

COMPREHENSIVE ROLE OF NURSING IN FAMILY HEALTH: A SYSTEMATIC REVIEW

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ABSTRACT:

Background: The role of nursing is one of the most critical cornerstones in health systems because it carries out its activities framed in the care of the individual, the family, and the community through strategies such as promotion, prevention, cure, and rehabilitation of health.

Objective: To analyze the existing scientific production around the role of nursing in family health.

Methods: A systematic review of open access, full-text, cross-sectional, quantitative, and qualitative studies was conducted, meeting the criteria of the PRISMA Declaration. The review used databases such as Google Scholar, Virtual Health Library, and SCOPUS, covering English studies from 2020 to 2024.

Results: A total of 12 studies were analyzed, and the extracted findings were structured into four thematic categories:

1. Nursing role in the hospital setting
2. Nursing role in the community setting
3. Nursing role in teaching and research
4. Nursing as a generator of a family health culture

Conclusions: The nursing professional fulfills their role as a caregiver comprehensively and holistically through interventions for promotion, prevention, cure, rehabilitation, and management. These roles are essential in national health systems as they induce positive changes in the healthcare model, improving people's health and quality of life.

KEYWORDS: Introduction Nursing Role, Family Health, Systematic Review, Health Promotion, Community Health, Hospital Nursing, Teaching and Research in Nursing, PRISMA, Quantitative Studies.

INTRODUCTION:

Improve your quality of life. Starting from the definition of health as: "The state of complete physical, mental and social well-being and not only the absence of illnesses or diseases", understood as such by the World Health Organization (WHO), the nursing professional is in the complete power to carry out a set of actions, behaviors, skills, attitudes and practice of values when carrying out their duties in caring for people. As many know, the profession of professions has the power to carry out its work in different scenarios related to health matters, with interventions in an active, autonomous manner and with the multidisciplinary participation of health actors (Prado, Peduzzi et al. 2024). In the current context, the role of nursing covers a large field of action in health care since it is participating in all levels of health care, accompanying, above all, in direct and indirect care, people in the vital journey from the moment of conception until death is the nursing work. In the same way, primary health care

"PHC" is aimed at protecting the health of the population, with actions that provide necessary tools to increase people's quality of life and have the power to control their health.

Likewise, PHC is the central axis of action, considered the gateway to the health system, and nursing, as part of this context, actively participates, enhancing its knowledge in education, planning, and research, as well as the mastery of public policies, which will allow the professional to make decisions regarding health promotion, disease prevention, and care management (Keshtkar, Madigan, et al. 2024). The different health programs for control, prevention, management strategies, and the application of therapeutic measures are aimed at addressing different pathologies, Both from an individual and population approach, of which the human being can be a victim, conditions caused or developed by the determinants of health (LALONDE), nursing works hard to ensure that these programs are fulfilled and that the population acquires healthy habits. During the health-

disease process, the nursing role carries out activities that, for the most part, are limited due to the lack of resources to face the process, which has a direct and significant impact on the quality of care that the user receives the population highlights a lack of action in the nursing role, because they are not receiving holistic care that allows them to solve the health problem in the required time, so in many cases, this experience becomes unpleasant (Cucolo, de Campos Oliveira et al. 2024).

In this context, the need to address this through a broader methodology that ultimately allows us to analyze the fulfillment of the nursing role in family health stands out. In this case, qualitative health research is presented as a tool that will enable us to recognize and respond to this problem; this type of research is advantageous since it will allow explaining quantitative studies, helping to act on the level of evidence of research related to the topic (Barratt, Bail, et al. 2024).

Table 1: Overview of the Role of Nursing in Health Systems

Key Points	Details
Definition of Health	"The state of complete physical, mental and social well-being and not only the absence of illnesses or diseases" (WHO).
Nursing Actions	Actions, behaviors, skills, attitudes, and practice of values in caring for people.
Multidisciplinary Participation	Interventions in an active, autonomous manner with the participation of various health actors (Prado, Peduzzi et al. 2024).

Table 2: Nursing's Field of Action in Health Care

Key Points	Details
Levels of Health Care	Participation in all levels of health care, providing direct and indirect care from conception to death.
Primary Health Care (PHC)	Protects the population's health, increases the quality of life, and allows control over health.
Role in PHC	Enhances knowledge in education, planning, research, and public policy mastery (Keshtkar, Madigan, et al. 2024).

