

Family Values

The Journey Begins

Self - Discovery

As you journey through life take time for the little things. It seems as if we are so conditioned to need the big things that we overlook the most wonderful blessings of all. It is in simplicity that we see the beauty around us everyday, a baby's smile, an elder's tear, the birds and bees, your classmate's discovery. There are lessons to be learned for each of us. Though the paths we trod take us on our own separate journeys, the purpose is the same as it has been since time began. We are called to love one another in word, thought, and deed. Each of us is unique and blessed in our own ways. Yet, we are all alike with hands to reach out to help, arms to embrace with hugs, mouths to speak with encouragement and truths, and hearts to love unconditionally. May it be revealed in this journey of discovering beliefs and values, that we are all in need of love on a daily basis regardless of our position, race, religion or any other differences. May you never be too busy to realize that someday might never come for some and that there are needs to fill right now. This is not an exercise to be invasive, it is an exercise for your own discovery about your creation: of family, of values, of traditions, and the melding of all of those into you as you "become" a professional nurse.

Who was the first person to talk to you about God? What was your reaction?

What are your earliest memories of church?

Write about your religious life as a child.

How have your grandparents shaped your life?

What one word describes your home?

Family?

Your personality?

Your education?

Who has been the most influential person to you thus far in your life? Why or how?

FAMILY VALUES: FAITH TRADITION

1. What religion/faith tradition were you raised in?

2. What religion/faith tradition are you currently practicing?

3. What are your beliefs on the following topics?

TOPIC	Personal beliefs
Abortion	
Artificial Insemination	
Autopsy	
Birth Control	

Blood and Blood products as a Donor	
Blood and Blood products as a Recipient	
Cloning	
Dietary Restrictions	
Embryonic stem cells	
Surrogacy	
Genetic engineering	
Right to life issues	
Single parents	
Drug Abuse	
teenage pregnancy	
When does life begin	

FAMILY VALUES – PREGNANCY

Individual(s) Interviewed_____

Location of Interview _____ Technology used?_____

Date of Interview _____

1. How does your family look at birth spiritually?
2. How does your family look at birth temporally?
3. How does your family look at pregnancy?

Family History, Values, Beliefs, Genetics

Every family's background is multicultural.

Culture shapes our values, beliefs, attitudes and customs.

Ethnicity: a group's sense of identification surrounding common characteristics-physical traits, religion, history, and/or common ancestry.

Genetics: study of one's genes and chromosomes.

Assessing one's own cultural beliefs and attitudes.

1. What are your values, beliefs, attitudes, and customs regarding childbearing?

Antepartum

Based on your family:

2. What particular foods do the pregnant woman need to have or avoid? Why?
3. Is there adherence to the hot and cold theory of health and diet? How did this belief come about in your family? Do all family members adhere to this belief or just some? If just some - which ones? Why?
4. Is pregnancy considered a state of illness or health? How did your mother/grandmother or family members come to believe this?
5. What is a good environment for the expectant mother? How did this belief arise in your family?
6. What emotions may be expressed and what should be restrained? How or why is this accepted as a part of your family belief/tradition?
7. Who may be present during an examination? How did this belief come into being in your family?
8. Where do you differ from your family on the above issues? Why have you come to differ from your family on these issues?

FAMILY VALUES: INTRAPARTUM

Individual(s) Interviewed _____

Location of Interview _____ Technology
used? _____

Date of Interview _____

Intrapartum: Labor & Delivery

Based on your family:

1. What is the appropriate setting for labor and delivery?
2. What is an acceptable length for labor?
3. What interventions are utilized to assist the family during birth?

4. Is walking permitted during labor? Is massage permitted during labor? What is the ideal position for delivery?

5. What are the expected dietary measures? Should food be permitted? Is tea utilized for pain? Are other complementary or alternative therapies used for pain? If so, what are they?

6. What is acceptable for relief of discomfort? What expressions of discomfort are allowed? Are there any expressions not allowed?

7. How are the placenta and/or umbilical cord disposed? Is there any cultural or spiritual significance to the placenta or umbilical cord?

8. Where do you differ personally from your family on these issues?

FAMILY VALUES: POSTPARTUM

Individual(s) Interviewed _____

Location of Interview _____ Technology
used? _____

Date Interviewed Occurred _____

Postpartum Culture

Based on your family:

1. When does postpartum begin? When does it end? Is it different for primiparas versus multiparas?
2. Are there restrictions on ambulating, bathing, hair-washing, baby care? Are the women considered to be in a state of impurity during the puerperium? If yes, where does this belief come from?
3. Is the women isolated and to avoid others and avoid sexual relations during the time of lochia flow? If yes, where does this belief derive from?
4. Are there dietary restrictions requiring the eating of special foods? Explain the use of special foods in recovering from childbirth in your family.
5. What are the uses of therapeutic heat or cold in recovery from childbirth? How about concerning exposure of the skin or the vagina?
6. Where do you personally differ from your family on the above issues?

