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## Holistic Approach in Family Nursing: A Narrative Review

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### Abstract

The role of family nursing is crucial in providing comprehensive care, given that the family is a fundamental unit that influences individual health and overall social dynamics. A holistic approach ensures that every aspect of family life—from physical, emotional, social, to spiritual dimensions—is fully integrated in the planning and implementation of nursing care to achieve optimal family functioning. This study aims to narratively review relevant literature on the implementation of a holistic approach in family nursing, with a focus on strategies and interventions that support the health and well-being of the family as a whole. Through this review, it is hoped to identify key factors that contribute to the effectiveness of this approach, as well as challenges that may be encountered in its application across different healthcare contexts. The methodology employed in this narrative review involved a comprehensive search across multiple electronic databases to identify pertinent studies, ensuring a broad scope of literature relevant to holistic family nursing. The results suggest that effective interpersonal communication, social support and family satisfaction are important elements in achieving harmony and well-being. In addition, this review is expected to provide insight into important factors that influence the delivery of holistic care by nurses, including the education system, professional environment, and personal characteristics.

*Keywords: Holistic approach, family nursing, review.*

### INTRODUCTION

The role of the family is essential in determining the overall health of individuals and communities, given that the internal dynamics of the family affect the psychological, emotional and physical well-being of its members (Fatimah, 2021). A holistic approach in family nursing recognizes the complexity of these interactions, emphasizing the importance of comprehensive interventions to address the various dimensions of family life (Khafidhoh, 2021). This approach not only focuses on the sick individual, but also considers the entire family system as a unit of care, including the cultural and social values that shape it (Aprilia et al., 2024). This study aims to narratively review the existing literature on holistic approaches in family nursing, identifying key components and their effectiveness in improving overall family health outcomes (Iwelunmor et al., 2013). The emphasis on collective responsibility within the family, as described in the PEN-3 cultural model, highlights how health-related decisions are often influenced by the dynamics and support of the family environment (Fatimah, 2021). This model recognizes that family support can significantly influence the response to illness and the success of health interventions, as seen in patients with chronic renal failure (Manalu, 2020).

Therefore, it is important to further understand how the integration of spiritual, psychosocial and physical dimensions in care can improve the quality of life of patients and their families, especially in the context of chronic or terminal illness (Wahyuni, 2019). A holistic approach treats the individual as a whole, considering mental and social factors in addition to disease symptoms, which can have a positive impact on mental and physical health and cost-effectiveness (Shafran et al., 2017). Comprehensive nursing care involves spiritual, emotional, and physical dimensions, which are intertwined in the health experience of

individuals and families ([Talibo et al., 2019](#)). Holistic care is based on the philosophy that humans not only experience physical pain, but also require attention to mental, social, and spiritual aspects to achieve optimal healing ([Rachmawati et al., 2017](#)). The importance of this holistic approach is increasingly relevant in contemporary nursing practice, where nurses are required to have comprehensive professional knowledge, skills and attitudes to assist patients and families for 24 hours ([Nuraeni, 2022](#)). The concept of holism itself comes from the Greek "ὅλος-holos" which means the whole, referring to the view that humans are whole and complex entities, not just a collection of disease symptoms ([Papathanasiou, 2013](#)). The application of holistic care encourages nurses to understand patients as whole beings in their environment, including body, mind, and spirit, and to involve patients in decision-making for their own care ([Jasemi et al., 2015](#)).

This approach also includes an assessment of external factors such as the social environment and community support that influence family health, ensuring that nursing interventions are contextual and relevant. This is in line with the principle that a holistic approach should be adaptive and responsive to the specific needs of each family. This study will also identify challenges and barriers in implementing a holistic approach and formulate recommendations for nursing practice and future research.

## **LITERATURE REVIEW**

### **1. Holistic Concept in Nursing**

Holistic care involves recognizing the biological, psychological, social, and spiritual needs of individuals and families in a comprehensive manner, rather than simply addressing physical symptoms ([Papathanasiou, 2013](#)). This approach focuses on the uniqueness of each patient, the importance of respectful relationships between nurses and patients, and the responsibility of individuals and communities in promoting health ([Gordon, 1982](#)). This approach recognizes that each individual is a whole entity consisting of body, mind, and spirit, where changes to one aspect will affect their entire existence ([Papathanasiou, 2013](#)). Therefore, holistic care goes beyond the conventional focus on symptoms or disease, directing efforts to create conditions that support complete healing ([Alzeer, 2023](#)). The application of holistic care encourages nurses to understand patients as whole beings in their environment, including body, mind, and spirit, and to involve patients in decision-making for their own care ([Ambushe et al., 2023](#)) ([Jasemi et al., 2017](#)). This holistic philosophy views humans as whole entities and inseparable from their environment, so symptoms of disease are seen as a manifestation of imbalance from the whole system ([Papathanasiou, 2013](#)).

