



Pediatric Nursing in Primary Care: Strategies for Holistic Child and Family Support

Norah Ahmed AL Saif^{1*}, Muhannad Safar Alharthi², Ammash Munawwikh Alshammari³, Abdulaziz Mohammed Altamimi³, Muradi Azw alanazi⁴, Rauf Fahad Hawbani⁵, Nawal Wadi Alanazi⁴, Maryam Abdulaziz Alromuhi⁶, Ali Khalid Alnashar⁷, Shatha Abdullah Alzain⁸, Wafa Ali Aldhim⁹, Areej Abdullah ALZain¹⁰

^{1*}Alkhalij Primary Healthcare Center, Buraidah Central Hospital, Ministry of Health, Qassim, Saudi Arabia

²Nursing Department, Eradah Complex and Mental Health, Taif, Saudi Arabia

³Nursing Department, Eradah Complex and Mental Health, Hail, Saudi Arabia

⁴Nursing Department, Maternity and Children Hospital, Arar, Saudi Arabia

⁵Department of Cardiology, Prince Mohammed bin Nasser Hospital, Jazan, Saudi Arabia

⁶Al Khazan Primary Healthcare Center, Ministry of Health, Riyadh Al Khabra, Saudi Arabia

⁷Nursing Department, Ad Dawadimi General Hospital, Ad Dawadimi, Saudi Arabia

⁸Eastern Health Cluster, Qatif Health Network - Health Centers in the Qatif Sector, Saihat 3 Primary Health Care Center, Saihat, Saudi Arabia

⁹Nursing Department, Safwa General Hospital, Safwa, Saudi Arabia

¹⁰Nursing Services - Outpatient Clinics, Dammam Medical Complex, Eastern Health Cluster, Dammam, Saudi Arabia

***Corresponding Author:** Norah Ahmed AL Saif

*Alkhalij Primary Healthcare Center, Buraidah Central Hospital, Ministry of Health, Qassim, Saudi Arabia,
Email: nora-sf@hotmail.com

Abstract

The essence of nursing in primary care revolves around a thorough and patient-focused approach that aims to ensure the overall well-being of children and their families. Family centered care highlights the importance of working to make decisions promoting responsibility and personalized care plans. Health promotion efforts empower families with knowledge of healthcare to foster a culture of well-being. Developmental considerations involve assessments and early interventions to support growth and development. Cultural competence ensures that pediatric nurses can navigate through sociocultural backgrounds to provide individualized care. Emotional support and counseling help address the complexities related to a child's health issues, ultimately improving well-being. The integration of technology aids in streamlining communication, enabling consultations, and offering health resources. In conclusion, pediatric nursing in care is characterized by empathy, teamwork, and innovation. This examination underscores the importance of care by integrating strategies to support children and families comprehensively. Given the changing landscape of this field, continuous exploration and implementation of approaches are necessary to enhance health outcomes for our youngest community members.

Keyword: Cultural Competence, Developmental Considerations, Emotional Support, Family-Centered Care, Health Promotion

Introduction

Pediatric nursing in primary care takes an approach that focuses equally on the well-being of children and their families (1, 2). This approach emphasizes family-centered care, which highlights the role families play in a child's health journey. Research indicates that involving families in decision-making and care planning collaboratively enhances the effectiveness of healthcare services by fostering a relationship between healthcare providers and families (3). Family-centered care goes beyond a process; it is a philosophy that prioritizes families at the heart of the healthcare experience. Studies emphasize the significance of recognizing and valuing each family's perspectives, values, and strengths within healthcare settings (4, 5). This method involves involving families as partners in care, considering their preferences and priorities. By doing pediatric nurses establish a sense of shared responsibility and teamwork leading to a personalized and efficient healthcare journey (6, 7). Health promotion within nursing in care is an ongoing proactive effort. Research highlights the aspects of health promotion, including nutrition, immunization, and injury prevention (8). Education is crucial in equipping parents and caregivers with the knowledge and abilities to navigate the intricacies of child health. Pediatric nurses play a role in enhancing children's health by incorporating health promotion techniques in their work, promoting a healthcare mindset that extends beyond traditional medical settings like clinics and hospitals (9-11). The growth journey of a child involves changes in cognitive and emotional aspects. Research emphasizes the significance of recognizing and addressing age milestones. Pediatric nurses play a role in monitoring. Assisting a child's development (12). Identifying delays is crucial as it allows for timely interventions that can greatly influence a child's progress (13, 14). This aspect of care requires both

