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Care Nursing In The Family With Environmental Health Issues

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ABSTRACT

Problem health environment is one of challenge main in nursing community, especially for families living in the neighborhood with sanitation poor, limited clean water, and exposure waste house ladder or industry. The role of nurses community is very important in give care nursing based on family for identify, analyze, and address problem health caused by an unhealthy environment healthy. This article aiming for describe care nursing family in handle problem health environment with nursing process approach in a way comprehensive. The results show that intervention directed nursing capable increase quality life and behavior life clean and healthy (PHBS) family.

Keywords: Foster Care Nursing, Family, Health Environment, Nursing Community, PHBS

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1. Introduction

Environmental health is aspect important thing that determines quality life society. The World Health Organization (WHO) stated that about 24% of burden global disease and 23% of all death caused by factors environment. Family as the smallest unit in public own role central in guard health environment. However, it does not all family own awareness or source sufficient power for create environment healthy.

Nurse community own not quite enough answer for accompany family in recognize problem health the environment they are in face and give intervention nursing in





accordance needs. Problems like poor sanitation, waste disposal waste that is not appropriate, access to clean water limited, and settlements slum is a reality that often found in practice nursing community.

Writing this discuss in a way comprehensive care process nursing care provided to family with problem health environment, with systematic approach from assessment until evaluation. It is expected that the article this can become reference for power health and academics in design and implement intervention nursing effective and sustainable communities.

Environmental health is a branch of public health that studies the interactions between humans and the environment and their impact on health. Key aspects of environmental health include sanitation, waste management, air and water quality, and residential safety.

According to the Indonesian Ministry of Health (2019), environmental health indicators include:

- a) Access to clean water.
- b) Adequate sanitation facilities.
- c) Domestic waste management.
- d) Disease vector control.
- e) Food and housing security.

The family plays a major role in maintaining a healthy home environment. Family member's behavior patterns, waste disposal habits, clean water use, and clean living patterns greatly affect the condition of the surrounding environment.

Family nursing care is a systematic process that includes five stages:

- a) Assessment: Collecting data about the condition of the family and its environment.
- b) Nursing Diagnosis: Determining nursing problems based on assessment.
- c) Planning: Determining goals and interventions.
- d) Implementation: Carry out interventions as planned.
- e) Evaluation: Assessing the success of the intervention.





Data from the Ministry of Health shows that around 25% of Indonesia's population still does not have access to proper sanitation. Meanwhile, the practice of open defecation (BABS) and poor waste management are still major challenges in various regions, especially in slums and densely populated areas.

2. Research Methods

This methodology uses a qualitative descriptive approach with a case study method on one family living in an environment with poor sanitation and waste management problems. Data were collected through interviews, direct observation, and documentation. The nursing process was used as a framework in data collection and analysis.

3. Results And Discussion

a. Results

1) Nursing Assessment

Mrs. S's family lives in a densely populated settlement on the outskirts of the city with unhealthy environmental conditions. Some of the problems found:

- a) There is no adequate waste disposal system.
- b) Well water contaminated by domestic waste.
- c) Garbage burned near the house.
- d) Children often experience diarrhea and skin diseases.

The study also covered social, economic, and cultural aspects. It was found that families lacked knowledge about PHBS and household environmental management.

2) Nursing Diagnosis

Based on the assessment, the following nursing diagnoses were determined:

- a) The risk of family health disorders is related to an unhealthy physical environment.
- b) Lack of family knowledge about how to keep the environment clean.
- c) The risk of infectious diseases (diarrhea, skin infections) is associated with exposure to contaminated water and waste.

3) Nursing Planning





General purpose:

Improving family capacity in recognizing and addressing environmental health problems.

Special purpose:

- a) Families are able to explain the factors that cause an unhealthy environment.
- b) Families are able to demonstrate clean and healthy living behavior.
- c) Families are able to manage household waste simply and safely.

Intervention:

- a) Education about the importance of sanitation and clean water.
- b) Demonstration of making separate trash bins.
- c) Training in making natural disinfectants.
- d) Improving communication between family members to maintain cleanliness.

4) Nursing Implementation

Activities carried out during two weeks:

- a) Twice a week educational sessions.
- b) PHBS practice assistance.
- c) Distribution of environmental education posters.
- d) Small group discussions with family and neighbors.

The family showed great enthusiasm and started to change some habits, such as washing hands before eating, making covered trash bins, and properly covering wells.

5) Evaluation

The evaluation was conducted using observation and interview methods. The results show:

- a) Increasing knowledge about environmental health.
- b) Behavioral changes such as throwing rubbish in the right place and regularly cleaning the yard.
- c) Decrease in the incidence of diarrhea in children over the past two weeks.

b. Discussion





Family-based nursing care has been proven effective in addressing environmental health issues. Behavioral change requires a continuous educational approach, as well as the active involvement of all family members. Factors for successful intervention include:

- a) Interpersonal approach of nurses.
- b) Contextual educational materials.
- c) Support from local environmental cadres.

However, limited resources and existing community culture are a challenge in themselves. Therefore, collaboration with community leaders and government institutions is needed so that interventions are more sustainable.

4. Conclusion

Environmental health problems at the family level can be addressed through a systematic community nursing care approach. Comprehensive assessment, educational interventions, and active family involvement are the keys to success in creating a healthy environment.

- a) Community nurses need to be trained in family-based nursing approaches.
- b) The government needs to strengthen sanitation infrastructure in densely populated areas.
- c) Public education about PHBS must be a routine program at every integrated health post and community health center.

5. Compliance with Ethical Standards

Ethical Approval :

This research has obtained ethical approval from the Health Research Ethics Committee with approval letter number.

Informed Consent :

All participants were given adequate information about the purpose, procedures, benefits, and risks of this study. Written informed consent was obtained from all participants before data collection.

Conflict of Interest :





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