### **2. Family Nursing**

The family is understood as a fundamental unit that influences the health of its members through dynamic interactions, cultural norms, and the emotional and instrumental support provided. The role of the family is vital in maintaining and improving the health of its members, often being the primary care provider and a significant social support system ([Nurhayati & Widowati, 2017](#)). These functions include health promotion, disease prevention, health maintenance, and adaptation to illness and disability, all of which are strongly influenced by the internal structure and function of the family ([Mahmudah et al., 2024](#)). Comprehensive health services by hospitals, including emergency, inpatient and outpatient care, are essential to meet patient needs, but understanding family dynamics can improve holistic patient response and satisfaction ([Elvana et al., 2022](#)). The importance of patient-centered care, which considers ethical and cultural aspects, as well as effective communication, are key elements that support the success of this approach in a hospital setting ([Maryunani et al., 2021](#)).

### **3. Holistic Approach in Family Nursing**

A holistic approach to family nursing integrates an understanding of the complex interactions between family members and their impact on health, taking into account physical,

mental, emotional, social and spiritual dimensions. It seeks to provide comprehensive support that enables patients to achieve peace, comfort and balance, even in the midst of illness or towards the end of life ([Ambushe et al., 2023](#)). This approach is particularly relevant in palliative care, where the emphasis on patient dignity and support for families is crucial ([Wahyuni, 2019](#)). The role of hospitals in providing high-quality services is very strategic to improve the health status of the community, with a focus on patient- and family-centered services, in line with professional and medical codes of ethics ([Rani et al., 2020](#)). This approach also includes assessing external factors such as the social environment and community support that influence family health, ensuring that nursing interventions are contextual and relevant. The importance of patient-centered care, which considers ethical and cultural aspects, as well as effective communication, are key elements that support the success of this approach in a hospital setting. Innovations in hospital facilities and infrastructure, as stipulated by the Law of the Republic of Indonesia Number 44 Year 2009, are crucial to support the effective implementation of this holistic approach, especially in creating an environment conducive to the healing and recovery of patients and their families ([Dharma & Wardan, 2022](#)).

#### **4. Holistic Family Nursing Models**

Holistic family nursing models provide a systematic framework for applying the principles of holism in family nursing practice, allowing nurses to assess, plan, implement, and evaluate interventions that consider all aspects of family life. This model focuses on the active involvement of the family as the primary care unit, recognizing their important role in supporting the health and well-being of its members, as well as adapting to changing health conditions ([Surwanti & Puspitosari, 2021](#)). One relevant model is the Family Nursing Process Model modified to include a holistic dimension, emphasizing a thorough assessment of family functioning, coping and available resources. Another model to consider is the Family Stress Model or Family Resilience Model, which offers a perspective on how families cope with health crises and re-establish balance through adaptive strategies ([Kokorelias et al., 2019](#)).

#### **5. Impact of a Holistic Approach on Family Health**

The application of a holistic approach in family nursing significantly contributes to improving the quality of life of family members and the adaptive functioning of the family as a whole. This approach not only targets individual disease symptoms but also promotes balance and harmony in the internal dynamics of the family, strengthening their capacity to deal with health challenges. This is in line with the concept of care that integrates physical, mental, and spiritual aspects, which can substantially improve health outcomes and overall well-being ([Jonas & Rosenbaum, 2021](#)). Thus, nursing interventions based on holistic principles can assist families in developing more effective coping mechanisms, improving family cohesion, and strengthening resilience to various health stressors.

## **METHODS**

This research will use a narrative review approach, which allows in-depth exploration of relevant literature to build a comprehensive understanding of how holistic approaches are applied in family nursing. This method allows the synthesis of information from multiple studies to identify patterns, themes and gaps in the literature, which in turn can inform evidence-based nursing practice ([Haskas, 2022](#)). This narrative review will specifically focus on qualitative analysis of the literature to identify best practices and challenges in the implementation of this approach ([20 C.E.](#)). The literature search strategy will involve electronic databases such as PubMed, CINAHL, and Scopus, with a combination of relevant keywords to ensure comprehensive coverage of the literature. This focus on qualitative desk research allows for a rich review of the multiple interpretations found in the literature, rather than focusing solely on quantitative results ([Cahyono & Iswati, 2018](#)). The keywords that will be used include "family nursing", "holistic approach", "mental health", "palliative care", and "family nursing

model", which will be adjusted with Boolean operators such as AND and OR to narrow or expand the search results.

