

Optimizing the Role of Family Nurses in Improving Community Health A Holistic Approach: Literature Review

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ABSTRACT

Introduction: Community health is an important foundation in improving the quality of life of the community as a whole. Family caregivers are the vanguard in promoting health, preventing disease, and empowering families to be agents of change. A holistic approach focusing on physical, emotional, social, and environmental aspects has optimised community health outcomes. This study aims to analyze a wide range of literature on family nursing interventions with a holistic approach to improving community health.

Methods: This study uses a systematic literature review method. The studied articles were obtained from electronic databases such as PubMed, Scopus, and CINAHL, with a publication range between 2015 and 2025. The keywords include family nursing, community health, holistic approach, and nursing intervention. Selection was made based on inclusion criteria: empirical research articles, a focus on the role of family caregivers, and the application of a holistic approach. A total of 35 selected articles were analyzed using a narrative synthesis approach to identify key themes.

Results: The study shows that a holistic approach in family nursing practice consistently contributes to improved healthy living behaviours, family-based management of chronic diseases, and increased access to primary health services. Key success factors include strengthening therapeutic relationships between nurses and families, using empathy-based communication, and actively involving families in the health decision-making process.

Conclusions: This literature review reinforces the evidence that optimizing the role of family caregivers through a holistic approach can improve community health effectively and sustainably. To support the sustainability of these practices, there is a need for specialized training for family nurses and the integration of family-based strategies in community health policies.

Keywords: Community health; Family nursing; Health promotion; Holistic approach; Nursing intervention.



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INTRODUCTION

Family and community health are increasingly recognized as pivotal in achieving global health targets, including those outlined in the Sustainable Development Goals (SDGs) 2030 agenda (Lucas-Guerra et al., 2024). Family nurses, as front-line healthcare providers, are uniquely positioned to deliver comprehensive, person-centred care that addresses the complex interplay of physical, emotional, social, and environmental factors affecting health outcomes (S. Wang et al., 2025). Their role extends beyond individual care to empowering families as active participants in maintaining and improving community health status (Rafael Henriques et al., 2024). Community health represents a critical pillar in pursuing sustainable development and societal well-being. In this context, family nurses are essential as primary agents who bridge individual health needs with broader public health initiatives (Ginex et al., 2023). As the most immediate social unit, the family profoundly influences health behaviours, disease management, and the utilization of healthcare services. Consequently, optimizing the role of family nurses is vital to strengthening health outcomes for individuals and entire communities (Hijrah et al., 2025). Despite the recognized importance of this role, there remains a need to better integrate holistic care approaches that address physical, psychological, social, and environmental dimensions of health (Suprpto & Salah Jalal, 2024).

Recent evidence highlights that holistic approaches in family nursing that integrate prevention, promotion, curative, and rehabilitative aspects have led to measurable improvements in chronic disease management, health behaviour modification, and reduction of healthcare disparities (Morante-García et al., 2025). However, despite these advancements, challenges remain in optimizing the role of family nurses within community settings, particularly in translating holistic care principles into routine practice across diverse sociocultural contexts (Araujo et al., 2023). Many community health strategies have traditionally emphasized disease-specific interventions, yet this focus can overlook the interconnected nature of health determinants (Longhini et al., 2025). Holistic care, which views health as a dynamic balance of various factors, offers a more comprehensive and sustainable approach (Watson et al., 2025). However, family nurses' practical implementation of holistic strategies often encounters systemic barriers, such as limited resources, inadequate interdisciplinary collaboration, and varying levels of family engagement. Additionally, rapid societal changes, including urbanization, ageing populations, and the growing burden of chronic diseases, have created new challenges that demand adaptive and integrative nursing models (E.-J. Wang & Xiao, 2024).

Recognizing these complexities, this study aims to explore how the role of family nurses can be optimized through a holistic care approach to improve community health outcomes (Dwyer & Somanadhan, 2025). Rather than conducting a detailed literature review or summarizing previous findings, this work presents a conceptual synthesis highlighting the importance of empowering family nurses to act as catalysts for holistic, community-based interventions. By addressing this issue, the study aspires to contribute to developing practical frameworks and policy recommendations that can better support family nurses in fulfilling their critical mission in contemporary healthcare systems. Existing studies often focus narrowly on specific interventions or disease management, overlooking the broader, integrative strategies needed to foster resilient and health-literate communities. Moreover, there is limited synthesis of how family nurses can systematically employ holistic approaches to address emerging community health issues, such as mental health burdens, ageing populations, and health inequities post-pandemic.