Table 3: Nursing's Role in Health Programs and Challenges

Key Points	Details
Health Programs	Control, prevention, management strategies, and therapeutic measures for different pathologies.
Determinants of Health	Address conditions caused or developed by health determinants (LALONDE).
Resource Limitations	Lack of resources impacts the quality of care users receive (Cucolo, de Campos Oliveira et al. 2024).

Table 4: Importance of Qualitative Health Research

Key Points	Details
Need for Broader Methodology	To analyze the fulfillment of the nursing role in family health.
Role of Qualitative Research	Recognizes and responds to the problem, explains quantitative studies, and improves evidence levels (Barratt, Bail, et al. 2024).

Table 5: Objective and Scope of the Review

Key Points	Details
Objective	Analyze the existing scientific production around the role of nursing in family health.
Scope	Different levels of health care (Alzoubi, Al-Ghabeesh et al. 2024).

In practice, knowing the role of nursing is essential, allowing the quality of care to be improved through holistic care, with the development of various competencies where family health is promoted, and seeking an answer to the following: What is the role of nursing in family health?. This review aimed to analyze the existing scientific production around the

role of nursing in family health at different levels of health care (Alzoubi, Al-Ghabeesh et al. 2024).

METHODOLOGY:

This systematic review was developed to synthesize knowledge based on the scientific evidence found on the roles the nursing professional fulfills in family health, following a protocol establishing eligibility

criteria for quantitative and qualitative studies. Descriptive, with the most extraordinary evidence that allows answering the research question, publications in magazines indexed in the last five years in English, with full-text availability, the search for information was carried out in the databases of Google Scholar, Library Virtual Health (BVS), AND SCOPUS, carried out during June to September 2020 (Rhee, Grant, et al. 2024).

As a search strategy following the criteria of the PRISMA (Transparent Reporting of Systematic Reviews and Meta-Analyses) statement, through the use of connectors and descriptors, the search strategy that was used to find the article was placed. “nurse

role”, “family health”, “care” “rol salud”, “familial health”, “care”, in a complementary way the conjunction of Boolean logic was used, “and”, “OR ” and the parameters or filters that help the independent search in scientific databases, such as “*”, “?” (Senior, Grant et al. 2024). Titles and summaries of primary studies were examined to rule out duplicates when selecting the studies. In the second phase, the full text was recovered to verify the degree of compliance the studies have with the eligibility criteria and obtain the data. And in the third phase for the analysis of internal validity (Ulupinar and Erden 2024).