Inclusion criteria will include studies published in peer-reviewed journals, books, and dissertations that focus on holistic approaches in family nursing, with no restriction on publication year to ensure maximum data coverage. The articles should include physical, mental, emotional, social, and spiritual dimensions in the context of family care. Conversely, the exclusion criteria will eliminate publications that do not explicitly address family nursing, individual case studies without clear generalizability, as well as opinion articles without a strong empirical research base. Data analysis will be conducted using content analysis methods to obtain valid inferences and re-examine the context, as well as an interactive model involving data collection, reduction, presentation, and inference ([Saputra et al., 2024](#)). Data collected from various sources will be organized, summarized, and interpreted to identify key themes, trends, and research gaps regarding holistic approaches in family nursing ([Sholeh, 2023](#)). This approach allows researchers to deeply understand the diverse perspectives and narratives that exist in the literature on the topic ([Assyakurrohim et al., 2022](#)). Through this process, it is expected to reveal how the various components of the holistic approach interact with each other and influence overall family health outcomes, providing a solid foundation for the development of more integrated and effective nursing interventions. This synthesis will also include an exploration of the effectiveness of holistic interventions that have been implemented, as well as the identification of contextual factors that support or hinder their success. The article identification process was conducted systematically through the use of applications such as Publish or Perish to identify relevant journal articles, followed by elimination based on specific quality, novelty, and appropriateness criteria, ensuring only the most relevant and high-quality studies were included in this review ([Sulistyaningsih & Putri, 2020](#)).

## RESEARCH RESULTS

Key Themes in the Holistic Approach to Family Nursing include physical, emotional, social, spiritual, and environmental dimensions, which collectively form the framework for comprehensive nursing interventions. This holistic approach is based on the understanding that health is not only limited to physical aspects, but also includes the mental, emotional, social, and spiritual well-being of individuals and families as a whole ([Utami, 2019](#)). In the context of family nursing, these dimensions are interrelated and influence each other, requiring a coordinated and personalized approach to intervention to achieve optimal health outcomes for each family member ([Wahasusmiah & Watie, 2019](#)).

This holistic approach fundamentally recognizes that family well-being is the result of dynamic interactions between multiple dimensions of life, requiring nursing interventions designed to address such complexity. This is in line with research showing that mental health is an important aspect that is often overlooked, despite students facing academic pressures and emotional challenges that can negatively affect their well-being ([Rofiqi et al., 2023](#)). As such, holistic family nursing interventions focus not only on addressing physical symptoms, but also on strengthening psychological resilience, social support, and meeting the spiritual needs of the family to achieve their overall wellbeing. This approach also aims to reduce the stigma of mental illness, which remains a significant barrier to access to adequate care and support in the community ([Ayuningtyas et al., 2018](#)). Mental health education has a significant role in shaping positive mental well-being for students, which can be replicated in the family context to strengthen their adaptive capacity ([Rofiqi et al., 2023](#)).

Furthermore, promoting a broader understanding of the importance of balance between physical and non-physical aspects in maintaining sustainable family health. Raising public awareness through education and increased understanding of mental health is crucial, in line with collective efforts to reduce stigma and promote a more supportive environment for

families ([Apridamayanti et al., 2023](#)). This research also seeks to provide a better understanding of cross-cultural expressions of mental health issues and the effectiveness of community-based approaches to mental health promotion, which can inform policy development for community-based mental health initiatives. This approach is particularly important given that mental disorders, such as anxiety and depression, are increasingly found in adolescents and can hinder the development of the younger generation and the achievement of the vision of a Golden Indonesia 2045 ([Rofiqi et al., 2023](#)).

## DISCUSSION

These findings indicate that family nursing interventions that integrate physical, emotional, social and spiritual dimensions tend to be more effective in achieving optimal and sustainable health outcomes. This suggests that an in-depth understanding of the psychological profile within specific communities can inform the development of targeted interventions and relevant prevention programs. This approach is in line with evidence suggesting that psychological conditions such as depression can have different manifestations across cultures, emphasizing the need to adapt nursing interventions to suit the Indonesian cultural context. This strategy is crucial given the complexity of widespread mental health problems in Indonesian society, where approximately 450 million individuals worldwide, including in Indonesia, face mental and behavioral disorders. Therefore, the application of a holistic approach in family nursing has great potential to improve the overall quality of life and well-being, not only for the individual but also for the family system as a whole. This holistic approach also emphasizes the importance of the nurse's role as a facilitator who encourages active participation of the family in the health-related decision-making process, which is in line with the paradigm shift from a paternalistic model of care towards a more empowering collaborative partnership.

The clinical application of this strategy can optimize the nursing care plan through the integration of cultural and spiritual aspects, so that interventions become more relevant and accepted by the family. This approach also considers that each individual in the family is part of a complex system, where the mental health of one member can affect the dynamics and well-being of the entire family ([Mumtaz et al., 2021](#)). This study, however, has limitations in the generalizability of the findings due to the narrative nature of the review which tends to be selective in the selection of studies and potentially introduces publication bias.

## CONCLUSIONS

A holistic approach to family nursing comprehensively integrates physical, emotional, social, and spiritual dimensions, which prove crucial for improving health outcomes and overall family well-being. The implication is that family nursing practice should go beyond a purely biomedical focus to include evaluations and interventions that consider the socio-cultural context and spiritual values of the family. Further research is needed to develop and test specific and scalable holistic intervention models and explore their effectiveness in different cultural and socioeconomic contexts in Indonesia.

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