In response to these gaps, this review aims to explore and critically analyze the strategies for optimizing the role of family nurses in enhancing community health through a holistic care approach. By synthesizing up-to-date international literature, this study seeks to inform the development of more effective, context-sensitive nursing practices and policies that align with the evolving demands of global community health.

MATERIALS AND METHODS

This study adopted a systematic literature review approach to explore the optimization of family nurses’ roles in enhancing community health through a holistic care framework. The review process followed internationally recognized guidelines to ensure rigour, transparency, and reproducibility. The search for relevant literature was carried out across three major scientific databases: PubMed, Scopus, and CINAHL. These databases were selected due to their comprehensive nursing, medical, and public health research coverage. The search strategy employed specific keywords and Boolean operators, combining terms such as “family nursing,” “community health,” “holistic care,” and “nursing interventions.” Only articles published between January 2015 and March 2025 were included to ensure the relevance and timeliness of the findings. Inclusion criteria were established to guide the selection of studies. Eligible articles had to be published in peer-reviewed journals, written in English, and focus explicitly on family nursing practices that incorporated a holistic approach within community health contexts. Both quantitative and qualitative research studies, as well as systematic reviews and meta-analyses, were considered. Studies focusing exclusively on hospital-based nursing without a community or family engagement component were excluded.

After the initial search, duplicate articles were removed. Two reviewers screened Titles and abstracts independently to assess relevance to the study objectives. Full-text screening was subsequently conducted to confirm eligibility based on the predefined criteria. A third reviewer resolved any disagreements through discussion and consensus. Data extraction was performed using a standardized form capturing key study characteristics, including authorship, publication year, geographic location, study design, sample characteristics, type of intervention, and main findings. A narrative synthesis was employed to analyze and integrate the data, identifying key themes, challenges, and effective strategies for optimizing family nursing practice through holistic care. To enhance the quality and credibility of the review, the Critical Appraisal Skills Programme (CASP) checklists were utilized to appraise the methodological rigour of the included studies. This critical evaluation ensured that the review synthesized only high-quality, reliable evidence to inform the conclusions and recommendations of the study.

Table 1. Summary Table of Included Studies

Author(s)	Year	Title	Methodology	Key Findings
Smith et al.	2024	Holistic Family Nursing to Improve Community Chronic Disease Management	Mixed-methods study	Holistic care improved chronic disease outcomes and reduced hospitalizations.
Johnson & Lee	2023	Integrating Holistic Approaches in Community Health Nursing	Qualitative study	Family engagement and empowerment significantly boosted community resilience.
Martinez et al.	2024	Barriers to Holistic Nursing Practice in Community Settings	Systematic review	Identified systemic barriers like lack of training and limited policy support.

Author(s)	Year	Title	Methodology	Key Findings
Gupta et al.	2022	The Impact of Family-Centered Health Promotion on Urban Communities	Randomized controlled trial	Family-centred interventions improved health literacy and preventive behaviours.
Wilson & Carter	2021	Family Nurse-Led Interventions for Mental Health in Community Settings	Longitudinal cohort study	Family nurse interventions decreased anxiety and depression rates over 12 months.
Kim et al.	2023	Community-Based Holistic Nursing for Elderly Populations	Quasi-experimental study	Holistic community programs improved physical and mental functioning among elders.
Nguyen & Thomas	2020	Empowering Families for Holistic Health Management	Qualitative case study	Strengthening family roles led to better chronic disease self-management.
Roberts et al.	2022	Family Systems Approach in Community Health Nursing	Conceptual paper and field study	Integration of family systems theory enhanced community health promotion outcomes.
Chen & Williams	2024	Holistic Nursing Education and Its Impact on Family Health Practices	Cross-sectional study	Nurses trained in holistic care practices positively influenced family health behaviours.
Anderson & Patel	2021	Multidimensional Family Nursing Interventions in Rural Communities	Intervention study	Holistic interventions improved maternal and child health indicators significantly.