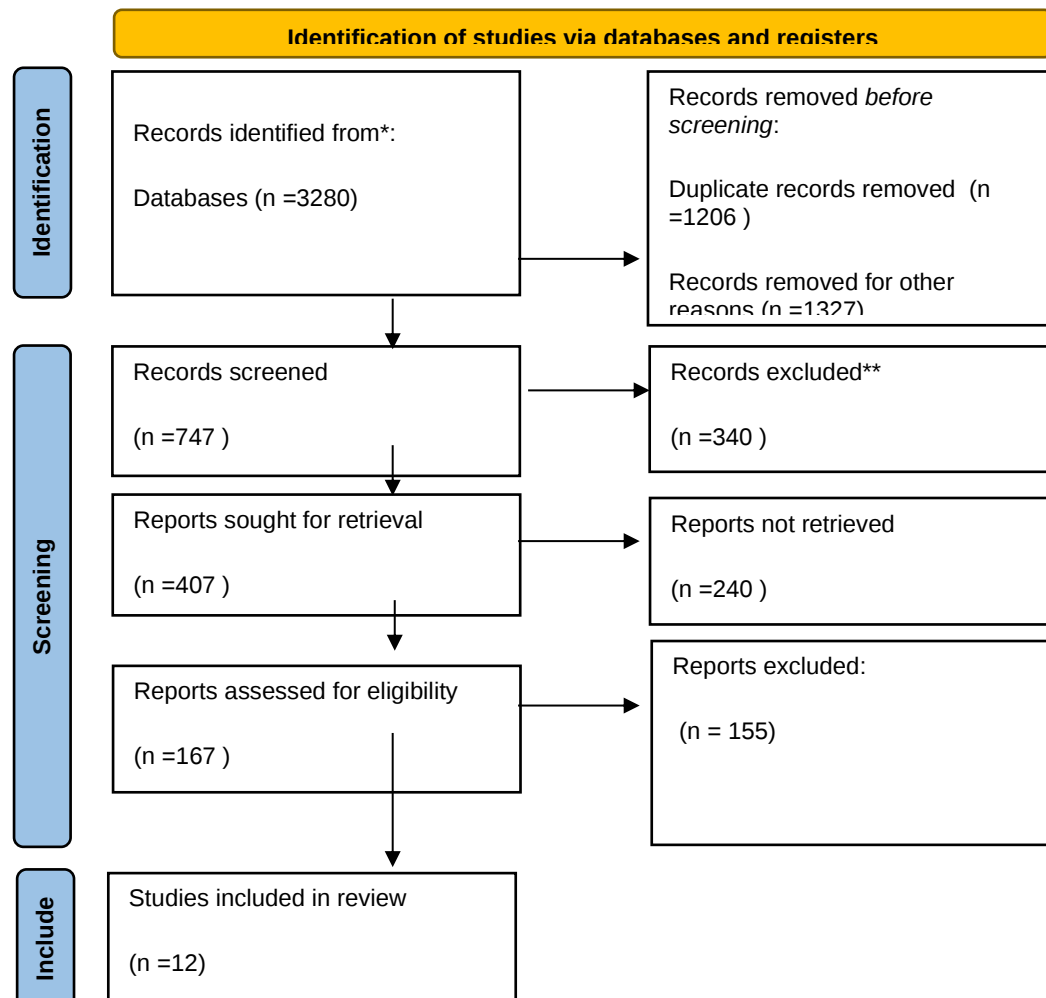


Figure 1. Prisma Chart

- **Records identified from Databases (n = 3280):** This refers to the total number of records found during the initial search across various databases.
- **Records screened (n = 742):** After identifying these records, they were screened to determine their relevance.
- **Reports sought for retrieval (n = 407):** This indicates the number of reports that were actively sought for retrieval.
- **Reports assessed for eligibility (n = 164):** Out of the retrieved reports, 164 were assessed to see if they met the eligibility criteria.

- **Studies included in the review (n = 12):** Finally, 12 studies were included in the review based on the eligibility assessment.
- **Reports not retrieved (n = 240):** Some reports were not retrieved despite being sought.
- **Reports excluded (n = 155):** These reports were excluded from the review.

Additionally:

- **Duplicate records removed (n = 1206):** Duplicate entries were removed during the screening process.
- **Records removed for other reasons (n = 1327):** Some records were excluded for reasons other than duplication.
- **Records excluded (n = 340):** These records did not meet the inclusion criteria.

Literature search flowchart

Study characteristics: The twelve studies finally selected for the review are original articles, their study design includes techniques such as in-depth or semi-structured interviews, and the origin of the articles. Five references from SCOPUS, three from the VHL, and four from Google academic studies were carried out in 2016, two, 2017, four, 2018, three, 2019.

Table 6. Study characteristics

Category	Nursing role in Disease prevention, Shared responsibility, Organization and management, Health promotion, Subcategories, Self-care. Community.	
Results/conclusions	quality in underdeveloped countries, and the privatization of The increase in dissatisfaction among health personnel in the of documentation demands caused by the system economic and health policies of each country, ranging from culture of health in the individual, family, and community, the primary area is 78% and is partly due to the waterfall free health care, considering it deficient and bad 42% of health professionals believe that generating a health, with 22% also attributing this situation to the It is a complicated task since not everyone has the same access to the health system, given by the different lack of personnel and excessive workload. Health is an economic resource.	healthcare, in the context of comprehensive family healthcare, allows you to carry out promotional, preventive activities The standards of competence required for the professional In the area of compliance, it is necessary to create a healthcare, user, family, and community for adoption self-care, through prior knowledge of the process commitment to shared responsibility among staff of a culture of preventive health, which allows generating with quality strategies in services. Health-illness.