knowledge and an understanding of each child's needs to promote optimal development outcomes. The socio-economic and cultural context adds layers of complexity to nursing in primary care settings. Studies underscore the influence of factors on child health outcomes, prompting nurses to be culturally competent and mindful of socio-economic variables affecting a child's well-being and access to healthcare services (15, 16). The unique characteristics of each family require an approach acknowledging that a one-size-fits-all strategy is not sufficient. Pediatric nurses play a role in connecting cultures, ensuring that care is not only medically effective but also attuned to the specific cultural and socio-economic backgrounds of the families they assist. Pediatric nurses go beyond their duties to provide support and guidance. Studying the importance of recognizing and supporting the health and happiness of kids and their families is crucial. Health issues can trigger emotions from worry to sorrow, and nurses equipped with compassionate communication and counseling abilities serve as vital sources of assistance. Emotional assistance isn't a part of therapy; it's a crucial element that enhances the overall health of both the child and the family. By navigating the aspects of healthcare, pediatric nurses bolster family's resilience. Coping mechanisms establish a stronger foundation for overall health. Pediatric nursing in care embodies an approach that surpasses conventional healthcare boundaries. Emphasizing family-centered care, health promotion, developmental considerations, cultural competency, and emotional support collectively shape this method. Pediatric nurses, being the first-line caregivers, carry the task of integrating these aspects into their work. Their duties go beyond care to include supporting families through advocacy, teaching, and fostering partnerships. As the field of pediatric nursing continues to evolve, ongoing exploration of innovative approaches and interventions remains essential to continually optimize health outcomes for children and their families in primary care settings. This review aims to provide an overview of pediatric nursing in primary care: strategies for holistic child and family support.

Method

Pediatric nursing practices in primary care settings were examined, emphasizing strategies for holistic child and family support. Articles from PubMed and Scopus, published in English since 2008, were reviewed along with their references to ensure inclusivity. Keywords like pediatric nursing, primary care, child health, family support, holistic care, and nursing interventions directed the search process.

Discussion

Pediatric nursing, in care, highlights the importance of taking an approach to enhance the well-being of both children and families. Ensuring that families are at the point of care is essential as it enables nurses to involve them in decision-making and care coordination. This collaborative method encourages a sense of partnership, empowerment, and cultural awareness, ensuring that healthcare strategies are customized to fit each family's needs. Emphasizing health promotion as a step underscores the significance of educating individuals on disease prevention and healthy living practices. It noted that through participating in health promotion efforts, pediatric nurses play a role in promoting a culture of preventive healthcare within the community (17, 18). Considering a child's growth and development is crucial, focusing on assessing and monitoring their cognitive and emotional progress. Detecting issues early allows for interventions that can improve outcomes for children. When discussing the socio-cultural context, it's important to acknowledge and address the factors that impact a child's well-being. The significance of technology in nursing is highlighted, underlining its role in enhancing communication, managing data, and offering remote healthcare services. Recognizing support and counseling as components of their role, pediatric nurses are seen as frontline caregivers who navigate the emotional complexities associated with children facing health challenges.

Clinical Manifestation

Pediatric nursing, in primary care, involves clinical aspects that play a vital role in supporting both the child and the family as a whole. This section will explore the strategies used in nursing in primary care settings, focusing on the practical aspects of delivering thorough care. One key aspect is the practice of family-centered care, where families are actively involved in decision-making and planning for care. In practice, pediatric nurses work closely with parents and caregivers to create care plans tailored to meet each family's needs and preferences (19, 20). In this method, the practical expression of family-centered care is apparent in the cooperative approach to healthcare interventions, where families actively engage in conversations regarding their children's well-being, leading to informed decision-making and enhanced results. Encouraging health practices emerges as an aspect of pediatric nursing in primary care. This is noticeable in settings through efforts directed towards parents and caregivers. Pediatric nurses serve as educators, offering hands-on guidance on nutrition vaccination schedules and injury prevention techniques. These visible expressions are witnessed as nurses conduct sessions and workshops or distribute materials to empower families with the knowledge and abilities needed to preserve and enhance their children's health. The developmental aspects of nursing are practically demonstrated through evaluations and monitoring of developmental milestones. In primary care environments, pediatric nurses systematically monitor a child's cognitive and emotional advancement over time. These demonstrations involve records of growth indicators, cognitive functions, and emotional well-being. Early identification of delays or issues becomes noticeable as pediatric nurses apply targeted interventions while collaborating with healthcare professionals to provide timely assistance and resources for optimal developmental outcomes. In nursing, it's important to consider the socio-cultural factors when providing care. Nurses, in settings, need to be mindful of and respectful towards the backgrounds and situations of the families they interact with. In care, nurses show their adaptability by adjusting how they communicate, taking into account cultural preferences in care planning, and acknowledging socio-economic factors that impact a child's health. This