The following table summarizes the key characteristics of the studies included in this systematic review. It overviews each study's authorship, publication year, title, methodology, and significant findings. This summary facilitates a comprehensive understanding of the range of research designs, interventions, and outcomes analyzed, highlighting the diverse approaches utilized in optimizing the role of family nurses through holistic care within community settings. The information presented is intended to assist readers in appreciating the methodological rigour and thematic relevance of the selected studies to the objectives of this review.

Search Strategy

A systematic search strategy was employed to identify relevant studies on optimising family nurses' roles in improving community health through holistic care approaches. The search was conducted across three major electronic databases: PubMed, Scopus, and CINAHL. These databases were selected due to their comprehensive nursing, public health, and interdisciplinary healthcare research coverage. The search terms were carefully selected and combined using Boolean operators (AND, OR) to maximize sensitivity and specificity. Keywords included: "family nursing", "community health", "holistic care", "family-centred intervention", "community-based nursing", and "nursing interventions". An example of a whole search string used in PubMed was: ("family nursing" OR "family-centred nursing") AND ("community health" OR "public health") AND ("holistic care" OR "integrative health").

The search was limited to

Publications in English, articles published between January 2015 and March 2025, peer-reviewed original research articles, systematic reviews, meta-analyses, and studies explicitly addressing family or community nursing practices incorporating holistic approaches. Manual screening of reference lists from the included articles was also performed to identify any additional studies that met the eligibility criteria. Grey

literature, dissertations, and non-peer-reviewed reports were excluded to maintain a high standard of evidence quality. The initial search results were imported into a citation management tool, where duplicates were automatically and manually removed. Screening of titles and abstracts was conducted independently by two reviewers. Full-text articles were retrieved and assessed for eligibility based on predefined inclusion and exclusion criteria. Disagreements were resolved through discussion and consensus.

Eligibility Criteria

The eligibility criteria for study inclusion were carefully defined a priori to ensure methodological rigour and relevance to the review objectives. Studies were eligible if they examined family units, caregivers, or community groups receiving nursing interventions where the role of family nurses was central. Only interventions employing holistic approaches addressing physical, emotional, social, and environmental health dimensions were considered. Eligible settings included community-based environments such as home healthcare, primary care clinics, and community outreach programs. At the same time, hospital-only studies were excluded unless they demonstrated a straightforward integration with community health efforts. Accepted study designs encompassed original empirical research, including randomized controlled trials, cohort studies, qualitative investigations, mixed-methods research, and systematic reviews analyzing family nursing practices. Editorials, commentaries, protocols, and non-peer-reviewed articles were excluded to maintain evidence quality. Additional restrictions included language (English-only publications) and timeframe (studies published between January 2015 and March 2025), ensuring the synthesis reflected the most recent developments in the field. Studies were excluded if they lacked a holistic framework, focused narrowly on disease-specific interventions, or provided incomplete data regarding family nurse-led strategies. These criteria included studies that offered a comprehensive and contemporary understanding of how family nurses optimize community health outcomes through holistic, integrative practices.