Types of studies	A systematic review of the 5 Review articles 2 Observations 3 Descriptives 2 Qualitative 12 Studies: literature	A systematic review of the 6 Review articles 1 Observation 5 Descriptives 15 Studies: 3 Qualitative literature
Name of study / Author / year / country	Expanded roles of registered nurses in primary care delivery Farmer, L. Bodenheimer, t. 2017, One of the future	Nursing competency standards in primary health care: an Halcomb, e.; Stephens, m.; Bryce, j.; Foley, e.; Ashley, c. 2016, Australia integrative review

Table 7.Study characteristics

Third category	Knowledge update Procedure mastery Leadership in decisions Research participation. Excellence Intervention Capacity Health Education 3. Nursing role in research and teaching Subcategories	
Results/conclusions	The lack of clarity in the nursing role, both at the hospital and primary level, denotes poor professional updating, judgment, and participation in policy decisions and priorities in health. In nursing, in addition to carrying out activities to care for older patients, responsibilities such as leadership, education, and promotion of the evidence-based practice of the disease allow injury prevention and therapeutic management. While the domain of knowledge allows freedom of decision Regarding health practice, it is imperative to say that it depends on how nursing staff address and master health issues, will be able to create an internal critical judgment in patients, reaching even to modify behaviors unfavorable to health.	The motivation of nursing professionals demands current health for constant updating, creating competence, capacity, and skill in activities. Patient satisfaction with interventions. Positive perception of nursing staff Greater continuity of care Increase in the quality of life in the population Population benefited from health programs Committed participation, interest, and

Types of studies	Systematic review literature 15 Studies: 2 Review articles 6 Descriptives 2 Observational 5 Qualitativ	Analysis - synthesis, induction- deduction, and historical- logical; y empirical: analysis documentary and survey in the form of a questionnaire
Study name/author/year/country	advanced practice: a strategy to achieve universal coverage health and access universal health Bryant, d.; Valaitis, district; Martin, r.; Donald, f. Peña, l.; Morán, l. 2017, Canada, Mexico Nursing with	Training for the development of the nursing consultation is in attention. Reyes, m.; Obregón, n.; Gálvez, r.; Laziness.; 2018, Cuba

DISCUSSION

During the preparation of this systematic review, it has been found that the selected articles present remarkable similarities in terms of their results and mainly agree on the different nursing roles; a documentary review generated four categories of analysis, which are set out below (Carolina, Gunnar, et al. 2024):

The care offered by the nursing professional focuses on the person and their interaction with the environment, which means that their work is centered on the person, their family, and the community (Ebell, Barry, et al. 2024).

Category I: Nursing role in the hospital environment: Authors such as Gonzales, Jiménez(12,14), and Peláez agree that in the hospital setting, the professional carries out dependent, independent, and interdependent activities in the nursing care process, which has made it possible to provide comprehensive care to the user and the family during the stay. Hospital, for the effective development of the role, the professional must possess different skills such as (Lindeza, Rodrigues, et al. 2024):

Autonomy: In the study carried out by Jiménez, he defines it as the ability to decide and execute acts of care, in which the nursing professional does so independently, to carry out his work, which is why he is empowered to apply the knowledge generated through of research and practice as well as being responsible for it. Activities include taking vital signs, interpreting average values, administering prescribed treatments, recording activities in the medical history, care of nutritional status, perception of health, body hygiene, application of rehabilitation therapies, safety, and comfort (Mitchell, Aubin, et al. 2024).

Leadership: It refers to leading the professional team with commitment, responsibility, empathy, decision, communication, and administration

effectively and efficiently. Training in management and leadership is essential since the nursing professional participates in decision-making, seeking solutions to the problems presented by people, the family, and the community (Pajak, Chant, et al. 2024).

Careful: Activities that allow the development, maintenance, and conservation of the health of the individual, his family, and the community. Bryant et al., for their part, mention that the nursing professional provides holistic care in healthy and pathological environments, seeking to preserve and maintain health or, in turn, from the beginning of the disease until dignified death (Pleshkan 2024).