approach is reflected in cultural communication, the integration of culturally relevant health practices and providing resources that consider the socio-economic context of families. Emotional support and counseling are aspects of primary care. During encounters, pediatric nurses often address the aspects of a child's health challenges and how they affect the family. Offering support involves listening, showing empathy, and providing coping strategies. Pediatric nurses play a role in helping families cope with the complexities related to a child's illness or healthcare needs, contributing to the emotional well-being of both the child and the family. The diverse aspects of nursing in care are demonstrated through an inclusive and thorough approach. The focus on family-centered care promoting health considering stages being culturally competent and offering support, all work together to create a healthcare environment where both the child and family are seen as essential parts of the care team. When pediatric nurses apply these methods in life situations, they see positive results, like better health outcomes, higher family contentment, and the development of a caring healthcare bond that goes beyond just single interactions.

Management

Managing nursing, in primary care requires implementing a range of strategies to provide comprehensive support for both the child and their family. This section will focus on the aspects of management in this area, highlighting approaches that pediatric nurses can use in primary care settings. An essential part of management in nursing is adopting models of care that center around families. This approach acknowledges the family as a part of the healthcare team. In practice, it involves building relationships with families to make decisions and plan care together (21). Pediatric nurses play a role in encouraging family involvement, ensuring that parents and caregivers actively participate in discussions about their child's health. This collaborative effort extends to creating care plans that consider each family's needs, preferences, and cultural backgrounds. By managing family-centered care, pediatric nurses establish an environment where families feel empowered, informed, and respected throughout the care process. Health promotion is a component of management in pediatric nursing within primary care settings. It involves developing and implementing targeted initiatives to promote health. Pediatric nurses play a role in educating parents and caregivers on aspects of child health, such as nutrition, vaccination schedules, and injury prevention measures. One effective approach to managing tasks is to host training sessions, offer resources, and utilize technology for sharing important details. By taking a role in promoting health, pediatric nurses play a part in establishing a foundation for preventive healthcare in the community (22). This contributes to lessening the impact of illness and enhancing the well-being of children. Managing aspects in nursing involves regular assessments and monitoring of developmental milestones. Pediatric nurses follow methods to monitor a child's cognitive and emotional growth. This may involve using tools to screen for development during checkups. Managing strategies also includes keeping records of growth indicators, cognitive skills, and emotional wellness over time. Identifying delays or issues is vital in this management process. Pediatric nurses collaborate with teams to introduce interventions like referrals to specialists or early intervention programs to ensure optimal development outcomes. Handling socio-cultural factors in nursing necessitates a comprehensive approach. Pediatric nurses make efforts to grasp the backgrounds and situations of the families they work with. Strategies involve fostering competence through learning and training. Moreover, pediatric nurses adjust their communication methods and care plans according to preferences. Addressing socioeconomic elements involves linking families with community resources, advocating for access to services, and considering financial limitations when planning care. By addressing these elements, pediatric nurses guarantee that they provide individualized care to every family, fostering a sense of inclusiveness and fairness in delivering healthcare services. The emotional support and counseling provided by nurses in care are essential, for managing the well-being of children and their families. Building relationships with families through listening, empathy, and trust is key to addressing the emotional challenges that come with a child's health issues. It is important for nurses to incorporate assessments into their care to identify families who may require extra support. Offering counseling services, organizing support groups, and collaborating with health professionals are all part of managing well-being in healthcare settings. By focusing on the aspects of care, pediatric nurses help families build resilience and cope better with health challenges, leading to improved emotional well-being. In addition to providing support, pediatric nurses in care also utilize technology and innovation as part of their clinical management practices. Electronic health records (EHRs) are crucial for managing information and facilitating communication among healthcare providers for coordinated care. Telehealth services have emerged as a resource for consultations, follow-ups, and patient education. Mobile health apps and online resources play a role in empowering families with information about pediatric healthcare. Embracing advancements enables nurses to enhance the effectiveness of their clinical management strategies while improving overall efficiency.

Conclusion

In conclusion, pediatric nursing in care takes an integrated approach that focuses on the well-being of both children and their families. By embracing family-centered care, collaboration, empowerment, and cultural sensitivity are prioritized to create care plans that address each family's needs. Initiatives promoting health encourage healthcare practices, reducing the impact of illness in the community. Regular developmental assessments allow for interventions to enhance children's progress. Considering socio-economic and cultural aspects ensures inclusive healthcare services. Providing support and counseling is key for nurses as they play a vital role in promoting emotional well-being for both children and families. Technology serves as a tool to improve communication, manage information effectively, and extend healthcare services accessibility. To sum up, pediatric nurses contribute significantly by educating, advocating, and offering support to promote the well-being of children and families in primary care settings. As the field of nursing advances, exploring innovative approaches remains essential for continually enhancing health outcomes.

