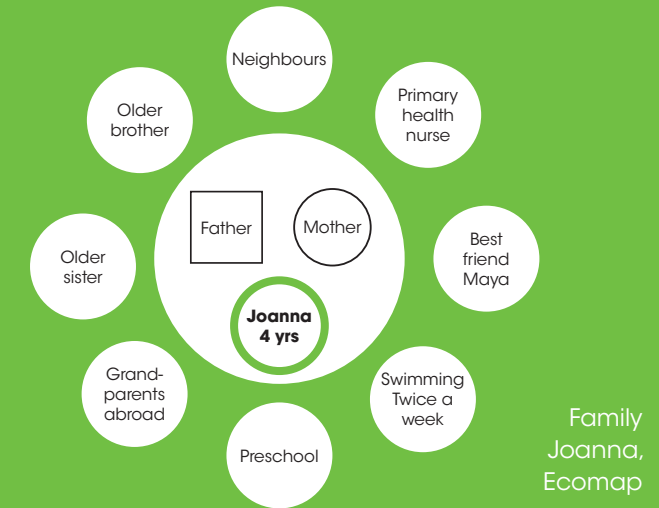


Health-Supportive Family Conversations

– a Case Study Intervention for a Family with a Child with Overweight in Connection with Visits to the Primary Health Nurse

Eva K. Clausson, DrPH, Associate professor and Gita Hedin, PhD student, Health science, Kristianstad University



Conclusions and Implications: Reversing a negative weight development already at a preschool age are complex and the whole life situation needs to be taken into account. Further studies are important.

Background and Purpose: The Primary Health Nurse has the responsibility for regular health visits during the pre-school period and can pay early attention to overweight. The purpose was to evaluate health-supporting family conversations as an intervention for a family with a four-year-old child with overweight with the intention of reversing a negative weight development.

Frameworks: The Calgary Family Assessment and Intervention Models.

Methods: A Case Study including three structured health-support family conversations using genograms and eco maps with four-week intervals were conducted by the nurse together with the researcher. The mother and the child participated in all conversations. The child's IsoBMI was followed for three months. Qualitative

evaluation interviews were conducted regarding the family's and the nurse's experiences. A combination of manifest and qualitative content analysis was used.

Results: The intervention led to an increased awareness within the family of the importance of lifestyle changes with increased physical activity and less screen time. According to the mother the conversations helped the family to think more about how to manage a child with a strong will. She also appreciated the meetings with the nurse, that someone paid attention to and was caring for the family. The weight curve also flattened out and according to the father the girl was more physical active. The nurse experienced an in-depth knowledge of how complex it can be to work with lifestyle changes. Using genograms and echo maps led to a broader knowledge about the family and about things that made it easier or difficult for the family to implement and sustain changes.

Contact: eva.clausson@hkr.se