Category II: Nursing role in the community: It is aimed at encouraging people, families, and communities to take care of themselves, promoting health instead of illness, delegating collective and participatory responsibility, and seeking to be part of the solution to the population's health problems. On the one hand, authors such as Cuevas point out that health promotion is essential to promote environmental changes to protect health, resulting in healthy lifestyles and behaviors. It emphasizes the determinants surrounding the human being, external circumstances in which people are born, grow, work, live, and age, which influence the conditions of daily life. For Bryce, promotion is effective if it addresses the equity of gender, health, and identity in citizenship (Almeida, Paguia et al. 2024).

Prevention of the disease measures are aimed not only at preventing the appearance of the disease but also at stopping its progression and being able to control it once the cause is established, reducing the risk factors; here, immunizations are used. In his study, organization, and management include the ability to anticipate the future because Ahlberg refers to it as a process that consists of planning, adapting to change, constantly evaluating performance, and optimizing the allocation of resources. For shared

responsibility, Bauer states that for there to be a change, it is the responsibility of the different health actors since health personnel involve the user, family, and community in adapting to a health culture (Lindlöf, Turunen, et al. 2024).

Category III: Nursing role in research and teaching: Several studies agree that nursing professionals manage their knowledge through natural procedures adapted to a complex and dynamic society. A lot has to do with the capacity for intervention in the domain of care procedures that allow for improving the quality of life; on the other hand, Brown highlights that to achieve excellence in health services, the nursing professional must constantly update and be a participant in research in the development of technologies that favour care intervention. In addition, Guillot, In his study, states that through health education, the nursing professional is empowered to shape health behaviors and habits in the population (Mason, Marufu, et al. 2024).

Category IV: Nursing role as a generator of a family health culture: Bauer's study says that the nursing professional is responsible for the maintenance and resolution of common health problems in people, families, and communities, regardless of age, sex, affected organ or system, from a biopsychosocial vision. On the other hand, Cuevas assimilates the nursing role in guiding the person, family, and community in promoting their health and avoiding suffering from preventable diseases. Care is

focused on modifying unhealthy habits and adopting a healthy lifestyle (McNally, Roess, et al. 2024).

Comprehensive care by life cycles: Several studies agree that these services are aimed at the individual's health throughout life. Which allows for identifying abnormalities of the gestational process; they agree that the nursing role provides control assistance in gynecology and pediatrics, control of the healthy child, its developmental growth, and interpretation of physiological, psychological, and social changes of aging (Setiawati, Setyowati et al. 2024).

Adoption of healthy habits and behaviors: Several studies answer that it is a set of behaviors or attitudes that people develop to avoid most diseases, to preserve life, stay healthy, and alleviate disability and pain in old age, habits such as avoiding the consumption of alcohol, tobacco, eating habits, promoting physical activity, controlling medication consumption, having rest habits, avoiding accidents and behaviours such as maintaining, dental hygiene, recreational activities, responsible sexual behaviour, which allows developing awareness, commitment, and responsibility (Kleman, Turrise et al. 2024).

Nursing intervention based on family risk: Specifically, Grudzen explains that the nursing staff approaches their intervention based on a list of risks by life stages, family function, psychological risks, and the environment in which the family is affected, prioritizing resources for health stress (Watkins, Kavanagh, et al. 2024).