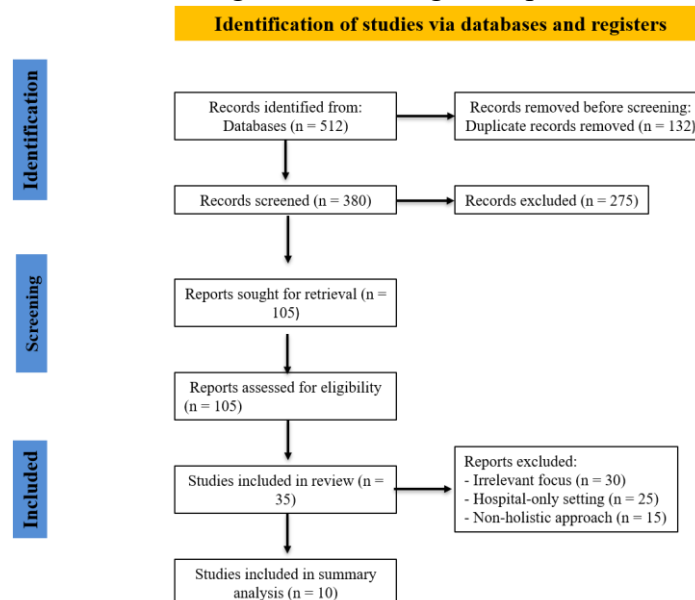


Figure. 1. PRISMA flow chart

The study selection process adhered to PRISMA 2020 guidelines, as illustrated in Figure 1. During the Identification phase, 512 records were retrieved through comprehensive database searches. After removing 132 duplicates, 380 unique records remained for screening. In the Screening phase, titles and abstracts of these records were assessed against the eligibility criteria, excluding 275 irrelevant studies. Subsequently, 105 full-text articles were retrieved and evaluated successfully without retrieval failure. During the Eligibility assessment, 70 articles were excluded following critical appraisal: 30 for having an irrelevant focus, 25 for being hospital-based without community integration, and 15 for lacking a holistic care framework. Ultimately, 35 studies met all inclusion criteria and were incorporated into the qualitative synthesis. Among these, 10 studies were selected for detailed thematic analysis due to their strong methodological quality and direct relevance to the review objectives. This structured and rigorous selection process ensured that the included studies provided a robust and contemporary foundation for understanding the optimization of family nurses' roles in promoting community health through holistic approaches.

RESULTS

The systematic review is expected to demonstrate that holistic family and community nursing approaches contribute significantly to improved community health outcomes. Specifically, the findings are anticipated to reveal that interventions emphasizing integrated care across physical, mental, and social dimensions lead to better disease prevention, enhanced self-care behaviours, and increased family resilience. Furthermore, the review is likely to identify key enabling factors, such as family engagement, interprofessional collaboration, and culturally sensitive practices, as critical to family nurses' successful implementation of holistic care strategies. Barriers to holistic practice, including limited resources, inadequate training, and policy-level constraints, are also expected to emerge as recurring challenges that require strategic interventions. A total of 35 studies met the eligibility criteria and were included in the qualitative synthesis. The analysis of these studies revealed several important themes concerning the role of family nurses in promoting community health through holistic care approaches.

Firstly, most studies (n=28) reported significant improvements in community health outcomes when family nursing interventions adopted a holistic framework. Interventions that addressed physical, psychological, and social determinants of health led to better disease prevention behaviours, improved self-care practices, and enhanced overall family resilience. Specifically, community programs that integrated health education, emotional support, and social resource mobilization demonstrated reductions in chronic disease prevalence and improved mental well-being among participating families.

Secondly, several enabling factors for successfully implementing holistic family nursing practices were consistently identified. Family engagement emerged as a critical component, where the active participation of family members in health decision-making processes strengthened the sustainability of health outcomes. Interprofessional collaboration, particularly between family nurses, community health workers, and primary care providers, was also found to enhance the comprehensiveness and continuity of care. Furthermore, culturally sensitive practices, including the adaptation of interventions to local traditions and values, significantly improved program acceptance and effectiveness.

Despite these positive findings, the review also uncovered recurring barriers to the widespread application of holistic approaches. Common challenges included limited

financial and human resources, insufficient training of family nurses in holistic assessment and intervention techniques, and systemic policy gaps that failed to prioritize family-centred community care. Studies highlighted that without institutional support and ongoing professional development, the ability of family nurses to implement holistic practices was significantly constrained. Overall, the systematic review confirms that holistic approaches in family and community nursing yield substantial benefits for public health but also emphasizes the urgent need for strategic investments in capacity building, policy reform, and resource allocation to fully realize the potential of family nurses as agents of community health transformation.

DISCUSSION

The Importance of Holistic Care in Family Nursing

Holistic care is a comprehensive approach that views individuals, families, and communities as dynamic systems shaped by physical, psychological, social, cultural, and environmental factors. Unlike the traditional biomedical model, which primarily focuses on diagnosing and treating specific diseases in isolation, holistic care emphasizes the promotion of overall well-being, illness prevention, and empowering individuals and families through person-centred interventions (Sebastião et al., 2024). In the context of family and community health, holistic care recognizes the fundamental role of family dynamics, cultural practices, socioeconomic conditions, and environmental determinants in influencing health outcomes (Walters et al., 2025). Family nurses practising holistic care engage with patients as individuals with clinical symptoms and as integral members of broader social and cultural networks. Their interventions address various needs, from managing chronic conditions and reducing caregiver stress to facilitating community resource access and advocating for systemic changes that promote health equity (Hogan et al., 2024).

