

REVIEW

Family counselling on health issues by health professionals: a narrative review

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ABSTRACT

Introduction: Health counseling plays a critical role in health promotion. It's a dynamic process that aims to solve problems and improve quality of life and uses innovative counseling techniques that focus on individuals and families. The aim of this study is to emphasize the family counselling offered by healthcare professionals in the field of their specialization.

Methods: The databases Pubmed and Scopus were employed for the purpose of this narrative review between 19.4.22 and 25.4.22. Various combinations of the keywords "Family", "Counselling", and "Health" were utilized. Articles covering family counselling and health matters, including prevention, treatment, or rehabilitation, were deemed eligible for the survey.

Results: The domains in which we come across family health counseling encompass normal conditions, family planning, domestic violence, child and adolescent care, addiction, mental illness, neurological disorders, cancer, and rehabilitation. The implementation of family health counseling can be accomplished through different channels, such as in-person communication, telephone conversations, and online interactions.

Conclusions: Health counseling is an advantageous technique that can be used by healthcare professionals in multiple conditions. Therefore, they must have the expertise and determination to employ it when needed.

Keywords: Health counseling, family counselling, health professionals, narrative review

INTRODUCTION

Health counselling is a dynamic process aimed at problem-solving with the goal of maintaining or improving the quality of life. The counselor's primary responsibility is to establish a therapeutic relationship and supportive environment while striving to accomplish counseling goals [1].

Despite the significant increase in research on family needs over the past two decades, much remains to be discovered regarding their priorities and requirements. Achieving a comprehension of these concepts is necessary in a cross-cultural context [2].

The provision of health counseling is a vital element of health promotion, and it is essential to develop innovative counseling techniques that focus on families [3].

The aim of this study is to highlight the family counselling provided by health professionals concerning matters related to their area of expertise. The following research questions are being addressed in the study: a) Which subjects are suitable for family health counselling and b) what are the different ways of counselling implementation, such as face-to-face, via telephone, and online?

METHODS

This paper is a narrative review. The acquisition of material for this paper involved the utilization of databases comprising a substantial quantity of papers. Specifically, the databases employed were Pubmed via Medline and Scopus. The used keywords were "Family", "Counselling", and "Health" in different

combinations and the search was carried out between 19.4.22 and 25.4.22. To be eligible for the survey, articles were required to be about family counselling and health issues, including prevention, treatment, or rehabilitation.

RESULTS

A) OBJECTS OF HEALTH COUNSELLING

Normal conditions

Reports show that pediatricians and general practitioners advise individuals and families on smoking cessation. Low self-efficacy influences their potential, as research revealed [4].

Family counselling has been incorporated also for preventive purposes. Research attempted to determine whether nursing dietary counseling offers additional benefits over those of the physician in cases of hypercholesterolemia. It emerged that nursing intervention may have better results [5].

Additionally, family counseling has been suggested for various conditions including elderly individuals [6, 7], gifted children [8], hypercholesterolemia [9] and before abortion [10], among others.

Family planning

Family planning counseling plays a significant role in reproductive and sexual matters [11]. A significant number of pregnancies worldwide are unplanned because of inadequate knowledge towards contraception, particularly in low-income countries [12].

Furthermore, the significance of quality counselling following childbirth cannot be overstated, as it not only promotes the acceptance of contraception but also reduces the incidence of infant mortality and morbidity [13].

Greater awareness of modern family planning methods among women is achieved through the provision of family planning counseling [14]. Better family planning counseling results in more secure sexual practices.

High-quality family planning counseling is lacking primarily in developing countries, as studies reveal [11]. This phenomenon has also been observed in another study: The adequacy of family planning counseling was insufficient, and highlighted the need for counseling providers' training [13].

Domestic violence

Domestic violence is a term used to describe aggressive behavior that involves physical, psychological, economic, and social dimensions. It is considered a health priority because of its impact on pregnancy and postpartum outcomes. The importance of family counselling in decreasing different forms of violence has been recognized [15]. Despite this, health professionals exhibit a lower level of competence in managing domestic violence cases.

Child - Teenager

Parents of a disabled child face a range of emotional and practical difficulties [16]. By implementing family intervention, improvements in lifestyle behaviors among adolescents and children can be observed [17].

A study revealed that a family-centered prevention program tailored to the needs of at-risk youth can be implemented with success. Additionally, revealed that family counselling can cause changes in many domains of behavior [18].

Addictions

The impact of addictions is significant, not just on those affected, but also on their families. As an exemplification, many studies have shown that alcoholism has a corrosive impact on the family life of the afflicted individual and it leads to unpleasant situations such as job loss or difficulty in keeping it, legal conflicts, verbal and physical abuse and inadequate parenting [19]. The families of individuals with substance use issues may also encounter anxiety, depression, mental disorders, and poor physical health [20].

Interventions within the family of individuals with substance addictions may be classified into three categories: a) Collaborating with families to encourage the initiation of substance abuse treatment b) Engaging family members in the treatment process of the substance misuser c) Addressing the needs of family members [21].

A research study conducted a comparison of Behavioral Family Counseling (BFC), Individual-Based Treatment (IBT), and a combination of both in regard to substance abuse issues. Research findings show that

behavioral family counselling leads to better treatment outcomes, as it improves treatment retention [22].

Another study examining counseling based on “quality of life therapy” in families of addicts revealed a significant impact by reducing the severity of psychological reactions. According to the research findings, mental health providers should incorporate the method in conjunction with other therapies to promote the psychological wellness of addictions caregivers. Moreover, mental health professionals are advised to implement quality of life therapy for individuals in the families of addicts. The utilization of this treatment effectively diminishes stress levels and significantly enhances life satisfaction. It is ultimately noted that mental health nurses can effectively contribute to aiding in substance abstinence and the rehabilitation of substance users [20].