Table 8. Summary of the evidence

Authors/name of study/year	Relevant results	Similarities with other studies	Discrepancies with other studies	Complementarities with other studies
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Education interprofessional through the attention. González, J.; They cost.; Sanz, B.; González, S.; López, A.; Muñoz, M.; Icaran, E.; Beunza, J.; 2019, Madrid, Spain	The nursing care function at the hospital level is independent or interdependent; others depend on the nursing activity. The doctors.	The planning and control of nursing care, the compliance with ethical principles and bioethics, in the health-disease process, They invite us to think about a consolidated role based on the assistance and management of the care as a guarantee study carried out by Kings.	The great demand of users, the few resources such as materials, among others, the lack of leadership and management, generates stress, fatigue, and frustration in the nursing staff to not being able to apply their work, an efficient and fully effective, on the other hand, there is evidence that belief and values based on the Professional Deontological Code nursing can influence not fulfilling expressed wishes	Communication, listening, and empathy are of direct benefit to the patient. At the time of making medical decisions As a nurse, you assume your responsibilities and know what your limits are; there are decisions about medication, which can only be made by the doctor, but nursing can suggest to the doctor a review of the therapeutic plan, acting with judgment competence, capacity, and autonomy, Jiménez.
The role of registered nurses in primary care and public health collaboration: A scoping review Swanson, M.; Wong, S.T. Martin, R.; Browne, J. 2020, Canada	At the primary level, the adoption of health measures such as: health promotion, disease prevention, through intervention strategies directed at level individual, organizational and systemic with the participation intersectoral, optimally meets patient-centered health needs by compliance with protocols of system to address the health needs of the population.	In the area of compliance is need to create a commitment to responsibility shared among health personnel, user, family and community for adoption of a health culture preventative, which allows generating the self-care, through knowledge before the process health-illness González.	The increase in the dissatisfaction of health personnel in the primary area is due to the cascade of documentation demands caused by the sanitary system, They attribute this situation to a lack of personnel and excessive workload. Generating a culture of health in the individual, family, and community is a complicated task since not everyone They have the same access to the health system, given by the different economic and health policies of each country, which ranges from free health care, Arco .	The importance of meeting the needs of the population at a first level, providing comprehensive, integrated and longitudinal care, with a family approach and community ensures the gateway to health. The nursing professional reaffirms the scope that has as a member of the health team, to promote the change of healthy habits in the population that allow generating the self-care, Guillot.

Table 9: Summary of Evidence

Authors/name of study/year	Relevant results	Similarities with other studies	Discrepancies with other studies	Complementarities with other studies
Training for the development of the consultation of nursing in the attention. Reyes, M.; Obregón, N.; Gálvez, R.; Laziness.; 2018, Cuba	It takes the stake compromised, interest and motivation of nursing professionals in the demands current health for constant updating, creating competition, capacity, and skill in activities	In the domain of knowledge, allows freedom of decision regarding health practice, it is imperative to say that depends on how the nursing staff addresses and masters health issues will be able to create a internal critical judgment in patients, even reaching modify behaviours unfavourable to health, Halkcom.	The lack of clarity in the nursing role, both in the hospital and at the primary level, denotes poor professional updating, inability to judge and participate in decisions on priority health policies, Bauer .	The nursing professional, a researcher who updates his knowledge with new technologies, has a greater understanding of improving care of the human being with a greater capacity for intervention, improving the quality of life and satisfaction of patients with a positive perception of the field of science in which the staff of Nursing is opening a new field, Jiménez.
intervention of nursing for the care of the family in their role as caregivers. Cancino, J.J. Moreno-Pérez, N.E. 2017, Mexico.	The role of the nursing staff regarding family health is based on providing interventions for comprehensive care by life cycles to increase necessary skills and behaviours that promote health individual and collective	The more the individual, the family, and the environment around them know about the health-disease process, seek at all costs to recover health; that is where nursing covers a great work to raise awareness about styles of healthy life as well such as the adoption of modifiable habits and behaviours that favour the therapeutic alliance, Pérez .	When the person sick, family enters a crisis process due to fear and emotional attachment, the support of health personnel must intervene since that although it is true It must be treated as a biopsychosocial being, Reyes.	The intervention of the nurse on family health education allows for a better understanding generating health awareness, thus maintaining a favourable state of health, Balaist .

CONCLUSION

Given the results obtained, it can be concluded that the role played by the nursing professional in family health is based on care in the hospital and community settings; they have the responsibility of caring for the person, their family, and the community, with principles of autonomy, leadership, it was evident that

professionals feel that their efforts in their activities are not recognized. In the community setting, the nursing professional must strengthen health promotion and disease prevention in healthy and pathological environments, improving the quality of life in family health; they fulfil roles based on comprehensive care through life cycles. In life, with

the adoption of healthy behaviours and habits that make it possible to extend life expectancy with quality, nursing focuses its actions on the risks that directly affect the family. This review made possible the recognition of the knowledge and praxis of the nursing profession that is immersed in new work areas in different contexts. It can be said that the role is related.

In future research, the perspective, as well as the knowledge and skills of professionals about care, the implementation of new strategies and specific interventions to improve their quality of care, and its subsequent evaluation could be studied.

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