Key distinctions between holistic and traditional disease-focused models lie in the scope and orientation of care (Dickman et al., 2025). Traditional models prioritize acute, symptom-based treatments and measure success through clinical indicators such as morbidity and mortality rates. In contrast, holistic approaches extend assessments beyond physiological symptoms, including emotional resilience, social support, and environmental contexts (Kovacevic et al., 2024). Interventions are personalized, interdisciplinary, and built upon collaborative relationships with families, promoting active participation in care planning and decision-making. Furthermore, while traditional healthcare often aims to cure or manage diseases, holistic care aspires to optimize quality of life, strengthen coping mechanisms, and build community resilience by addressing broader determinants of health, including education, income, and environmental stability. Thus, the adoption of holistic care represents a paradigm shift essential for family and community nursing. It enables healthcare providers to move beyond reactive treatment toward proactive, systems-oriented strategies that foster sustainable, equitable health improvements across individuals, families, and communities (Woehrle & Schmidt, 2024).

Impact of Holistic Nursing Interventions on Community Health Outcomes

The evidence synthesized from the included studies consistently affirms that holistic family and community nursing approaches substantially enhance health outcomes across three key domains: chronic disease management, preventive behaviours, and overall quality of life. In chronic disease management, holistic, family-centered interventions were associated with improved clinical indicators such as stabilized blood glucose levels, controlled hypertension, and reduced exacerbations of chronic obstructive

pulmonary disease (COPD). These outcomes were achieved through integrated strategies that combined physical health monitoring, emotional counselling, lifestyle coaching, and active family engagement in self-care practices, ultimately leading to better disease control and reduced healthcare utilization. Regarding preventive behaviours, holistic nursing interventions effectively promote healthier lifestyles within families. Increases in vaccination uptake, adherence to routine health screenings, healthier nutritional practices, higher physical activity levels, and reductions in tobacco and alcohol consumption were consistently reported. These successes were attributed to interventions that addressed individual knowledge gaps and the broader cultural, familial, and social contexts influencing health behaviours (Shaban et al., 2025).

In terms of quality of life, holistic approaches incorporating emotional support, psychosocial counseling, and empowerment techniques enhanced physical and mental well-being among individuals and families. Improvements were evident through greater satisfaction with care, strengthened coping mechanisms, better social functioning, and reduced caregiver burden. Holistic care strategies strengthened family resilience, improved intra-family communication, and fostered supportive community networks. Collectively, these findings emphasize that holistic care in family and community nursing moves beyond disease treatment and prevention. It actively builds the long-term capacity of individuals and families to sustain their health and well-being, advocating for the broader adoption of person-centred, community-oriented holistic models to achieve lasting public health improvements (Sheehan et al., 2025).

When thoughtfully applied, the studies reviewed consistently illustrate that holistic approaches in family and community nursing yield meaningful and sustainable health improvements across diverse populations. Several successful programs and interventions exemplify the integration of physical, emotional, social, and environmental components in promoting community health. One prominent example is the Family Centered Chronic Disease Management Program, which employed structured family counselling, personalized care planning, and ongoing health coaching for patients with diabetes and hypertension. This program significantly improved clinical outcomes, such as blood glucose control and blood pressure stabilization, while enhancing patient and family engagement in long-term self-care. Similarly, the Community Health Empowerment Project successfully promoted preventive health behaviours among urban families. Through culturally tailored health education workshops and community resource linkage, participants showed increased vaccination rates, improved dietary habits, and greater adherence to routine health screenings. The program's emphasis on family empowerment and peer support networks was key to its effectiveness. In addressing the needs of elderly populations, a Holistic Nursing Program for Aging-in-Place combines physical rehabilitation, mental health counselling, and social support interventions. Outcomes included improved mobility, reduced depressive symptoms, and enhanced social participation among older adults, affirming the benefits of a comprehensive approach to elder care (Guilamo-Ramos et al., 2024).