Mental illness

The beneficial role of families in severe psychiatric conditions is acknowledged [23]. The family approach has proven to be effective when dealing with children because of the impact incidents in the family context can have on them [24].

According to research, group counselling has been shown to improve the attitudes of mental illness caregivers towards mental illness. Also, it is suggested that nurses employ this technique to educate family members of those suffering from mental illnesses [25]. The satisfaction of counseling among service recipients was linked to changes in depression and family functioning [26].

Neurological disease

Psychological difficulties may arise for adults with neurological disabilities and their families, leading them to seek family counselling [27]. Research has been conducted on providing counseling to families of patients with dementia. According to a considerable body of literature, those dementia caregivers frequently experience psychological morbidity, social isolation, and financial and health-related challenges [28].

Psychotherapeutic interventions allow individuals with dementia and their families to receive wide range psychological support [29] to address specific conditions and symptoms [30]. Interventions aim to address the family's emotional turmoil, their concerns about diagnosis and future planning and their need for information about dementia and patient care [31].

The training of dementia consultants, who are experts in their field, is an essential step in supporting people with dementia and their family caregivers. The utilization of family systems therapy methods by counselors can assist family members in adapting to their roles in caring dementia suffering relatives and reducing intra-family conflict. Consultants with an adequate comprehension of disease and dementia care will be capable of delivering holistic care support that encompasses disease awareness and provision of resources to address any unmet requirements throughout the care journey [32]

The counseling of families with a stroke patient has been the subject of research as well. According to reports, educational and counseling interventions maintain family functionality and result in good social outcomes [33].

Cancer - rehabilitation

The results of multiple studies show counselling does not have a statistically significant effect on the quality of life of cancer patients [1]. Families with parental cancer have also been subjected to counselling sessions. Empirical evidence has established the feasibility of this counseling approach [34].

The significance of family participation in the rehabilitation process has been acknowledged as a crucial aspect [2]. It is essential for the rehabilitation nurse to assist the patient's family members in making the required role adjustments [35].

B) WAYS OF PROVIDING COUNSELLING

Most counseling services are offered through in-person, face-to-face sessions, however, at times, it is provided telephonically

[36–38]. In recent times, the popularity of online counselling has been increasing [29], though, it is essential to note that online counseling is more appropriate for individuals rather than families [34].

CONCLUSIONS

Family health counseling is a vital component of health counseling. The areas in which we encounter family health counseling include physiological conditions, family planning, domestic violence, child and adolescent care, addiction, mental illness, neurological diseases, cancer, and rehabilitation. It can be applied through various means, such as face-to-face communication, phone conversations, and online interactions. Compared to other modes of implementation, online counselling is gaining ground in recent times.

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Συμβουλευτική οικογένειας σε θέματα υγείας από επαγγελματίες υγείας: βιβλιογραφική ανασκόπηση

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ΠΕΡΙΛΗΨΗ

Εισαγωγή: Η συμβουλευτική υγείας διαδραματίζει σημαντικό ρόλο στην προαγωγή υγείας. Είναι μια δυναμική διαδικασία που στοχεύει στην επίλυση προβλημάτων και στη βελτίωση της ποιότητας ζωής. Χρησιμοποιεί δε καινοτόμες συμβουλευτικές τεχνικές που εστιάζουν σε άτομα και οικογένειες. Στόχος της παρούσας μελέτης αποτελεί να δοθεί έμφαση στην οικογενειακή συμβουλευτική, που προσφέρουν οι επαγγελματίες υγείας στον τομέα της εξειδίκευσής τους.

Μέθοδοι: Οι βάσεις δεδομένων Pubmed και Scopus χρησιμοποιήθηκαν για τους σκοπούς αυτής της αφηγηματικής ανασκόπησης μεταξύ 19.4.22 και 25.4.22. Αξιοποιήθηκαν διάφοροι συνδυασμοί των λέξεων-ερευνηρίου «Οικογένεια», «Συμβουλευτική» και «Υγεία». Άρθρα που καλύπτουν θέματα οικογενειακής συμβουλευτικής και υγείας, συμπεριλαμβανομένης της πρόληψης, της θεραπείας ή της αποκατάστασης, κρίθηκαν κατάλληλα για επιλογή.

Αποτελέσματα: Οι τομείς στους οποίους ανευρίσκουμε τη συμβουλευτική οικογενειακής υγείας περιλαμβάνουν: φυσιολογικές συνθήκες, οικογενειακό προγραμματισμό, ενδοοικογενειακή βία, φροντίδα παιδιών και εφήβων, εθισμό, ψυχικές ασθένειες, νευρολογικές διαταραχές, καρκίνο και αποκατάσταση. Η εφαρμογή της συμβουλευτικής οικογενειακής υγείας μπορεί να επιτευχθεί μέσω διαφορετικών επικοινωνιακών καναλιών, όπως η προσωπική επικοινωνία, οι τηλεφωνικές συνομιλίες και οι διαδικτυακές αλληλεπιδράσεις.

Συμπεράσματα: Η συμβουλευτική υγείας είναι μια χρήσιμη τεχνική, που μπορεί να χρησιμοποιηθεί από επαγγελματίες υγείας σε πολλαπλές συνθήκες. Επομένως, πρέπει να διαθέτουν την γνώση και την αποφασιστικότητα να τη χρησιμοποιούν όταν χρειάζεται.

Λέξεις ερευνηρίου: Συμβουλευτική, συμβουλευτική υγείας, οικογενειακή συμβουλευτική, επαγγελματίες υγείας, βιβλιογραφική ανασκόπηση

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