

Family History

Opal Caldwell

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Family History

Family Description and Relationships

Bonita Lawson is a 43 year old female, the only child of Candida and James Smith. She was born June 15, 1971 in Tazewell, TN. She believes in the Baptist faith. She graduated high school in May, 1989. She received her Associates Degree in Nursing from Walter State Community College in May, 2008. She received her Bachelor's of Science in Nursing from King University in December, 2010. She is the first of her family to graduate high school and college. She does not smoke, drink alcohol, or use any drugs. She has multiple health problems including; hypertension, depression, anxiety, positional vertigo, Irritable Bowel Syndrome, diabetes mellitus type 2, and hiatal hernia. She has two children, Joshua Lee Miracle born Oct 10, 1989 and Jonah Hamilton Bussell born December 7, 1994. Bonita has one grand-daughter, MacKenzie Grace Miracle, born August 23, 2011. Bonita married Ronald Lawson January 1, 2003. Ronald Lawson has been a truck driver for 20 years.

Bonita's mother, Candida Smith, was born August 12, 1954 in Michigan and raised in Chicago, IL until she was fourteen years of age. She moved to Tennessee with her parents in 1968. Candida is the only daughter of Lethia Burke McMullin and Louie Combs. She believes in the Missionary Baptist faith. She has been a homemaker all her life, but also cleaned homes for people in the community. Candida has never smoked, used alcohol, or drugs. She completed her GED when she was thirty-two. She has multiple medical problems such as: Rheumatoid Arthritis, Hashimoto's disease, hypothyroidism, GERD, hypertension, Irritable Bowel Syndrome, and asthma.

Candida's mother, Lethia was born November 22, 1918 in Middlesboro, Kentucky. She believed in the Holiness faith. She worked in a factory in Chicago making notebooks for school

children. Before her death she sat with elderly people in the community. She was a chronic oral tobacco user and alcoholic most of her life. She suffered from multiple health problems such as: hypertension, hyperlipdemia, strokes, leukemia, and esophageal strictures. Lethia died in November 26, 2003 from complications of a stroke.

Candida's father, Louie Combs, was born February 29, 1915 in Frakes, Kentucky. He believed in the Holiness faith. At the age of twelve he dropped out of school and became a coal miner. He joined the army at the age of seventeen and served in WWII. Upon returning home, he moved to Monroe, Michigan. He eventually moved to Chicago Illinois, where he met his wife. He worked in a factory as a maintenance man. He was a chronic tobacco user most of his life and suffered from coronary artery disease, hypertension, and diabetes mellitus type 2. He died September 27, 1977 from a massive myocardial infarction at the table during dinner.

Bonita's father, James Smith, was born September 19, 1950 in Middlesboro, Kentucky. He believes in the Southern Missionary Baptist faith. He dropped out of school when he was seventeen. James began working for the railroad in Ohio, when he dropped out of school. He moved back to Tennessee a few years later and became a diesel mechanic. He smoked for thirty years. He uses oral tobacco daily for the past twenty years. He suffers from hypertension, anxiety, depression, osteoarthritis, GERD, and leg perthesis, as a child. He is the only child of Ada Mae Rose and Thomas Smith.

Ade Rose was born June 19, 1919 in Claiborne, Tennessee. She believed in the Southern Missionary Baptist Faith. She was a homemaker and also served in the community. When people in the community would pass away, she would go into their homes and prep them for burial. She was an alcoholic and heavy smoker most of her life. She suffered from multiple health problems such as: anxiety, depression, irritable bowel syndrome, chronic obstructive pulmonary disorder,

Bells Palsy, hiatal hernia, congestive heart failure and myocardial infarction. She died November 27, 2000 from congestive heart failure.

Thomas Smith was born May 4, 1914 in Clairfield, Tennessee. He believed in the Holiness faith. Thomas had various odd jobs including; logging, hunting and selling furs, grew tobacco, and farmed. He chewed tobacco and smoked a pipe for sixty years. He suffered with alcoholism most of his life. His health problems included anxiety, depression, and cancer. He died April 5, 1985 in Tazewell, Tennessee from renal cancer.

Family Life Cycle

The life cycle Bonita and her family are in, is the launching children and moving on cycle. Bonita's children are in their early twenties and have moved into their own homes. Her oldest son has a daughter and is currently experiencing a divorce. This family is experiencing many losses and changes at this time, with high stress levels. Bonita has been diagnosed with type 2 diabetes this year and is experiencing major life style changes. Her mother and father are reaching retirement age and are having difficulty with health problems. This has created more stress on the family as a whole.

