

ORIGINAL PAPER

**How Resource-Enhancing Family Nursing is Realized by Finnish Parents?
An Intervention Study**

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Abstract

Background: Parents face several issues related to health and well-being in their everyday lives, which challenge their psychosocial resources. However, the topic of resource-enhancing family nursing at families' homes remains little studied.

Aim: The aim of this study is to describe the cooperative relationship between parents and a family nurse and to evaluate the benefits of resource-enhancing family nursing discussion as an intervention carried out at home.

Methods: Families with young children in need of early support (n=26) participated in the empirical study. Research data were gathered from parents via a semi-structured questionnaire after the family nursing period had ended. The data were analyzed by using descriptive statistical methods.

Results: Parents and the family nurse worked together in a natural way and parents were able to rely on the nurse's proficiency. The family nurse had enough time for the families and was able to correctly understand different family conditions. The intervention eased everyday life in the families, increased internal interaction and improved parents' peace of mind. Families were able to avoid mental health problems and divorces or break-ups in their relationships.

Conclusion: Resource-enhancing cooperative relationships and family nursing interventions can be used to support families with children in an early stage and prevent the escalation of problems and method of work helps families identify their needs for support more clearly than previously.

Keywords: cooperation, family nursing, intervention, parents, prevention, psychosocial support, resource-enhancing