Reference

1. Pettoello-Mantovani M, Campanozzi A, Maiuri L, Giardino I. Family-oriented and family-centered care in pediatrics. *Ital J Pediatr.* 2009;35(1):12.
2. Seniwati T, Rustina Y, Nurhaeni N, Wanda D. Patient and family-centered care for children: A concept analysis. *Belitung Nurs J.* 2023;9(1):17-24.
3. Prior SJ, Campbell S. Patient and Family Involvement: A Discussion of Co-Led Redesign of Healthcare Services. *J Particip Med.* 2018;10(1):e5.
4. Kuo DZ, Houtrow AJ, Arango P, Kuhlthau KA, Simmons JM, Neff JM. Family-centered care: current applications and future directions in pediatric health care. *Matern Child Health J.* 2012;16(2):297-305.
5. Engle RL, Mohr DC, Holmes SK, Seibert MN, Afable M, Leyson J, Meterko M. Evidence-based practice and patient-centered care: Doing both well. *Health Care Manage Rev.* 2021;46(3):174-84.
6. Rosen MA, DiazGranados D, Dietz AS, Benishek LE, Thompson D, Pronovost PJ, Weaver SJ. Teamwork in healthcare: Key discoveries enabling safer, high-quality care. *Am Psychol.* 2018;73(4):433-50.
7. Babiker A, El Husseini M, Al Nemri A, Al Frayh A, Al Juryyan N, Faki MO, et al. Health care professional development: Working as a team to improve patient care. *Sudan J Paediatr.* 2014;14(2):9-16.
8. Kumar S, Preetha G. Health promotion: an effective tool for global health. *Indian J Community Med.* 2012;37(1):5-12.
9. Pereira AF, Escola JJJ, Almeida CMT, Rodrigues VMCP. Health education provided by nurses to children and young people: parents' assessment. *BMC Nursing.* 2023;22(1):287.
10. Nkurunziza A, Katende G, Uwimana P, Moreland PJ, Rosa WE, Umwangange ML, et al. Enhancing the education of paediatric nurses: A positive step towards achieving sustainable development goals. *Nurs Open.* 2023;10(8):5017-23.
11. Thompson D, Leach M, Smith C, Fereday J, May E. How nurses and other health professionals use learning principles in parent education practice: A scoping review of the literature. *Heliyon.* 2020;6(3):e03564.
12. Saleh S, AlGhfeili M, Al Mansoori L, Al Kaabi A, Al Kaabi S, Nair SC. Knowledge and Awareness Among Mothers Regarding Early Childhood Development: A Study From the United Arab Emirates. *Cureus.* 2023;15(4):e37027.
13. Liang WHK, Gn LWE, Tan YCD, Tan GH. Speech and language delay in children: a practical framework for primary care physicians. *Singapore Med J.* 2023;64(12):745-50.
14. Choo YY, Agarwal P, How CH, Yeleswarapu SP. Developmental delay: identification and management at primary care level. *Singapore Med J.* 2019;60(3):119-23.
15. Al-Yateem N, Lajam AMA, Othman MMG, Ahmed MAA, Ibrahim S, Halimi A, et al. The impact of cultural healthcare practices on Children's health in the United Arab Emirates: a qualitative study of traditional remedies and implications. *Front Public Health.* 2023;11:1266742.
16. Osmancevic S, Großschädl F, Lohrmann C. Cultural competence among nursing students and nurses working in acute care settings: a cross-sectional study. *BMC Health Serv Res.* 2023;23(1):105.
17. Ross A, Bevans M, Brooks AT, Gibbons S, Wallen GR. Nurses and Health-Promoting Behaviors: Knowledge May Not Translate Into Self-Care. *Aorn j.* 2017;105(3):267-75.
18. Fooladi MM. The Role of Nurses in Community Awareness and Preventive Health. *Int J Community Based Nurs Midwifery.* 2015;3(4):328-9.
19. Hill C, Knafl KA, Santacroce SJ. Family-Centered Care From the Perspective of Parents of Children Cared for in a Pediatric Intensive Care Unit: An Integrative Review. *J Pediatr Nurs.* 2018;41:22-33.
20. Kokorelias KM, Gignac MAM, Naglie G, Cameron JI. Towards a universal model of family centered care: a scoping review. *BMC Health Services Research.* 2019;19(1):564.
21. Byrne AL, Baldwin A, Harvey C. Whose centre is it anyway? Defining person-centred care in nursing: An integrative review. *PLoS One.* 2020;15(3):e0229923.
22. Goldschmidt K. COVID-19 Vaccines for Children: The Essential Role of the Pediatric Nurse. *J Pediatr Nurs.* 2021;57:96-8.