Cultural Assessment

Health Beliefs and Practices

Bonita defines health as the mind and body being free from illness. She defines illness as being unwell or having a disease process. She has a high tolerance of pain, but has high stress levels when dealing with illness. Her self-care practices, as a nurse, are extraneous and often expose her skin to break down. She bathes once daily and takes pride in her appearances. She takes several medications including complementary herbal supplements, to help maintain a

healthy lifestyle, and maintain her disease processes. She is an advocate for immunizations and preventive healthcare practices and recommends these practices to her family/patients.

Bonita denies any health topics as being taboo to her. She is open and honest about any and all diagnosis in her life and family. She does not consider abortion as an option as she is pro-life. She is open to discussion of sexual health with her close friends, mother, and healthcare providers. She is compassionate towards others with mental illness and handicaps. She views death and dying as a normal cycle of life, but suffers with stress and anxiety when discussing the death of her parents. If these issues need to be discussed with Bonita, she would need to have her mother present, as they are very close. Bonita is the person in the family who recommends physicians, specialist, and what questions need to be addressed during the appointments. She prefers to see a female gynecologist and family physician as she is modest with her body.

Faith-Based Influences and Special Rituals

Bonita and her family practice the Baptist faith. She looks to her mother for guidance and support. There are no special practices or beliefs that would influence health or illness during end of life. Bonita and her family attend church every Sunday together. They believe in baptism after salvation and abstinences before marriage. It is important for the mother to be present during the birth of a child to assist in the labor process. Bonita is an advocate of educating children at puberty about sex and abstinences, as well as open and honest communication.

Language and Communication

Language spoken in the home is English. Bonita and her family are fluent in English, spoken and written. It is considered disrespectful to speak loudly or speak to elders in a disrespectful way. It is normal to be close to someone when communicating and hugging before

and after visiting. It is considered respectful to call before going to visit family or friends and not show up unexpectedly. No interpreter is needed, as all family members speak fluent English.

Parenting Styles and Role of Family

Bonita is the main decision maker in her family. She is the only child so her parents value and respect her opinion. Bonita's family unit consists of her husband, children, grandchild, mother, and father. Marriage is considered to be sacred and once you get married and take vows before God, it is to be forever.

Sources of Support beyond Family

Bonita and her family are not a part of any ethnic or cultural organization that would influence their approach to healthcare. Individuals in Bonita's social network that influence her about health and illness are friends, coworkers, and her church family. Bonita is a southern lady. Relationships are very important to her and her family. They enjoy throwing parties and hosting dinners for family and friends. Being born in the southeastern Tennessee has influenced Bonita's life. She has a huge southern hospitality attitude and personality. Bonita feels that she has to work hard to make people like her and she takes friendships seriously. Bonita is socially gregarious. She requires a lot of emotional support from close friends and family.

Dietary Practices

Bonita and her family eat home cooked meals daily. They grow a garden yearly and preserve and freeze food to use throughout the year. Their diets consist of pinto beans, fresh greens, corn, carrots, pot roasts, cornbread, potatoes, casseroles, turkey, chicken, pork, meatloaf, ect. Everyone in the family have the same taste and interest in food including Bonita's parents. Bonita is responsible for food preparation throughout the week and her mother assists her in cooking Sunday dinner after church. No foods are forbidden according to their culture or

religious preferences. Their food is prepared in many different ways to include frying, baking, boiling, microwaving, and slow cooked. Certain foods are considered good for health. An example would be cranberry juice for urinary health, polk sallet used for blood purifying and colon cleansing, yellow root used for canker sores, and yogurt is used for gastrointestinal issues. Bonita and her family do not practice any periods of fasting.

Health Promotion

Based on Bonita's health problems and her family history, I would recommend education on how to decrease stress in her life. Cardiovascular disease and cerebral vascular accidents are both health risks in her family. I would inform Bonita to have regular check-ups with her physician and to report any cardiovascular/ stroke symptoms immediately. Bonita, being recently diagnosed with diabetes, needs instructions about diet control and weight loss. She is non-compliant with various aspects of her eating habits. She needs education about checking her blood glucose more frequently, as she only checks it when she feels poorly. Bonita needs encouragement to increase her exercising habits. She feels being on her feet all day, at her job, is a good work out, but considering her cardiovascular risk, I would encourage her to increase her cardio exercises. Bonita's mother, being recently diagnosed with rheumatoid arthritis, needs education on her diagnosis, long term affects of her disease, and how to manage her symptoms. Bonita's father needs tobacco cessation, as he still uses oral tobacco. Given the family history Bonita's children need to be educated on healthy eating habits and promoting daily exercise rituals into their lifestyle.

References

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