island is chosen as a pilot site. On June 2006, Family Nurse from Community Nursing Service collaborates with social worker to identified vulnerable families and provides support.

## Method

Family Nurse uses health as the entry point of intervention. Families were assessed to identify actual or potential health and social problems. The Family Nurse supports families by family counseling, health education, care-givers training, housekeeping training. Community resources matching to the families in need.

## Purpose of the Project

To identify and support vulnerable families through Family Nursing.

## Results

32 families are under care of the team. 27 families received counseling, 5 received financial support, 23 bridged up with neighborhood and resume social life, 6 become family volunteers to serve others.

6 month pre and post same subject comparison on 25 subjects who frequently use hospital emergency services. 9 female and 16 male, age range from 4 to 91, 71% decrease in Emergency Room attendance, 73.2% decrease in Hospital Admission and decrease 49.8% of Hospital Stay in terms of day.

## Conclusions

The Family Nursing approach can reach the root problem of families and provide in time and available support to vulnerable families. After the trouble time of the families, each family could tell their own impressive and inspiring stories.

