

CHAPTER -1

FOUNDATIONS OF PEDIATRIC NURSING: DEVELOPMENTAL AND FAMILY – CENTERED CARE

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Abstract

Family-centered care (FCC) in paediatric nursing focuses on the important role families play in their child's health and well-being. This approach treats families as active partners in care, making sure their values, beliefs, and strengths are included in treatment plans. Involving families in their child's care leads to better health outcomes, so it's essential for paediatric nurses to support and involve families throughout the care process. Focus on the child through the family centered care is the magic that creates major change in health and well-being. A key part of FCC is the nurse's presence, which helps build strong, trusting relationships through good communication. These connections improve the physical, emotional, and social well-being of both the child and their family by creating a supportive and understanding environment. Adding more care through the process of FCC is the key for early discharge. Although research shows a link between FCC and positive nursing

relationships, more studies are needed to provide stronger evidence and improve family nursing care. Healthcare teams are also working together more than ever, recognizing that collaboration among professionals leads to better care for children. This teamwork has led to better health outcomes and strengthened the role of paediatric nurses as advocates for children's health. Skilled nurse will influence the family to be the part of care and planned treatment. FCC not only improves medical results but also builds a stronger partnership between healthcare providers and families. Family involvement is seen as essential for meeting a child's needs and supporting the family as a whole. Providing family-centered care means recognizing that families are a constant part of a child's life, relationships shape children's well-being, and involving families in care leads to better outcomes for the child. FCC is the vital psychological support for the child.

Keywords: FCC; Family centred care; collaboration; paediatric; paediatric nursing; interprofessional.

1.1 INTRODUCTION

Paediatric nursing is a specialized field within the nursing profession that focuses on the healthcare needs of infants, children, and adolescents. This area of practice goes beyond the provision of clinical care, encompassing the emotional, developmental, and psychosocial needs of young patients. At its core, paediatric nursing is anchored in two foundational concepts: developmental care and family-centered care. These principles are essential in creating a therapeutic and supportive environment for both the child and their family. Developmentally appropriate care recognizes that children are not miniature adults. They experience illness, hospitalization, and recovery in ways that are profoundly influenced by their stage of physical, emotional, cognitive, and social development. Paediatric nurses must be knowledgeable about normal growth and developmental milestones in order to tailor care that meets the unique needs of each child. Developmental care aims to preserve the child's normal routine as much as possible and promote a

sense of security and well-being during their healthcare experience. Family-centered care (FCC) is based on the understanding that the family is the constant in a child's life, while healthcare providers may change across different settings and over time. This approach emphasizes collaboration between families and healthcare professionals to ensure care is responsive to the needs, values, and preferences of the family.

Family-centered care recognizes the strengths and contributions of families and promotes a partnership that leads to better health outcomes, reduced anxiety, and improved satisfaction with care. Incorporating both developmental and family-centered care into paediatric nursing practice is critical for delivering holistic, compassionate, and effective care. Paediatric nurses serve as advocates, educators, and caregivers, ensuring that children receive care that is respectful, individualized, and empowering. Mastery of these foundational principles enables nurses to provide the highest standard of care in diverse paediatric settings. The foundations of paediatric nursing lie in understanding the unique developmental needs of children and embracing the critical role of the family in the child's care. By integrating developmental and family-centered care, paediatric nurses can create a supportive and healing environment that respects the dignity of every child and family they serve. These principles not only improve the quality of care but also strengthen the relationship between healthcare providers and families, laying the groundwork for positive long-term outcomes.

Paediatric nursing education has transformed over the past five decades. This evolution encompasses changes in education, health care, and societal viewpoint regarding the care of children. The positive occurrences are changes in nursing curricula to include expanding technology and using simulations in teaching, as well as the integration of evidence-based practice, to stay up to date on the latest and best paediatric care. There has been a greater emphasis on interprofessional collaboration, recognizing the importance of interprofessional teams in providing comprehensive care to paediatric patients. These changes have resulted in improved outcomes for children and families, and have elevated the role of paediatric nurses as advocates for paediatric health