

Review Article

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# Family Centered Care -It's necessity in Pediatric Nursing Care

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## Abstract

Family-centered care in pediatric nursing is an approach that recognizes the family as an essential and active partner in a child's care, incorporating their perspectives, values, and strengths into the healthcare process. This approach acknowledges that the family is a critical influence on a child's well-being and that their involvement is vital for achieving positive outcomes. Pediatric nurses need to be empowered to promote family centered care.

**Keywords:** family centered care; collaborative partnership; advocacy

## Introduction

Family-centred care (FCC) has been described as a partnership approach to health care decision-making. As a philosophy of care, FCC, and the related term patient-centred care (PCC), have been recognized by multiple medical societies, health care systems, state and federal legislative bodies, the Institute of Medicine, and Healthy People 2020 as integral to patient health, satisfaction, and health care quality [1-4].

FCC, however, is at a crossroads today. Fundamental misunderstandings persist about what FCC is, how to implement FCC, and how to determine the family-centeredness of care. FCC cannot deliver on its promises unless greater understanding and support for FCC are achieved by health care providers. More than anything else, FCC is an attitude change in the way clinical care is delivered [5], as families-as-partners fundamentally challenge the care paradigm of unilateral responsibility for decision-making.

Family-centred care (FCC) is a patient care approach that emerged in response to a need for a more comprehensive, collaborative, and patient- and family-focused approach to healthcare. It shifted the traditional model of healthcare, which often prioritized the healthcare provider's perspective and the medical condition over the individual and their family.

## Background

The background and evolution of family-centred care can be traced through various historical and philosophical shifts in healthcare:

## Historical Evolution

The concept of family-centred care gained prominence during the late 20th century, as healthcare began to shift from institutional care to community-based care. Advances in medical science and technology, coupled with a better understanding of psychosocial aspects of health, led to a recognition of the importance of involving families in patient care.

## Social and Cultural Changes

Social and cultural changes highlighted the need to consider patients and their families as partners in healthcare decision-making and care processes.

The civil rights movement and advocacy for patient rights emphasized the importance of involving patients and their families in medical decision-making.

## Paediatric Care and Maternal Health Influences

The field of paediatric care played a significant role in shaping family-centred care. Recognizing the essential role of families in a child's health and development, paediatric care evolved to integrate family perspectives and engagement.

Similarly, the evolution of maternal health and the understanding of the importance of family involvement during childbirth and early childhood significantly influenced the FCC approach.

## Bioethical Principles and Patient Advocacy

Bioethical principles, such as respect for autonomy, beneficence, and non-maleficence, emphasized the importance of patient involvement in healthcare decisions, aligning with the principles of family-centred care.

Patient advocacy movements reinforced the rights of patients and their families to be actively involved in healthcare decisions and policies.

## Research and Evidence Base

Research in healthcare outcomes began to emphasize the positive impact of involving families in patient care, particularly in paediatrics and chronic illnesses. Studies demonstrated improved patient satisfaction, compliance with treatment plans, and overall health outcomes when patients and their families were actively engaged in their care. The culmination of these factors led to the widespread adoption of family-centred care as a core principle in healthcare, particularly in paediatrics, but also extending to various other medical specialties. It emphasizes collaboration, partnership, and empowerment, ensuring that the needs, values, and preferences of the patient and their family are respected and integrated into the healthcare process.

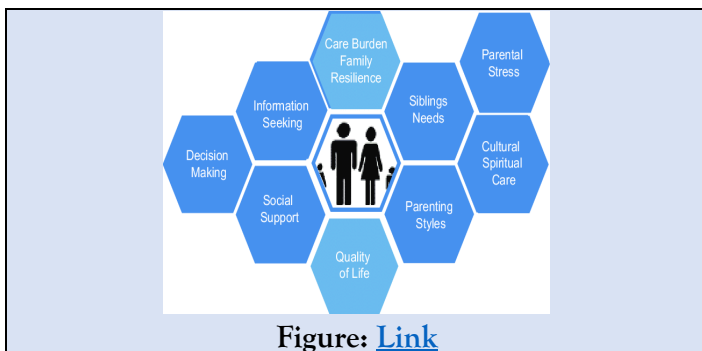


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## Key principles and components of family-centered care in pediatric nursing include

**Collaborative Partnership:** Engaging the family in decision-making and care planning, valuing their input, and considering their expertise regarding their child's needs.

**Respect and Dignity:** Respecting the unique cultural, social, and individual values of the family while promoting a non-judgmental and supportive environment.

**Information Sharing and Education:** Providing clear and understandable information to the family about the child's condition, treatment options, and

potential outcomes to support informed decision-making.

**Empowerment and Support:** Encouraging families to actively participate in care and empowering them with the knowledge and skills needed to care for their child effectively.

**Holistic Approach:** Recognizing and addressing the physical, emotional, social, and developmental needs of both the child and the family.

**Advocacy:** Advocating for the family's rights and needs within the healthcare system, ensuring they have access to appropriate resources and services.

**Flexibility and Individualization:** Adapting care plans to meet the unique needs and preferences of each family and child.

**Communication and Collaboration:** Facilitating open and respectful communication among healthcare providers, families, and other support systems involved in the child's care.

**Continuity of Care:** Ensuring smooth transitions between healthcare settings and facilitating ongoing communication to provide seamless care.

**Evaluating and Improving Care:** Seeking feedback from families to evaluate the effectiveness of care and using this feedback to improve services and outcomes.

## Conclusion

Family-centred care in paediatric nursing aims to create a supportive and inclusive healthcare environment that nurtures the well-being of the child while recognizing the integral role of the family in their care journey.

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