FAMILY VALUES: NEWBORN

Individual(s) Interviewed _____

Location of Interview _____ Technology used? _____

Date of Interview _____

Newborn

Based on your family:

1. What is the best method of feeding the baby? Why? How did your family member come to believe this?
2. What is the timing of the first feeding? Why?
3. What are the restrictions of bathing the infant? Why? If there are restrictions, how long are the restrictions?
4. Are babies allowed to cry or comforted immediately? How are babies comforted? Who in the family unit is responsible for comforting babies?
5. Where is the baby going to sleep? If other than a crib, for how long will the baby sleep there? Why is this sleeping arrangement important? Does the family see any hazards in the arrangement?
6. How is the umbilical stump cared for? What medication or ointments or were any used by your family members to care for the umbilical cord ? What explanation did the physicians state to your family member was the reason to do this?

7. What are the family's beliefs about circumcision? What are their beliefs based on?

8. When is the infant recognized and accepted by society?

9. Where do you differ from your family on the above issues?

FAMILY VALUES: RAISED TRADITION

This is to be typed and presented in APA format as the other Family Values papers and to be submitted to your clinical instructor. Due date is determined by individual clinical instructor.

Please refer to the instructions and grading criteria under Family Values under Course Home for questions about this paper or ask either the lecture or clinical instructor. Please be thorough and document sources.

Complete the following chart based on raised tradition (this is tradition you were raised starting at birth until at least 4 years of age) and current tradition you are practicing as an adult (please specify what age you began your current tradition). References will be needed to verify what the tradition's viewpoint is on. You have been assigned to complete this utilizing the resources available at the university and interview your priest, pastor, minister, rabbi, etc. You may also be meeting with the librarian regarding research of this topic-see schedule for time.

If you are non-denominational you will need to **interview/contact** your minister or pastor to find out **which tradition** your church is following (i.e. primarily Baptist, Methodist, Reformed, Anabaptist, Quaker, etc.).

Individual(s) Interviewed_____

Location of Interview _____ **Technology used?** _____

Date Interviewed Occurred _____

Raised tradition until at least age four was: _____

Current practicing tradition began at age: _____

Raised tradition	Practicing tradition	TOPIC
		Abortion
		Artificial Insemination
		Autopsy
		Birth Control
		Blood and Blood products as a Donor
		Blood and Blood products as a Recipient
		Cloning
		Dietary Restrictions
		Embryonic stem cells
		Genetic engineering
		Right to life issues
		Single parents

		Drug abuse
		Teenage pregnancy
		When does life begin

References: You must use at least 2 books and have an interview with your minister, priest, pastor, etc. You may also use additional resources such as the internet and magazines. You must follow APA format for these references.

The majority of genetic screening is done prenatally. Prenatal diagnosis provides prospective parents with reassurance that the pregnancy appears genetically normal or that if a genetic mutation is identified, there is an option of terminating the pregnancy or planning for the birth.

1. What is the appropriate use of prenatal genetic screening?

2. What kind / types of genetic screening is typically completed on pregnant women? Identify the typical tests, explain what they are, at what gestational age they are usually done and what implications they have for the family.

3. Find a woman or person that has ever experienced any genetic screening and ask what their reaction was to that experience. Hint: ALL pregnant women have AFP screening!

Genetic Genogram:

Draw a three generational pedigree on your family genetics. This is to include you and your siblings, parents and grandparents. If you are married or have children, you will need to include them as well.

A genetic pedigree includes 1) the correct legal name including maiden names; 2) racial, ethnic and country of origin; 3) place and date of birth; 4) occupation; 5) specific health problems including age of onset (i.e. asthma, heart disease, hypertension, learning disabilities, slowness etc); 6) age and cause of death; 7) presence of birth defects, sensory deficits, psychiatric illness; and 8) miscarriages/stillbirths.

***Please make this as a separate sheet of paper, Thanks!**

Evaluation

1. How did this help you clarify your beliefs and values?
2. How did this help you in your nursing practice?
3. How did you apply this knowledge to the childbearing family?
4. What did you learn about your faith practices that surprised you?