

## El marco de la organización sistémica: un enfoque conceptual para las familias y la enfermería

The Framework of Systemic Organization: a Conceptual Approach to Families and Nursing

A ferramenta da organização sistêmica: uma abordagem conceitual às famílias e enfermeiras

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*Marie-Luise Friedemann. The Framework of Systemic Organization - A Conceptual Approach to Families and Nursing, Thousand Oaks: SAGE Publications, 1995. 402 p. <http://dx.doi.org/10.4135/9781483327426>*

The book “The framework of systemic organization: A conceptual approach to families and nursing,” authored by the nurse Marie-Luise Friedemann (Friedemann, 1995), is structured in five parts, in the first part concepts are presented that support the structure of the systemic organization. In the second part, the factors that influence the different family arrangements, and in the third part, the crisis processes experienced by the families in the different stages of development. The fourth part talks about the family in acute crises, chronic and death. In the fifth part, the family crisis and the influence of the environment is discussed.

In the first chapter, the author explores important concepts such as person, family, health and Nursing and presents us with the dimensions and target of the systemic organization. For Friedemann, the family is a sys-

# The Framework of Systemic Organization

## A Conceptual Approach to Families and Nursing



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tem composed of members who have decided to socialize and interact emotionally with the main purpose of supporting each other. Individuals may not have consanguinity or they be emotionally connected through common resources or complementary talents that enable them to fulfill certain roles that contribute to the functioning of the family as a total unit and constant exchange with the environment. Thus, family functioning refers to the set of interpersonal relationships that occur in each family, which gives them their own identity.

The health of the family is a dynamic process resulting from the responses to changes and constantly seeking new ways to restore congruence within the system and the environment. The scope of targets derives from values and beliefs developed in family processes, which is comprised of the dimensions called coherence, maintenance of the system, individualization and change of the system, defined:

*Coherence:* this dimension considers that harmonious relationships between family members can provide a sense of unity and family belonging through the internalization of respect, love, concern for the other and the sharing of values and beliefs that allow the creation of emotional connections necessary for the survival of the system. It contemplates attitudes and strategies to maintain emotional bonds that are evidenced in activities shared in different scenarios and must correspond with the definition of values and principles established by the family.

*System Maintenance:* it is to use strategies for decision-making, negotiation of problems, establishment of rituals and traditions and definition of roles, communication standards, norms, values, financial management and approach to the future in order to maintain family harmony by providing the sense of security and autonomy.

*Changes in the system:* related to actions taken by the family to incorporate new events in their interior, since their priorities change over time.

*Individualization:* is a structure that develops personal identity that includes roles and responsibilities, where talents are strengthened, initiatives that allow the incorporation of knowledge

to take behaviors against personal / family pressures and the environment. Represented by attitudes taken on by family members to reach particular interests and give meaning to life.

The structure of the systemic organization aims at achieving four universal target, called stability, growth, control and spirituality, which are conceptualized as:

*Stability:* considered the result of the dimensions of coherence and maintenance. It is the continuity of routines, structure, organization, traditions and values assumed by the family and transmitted from generation to generation, which promotes the unity and development of values, attitudes and beliefs.

*Growth:* It presents attitudes that promote new roles in response to critical situations that the family experiences, processes of re-adaptation and adjustments.

*Control:* It relates to the changes and maintenance dimensions of the system. It aims to prevent, reduce, and eliminate events that threaten family stability, and thus break the congruence.

*Spirituality:* it is expressed in congruence with open systems and is expressed as a sense of inner security, belonging, acceptance, respect, wisdom and inner peace. In this way, the family identifies, accepts and integrates concepts that allow them to use resources beyond their understanding of how the processes related to life and death. The result of the dimensions of coherence and individualization are related to one's personal and family changes. This target is also related to the practices of the community.

In the second part, it addresses the different family arrangements, and emphasizes that although the family structure has some effect on the systemic process, the nurse initially needs to support the family and to build system maintenance processes that are in accordance with the structure. If necessary, the nurse can evaluate with the family the possibility of changing the roles of some members to achieve the desired target.

In the third part, the highlight is for crises that can occur in all types and family arrangements. The author presents the types of crises in the family, the changes that lead to crises,

vices and violence in the family and presents examples. In the fourth part, the author presents, with sensitivity, the ways to evaluate the families in chronic conditions and the support in the adaptation because the structure of the systemic organization suggests the need for a vision of the open systems. In the fifth part, the examples presented by the author can help the nurses depending on the families' resources and their own resources in the approach.

It is considered that the approach proposed in the theoretical model of the structure of the systemic organization is fundamental to the practice of family nursing. Therefore, nursing practice with families needs to be based on a theory recognized by its value as the structure of the systemic organization.

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### **Aknowledgements:**

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