Dina Day

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This assessment is performing in a family who from Congo Africa. It is a family of three children with two girls and one boy with wife and husband. The husband is a physiatry, and the wife is a Nurse. They are both happily married and leaving a wonderful life.

1- Values, health perception:

How do you value your culture? My culture emphasizes in parenthood, strict family, respect to each other. We appreciate the elders, and we follow our great-grandparents’ footsteps.

How healthy is your family? “My family is very well healthy because we understand that the human body is susceptible and needs a lot of compliance and sacrifices to maintain a healthy life.”

Do you always try to follow doctor's recommendations when given?

“We try our best, sometimes my must go to work, and the kids must be in school. Yes, we did miss a couple of doctor’s appointments, but always try to reschedule whenever we are free. “

**2- Nutrition**

Do you read labels for nutrition value? “food shopping is fun for me and boring for children because I have to learn the name to make sure, food does not contain a lot of sugar and carbohydrates.

What kind of snacks do you eat? “Our snacks are Granola, grain, peanuts butter, food that is high in proteins, high fiber and low in sugar.”

Are you a vegetarian? “We are not, but we only eat red meat once a month. I do not have a specific reason. I think it is healthy for an individual to eat less meat and consume lots of fishes which are high in omega-3 and protein”.

**3- Sleep/Rest**

How much sleep do you get a night? “I try to get 8-10 hours of sleep at night.

Why is that so important for you? “to wake up all fresh in the morning.”

Does anyone snore? “Yes, oh yes! My wife and my kid's snore, I have to sleep with an earplug, lol.”

**4- Elimination**

Do you all have normal bowel movements? “I have three substantial bowel movement a day.

How often? “I go to the bathroom every morning when I woke up and before going back to bed.”

Have you ever had difficulties to move your bowel? “sometimes, not because I am constipated, but I do have hemorrhoids, and sometimes it does hurt, and I am unable to move my bowel.”

**5- Activity/Exercise**

How much exercise do you get in a typical week? “I exercise on a regular basis. I do have a treadmill at home and other exercise equipment. I go to the gym every morning before work”.

What types of exercise do you do? “at the gym I run, lift weights, aerobic exercise and run the bike a lot

Is that important to you? Also, why?

Yes, it is imperative to stay in shape, and healthy. Exercising decrease the risk of having a stroke and any other heart disease and obesity.

**6- Cognitive**

Do you ever get confused? “not at all, probably when I jump off my sleep.”

How are decisions made? “I never jump into conclusion; I like to think first before I take action.”

How does that help you? “when I do so, I use my critical thinking skills to take a decision and make the proper judgment, this is how my parents raise me.”

**7- Sensory-Perception**

How is your eyesight? “my eyesight is not that good, I wear glasses and can not see without it.”

Do you have a visual problem to drive at night? “Yes, I have to wear my glasses to drive my car at night time.”

Is taste a problem? “not really, I have a great appetite.”

**8- Self-Perception:**

Do you feel hopeful about the future? “my future is now, I am a physiatry, I have my clinic, and my future will be beautiful.”

What do you think of yourself? “I am a very successful man, I am hoping to go back home to Africa one day and be part of the government. I love people, and I like to help everyone.

Have you ever felt worthless/hopeless/ or any suicidal thought?

Never. I have a succesful life ahead of me, and I have much time to plan my future and my children’s future.

**9- Role Relationship**

How is your marital relationship? “all is well I can’t complain, I love my wife, she’s working as a nurse, and my children are in college, one my daughter is in law school, and the other is in medical school.

Do you argue a lot in your relationship? “no relationship is perfect, we do argue, but always work things out at the end of the day.”

How do you discipline? Everyone has their freedom; it is a matter of doing things that will benefit the family in the future.

**10- Sexuality**

How often do you have sex?” I am sexually active with my wife, and it keeps a good mood in our relationship.”

Is there any sexual dysfunction? “no.”

Are you planning on having any other kids? “if it happens I will take it, my wife is very young and still ovulating, I love her very much.”

**11- Coping**

What methods do you use to deal with stress? “Stress is a common part of life, we all have to deal with, and when that happens, I always reset my goals and keep focus, keep positive energy and continue to believe in myself.”

Have there been any prominent stressful events in your life lately? “I recently left one of the clinics that I use to practice, but it doesn’t stress me that much, because I believe in growth; everything that happens in life is to create rooms for better opportunities.”

Are you working right now? I recently started working for a clinic with a base pay of $300,000. I am leaving stress free and have a beautiful life.”