CONTRIBUTIONS OF THE GENOGRAM AND ECOMAP IN THE CARE FOR FAMILY: A PROPOSAL AS THE NURSING TEACHING

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ABSTRACT

The family as the main focus of the basic health care in the country has been valued in health promotion actions, in the research and training in health. Among the various strategies to meet the families the genogram and ecomap are important tools for the understanding of the family processes. This study aims to describe the experience of the nursing teaching in the use of genogram and ecomap for data survey in families of a Family Health Strategy in the city of Santiago/RS. These tools allowed to the academics to identify familial characteristics, build diagnoses and plan interventions based on a holistic understanding of the families. It is necessary that the health training invests in methodologies that allow to the students an awakening for the family as the focus of attention. From this sensitization and articulation between theory and practice that the actions of care and health will can be more qualified.

Descriptors: Family; Family Nursing; Family Health.
1. INTRODUCTION

The Family Health Strategy (FHS) is a program of the Ministry of Health created in 1994, with objective of to reorganize and refocus the service model being based on the guiding principles of the Unified Health System (UHS): universality, integrality, equity, community participation and descentralization. The FHS has as the attention center the family that is understood as a unit of care and perspective in the work process in health.

With the deployment of the FHS there was an increasing emphasis on the development of studies whose main approach is the family. This prospect search to change the form of health care in the country, turning to the health promotion of the family in its various contexts.

In this process of transformation the teaching staffs his training in the principles and guidelines of the UHS in order to meet the social needs of the population's health. It was perceived the importance of to link the teaching in health policies because the health professionals must be prepared to work with the families. Thus it is important a link between theory and practice in order to valued the interaction between professional-family-comunity.

To assist the family is necessary to know the factors that influence their experiences in the health process and disease. To understand the health of the family as a strategy of change means to rethink practices, values and knowledge of all the groups involved in social production of health respecting their culture.

In this sense the genogram and ecomap has been valuable tools for the understanding of family processes and relations with the community between the strategies for data collection in the family. They are used in data collection for the research and for the care process.

The family health is currently a of the priorities of the Ministry of Health, so is relevant to insert the nursing academic in the family context to contribute in the strengthening of actions orientated to the family care.

The objective of this study is to describe the experience of nursing teaching in the utilization of the genogram and ecomap for survey of the families of an ESF in the city of Santiago, Rio Grande do Sul (RS).
2. METHODOLOGY

This study is an experience report of theoretical-practices activities developed in a FHS in the discipline of Collective Health II of the Nursing Graduate Course at the Universidade Regional Integrada do Alto Uruguai e das Missões URI Santiago/RS.

That experience came from the utilization of a methodology of teaching that search to insert the academics in the family environment with the construction of the genogram and ecomap of a family. The students must develop a group activity directed to the monitoring of the family belonging to the area of FHS for evaluation of the curricular component.

The selection of the families was performed by means of records from the unit as suggestion of the professionals in particular the Community Health Agent (CHA). The students began the process of approximation by means of visits later of to choice the family.

These visits of the academics occurred in the presence of CHA since the first contact. Soon the academics performed the scheduling of other visits. The academics performed an informal conversation of at most one minute with the members of the family to develop a graphical representation of the family to obtain the information necessary for the preparation of the instruments of family care.

The academics sought to interact with the subjects in addition to listen to and observe all context of the family in the attempt to obtain relevant data that should auxiliary in the construction of the genogram and ecomap. For the registration of information were made annotations and field notes.

After the academics elaborated the genogram and ecomap based on the information collected in order of to develop a plan of care focused on the family to from the analysis of these instruments. Finally each group elaborated a report of the monitoring.

3. RESULTS AND DISCUSSION

The visualization of the genogram and ecomap allowed to known the internal structures and external of the families. In the observation of the genogram was identified a complete form and objective of the data of the families, doing a review of the family experiences and possible health problems. The genogram provides rich data about relationships, including data about health, occupation, religion, ethnicity and migrations.

With the ecomap it is envisioned a graphical representation of the contacts of members of the family with other social systems including a network of social support and
assistencial. The ecomap is a diagram of the relationships between the family and the community that helps to evaluate the basis and supports available and its utilization.\(^7\)

The genogram and ecomaps are tools that facilitate the evaluation of the family structure. Through them is possible to have a rapid view of the complexity of family relationships and are sources of information for the planning of estrategias.\(^8\)

These resources allowed to the academics to identify the characteristics of families and to build diagnostics which are planned interventions based on a holistic understanding of the families involved. For the construction of these instruments it is highlight that was necessary the establishing of a relationship with the family in the attempt to provide a comfortable situation for that the family describes the special features of its history.

It is perceived that this contact of the academic with the families possibility the strengthening of health actions in family ambit because the student will recognize the responsibility and the need to understand all the dimensions that the family is inserted with basis of these experiences.

It is important to stimulate the academic since early for the public policies and their affiliations with the UHS because in this way it will be confirming the promotion health and primary health care in particular of the health familiar.\(^5\) However the nursing care teaching with the family is without doubt a challenge because needs to overcome the model of individualized care that still predominates in many areas of the health. It is need to recognize that the family is a vast field of intervention and research for nursing.

4. CONCLUSION

The genogram and ecomap are important tools for understanding of the process of health-illness, structure and relationships in the families. They permit to know the situation of its members not only within of the family but also with other families that live and establish their support networks.

The genogram and ecomap complement the action already existing in the practice of health care services offering opportunities for knowledge and intervention within of each family, in the relationship, in the integrity and the subjectivity of the family because they are focused in the family approach and allow for nursing to accompany the family and its members along by their lives, providing the definition of able actions of promote the health.
In this way is necessary that the health training invests in strategies that enable to the students an awakening to the family as focus of attention because the actions of care and health may be more qualified with the sensitization and the link between theory and practice.

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