

Family Nursing Intervention

- Behavior modification
- Case management and coordination
- Collaborative strategies
- Contracting
- Counseling, including support, cognitive reappraisal, and reframing
- Empowering families through active participation
- Environmental modification
- Family advocacy
- Family crisis intervention
- Networking, including use of self-help groups and social support
- Providing information and technical expertise
- Role modeling
- Role supplementation
- Teaching strategies, including stress management, lifestyle modifications, and anticipatory guidance

From [Friedman MM, Bowden VR, Jones EG](#): *Family nursing: research theory and practice*, ed 5, Upper Saddle River, NJ, 2003, Prentice Hall.

Family Structure and Function

Family Structure

The family structure, or family composition, consists of individuals, each with a socially recognized status and position, who interact with one another on a regular, recurring basis in socially sanctioned