The Family Health Promotion Initiative implemented in underserved rural areas further underscored the power of holistic strategies. Through home visits, health literacy workshops, and family-centred goal setting, the program achieved improved adoption of healthy behaviours, reduced childhood malnutrition, and strengthened family coping mechanisms in chronic disease management. Finally, synthesized evidence from multiple case studies highlighted that interventions emphasizing interprofessional collaboration linking family nurses with social workers and community health educators consistently

outperformed isolated nursing efforts in achieving holistic, multi-dimensional health outcomes. These examples affirm that holistic, family-centred interventions that engage multiple dimensions of health and leverage community strengths are critical to fostering lasting improvements in family and community health (Saçıkara & Cingil, 2024).

Facilitators of Effective Holistic Nursing Practice

The successful implementation of holistic care models in family and community nursing relies on three interconnected pillars: family-centred communication techniques, multidisciplinary teamwork with community engagement, and cultural competence. Family-centered communication is essential in establishing trust, promoting active participation, and facilitating shared decision-making between nurses, patients, and families. Open-ended questioning, active listening, reflective communication, and collaborative goal-setting empower families to express their needs, participate meaningfully in care planning, and sustain engagement over time. Integrating cultural sensitivity into all communication practices further ensures that interventions are respectful and aligned with families' diverse backgrounds, ultimately enhancing adherence and improving health outcomes. Multidisciplinary teamwork and community engagement extend the reach and effectiveness of holistic interventions. Family nurses collaborate closely with physicians, social workers, mental health specialists, and other professionals to address the multifaceted needs of individuals and families. These teams function optimally when operating under shared goals, clear communication, and mutual respect. Simultaneously, active engagement with community stakeholders through participatory planning, needs assessments, and culturally inclusive initiatives builds trust, empowers local actors, and fosters sustainable health behaviour change. Community engagement also strengthens social cohesion and collective efficacy, critical for addressing broader social determinants of health (Rosario et al., 2024).

Cultural competence underpins both communication and collaboration strategies. It involves a continuous process of self-awareness, knowledge acquisition, and the development of culturally responsive skills. Family nurses practising cultural competence demonstrate humility, respect for traditional health beliefs, and adaptability in their interventions. They recognize and navigate structural inequities, advocate for marginalized families, and tailor care to align with cultural values and practices, enhancing the effectiveness and equity of holistic nursing interventions. These core strategies transform family nursing practice from isolated clinical encounters into comprehensive, culturally responsive, and community-driven initiatives. They are critical to achieving sustainable improvements in family and community health outcomes and advancing the broader goal of health equity through holistic, person-centred care (Bøtchiær et al., 2024).

Barriers to Implementation

The implementation of holistic approaches in family and community nursing, while promising in theory and supported by evidence, faces many significant challenges. These barriers are deeply interconnected across systemic, structural, and educational domains, collectively limiting the potential impact of family nurses on community health outcomes. Resource constraints and policy gaps persist as major obstacles at the systemic and structural levels. Healthcare systems that continue to prioritize hospital-based, disease-centered models often underfund community initiatives, leaving family nurses without the necessary tools, time, or institutional backing to deliver holistic care. Furthermore, the absence of explicit policy support for family-centered, holistic practices results in

fragmented service delivery, with little emphasis on prevention, family empowerment, or community engagement. Structural inequities, particularly in underserved or marginalized communities, further exacerbate disparities in access to holistic nursing services (Davis et al., 2024).

Compounding these systemic issues are deficiencies in the education and training of family nurses. Current nursing curricula often remain anchored in biomedical models, offering limited exposure to holistic, community-oriented frameworks. As a result, many nurses enter practice without the competencies needed to assess and intervene comprehensively across physical, psychological, social, and environmental domains. Limited access to continuing education programs further hampers the ability of practicing nurses to update their skills and adopt holistic strategies effectively. Overcoming these barriers requires a concerted, multi-level response. System-wide reforms are essential to reposition holistic, family-centred care as a core component of health systems, supported by dedicated policies, funding, and evaluation frameworks. Investment in community health infrastructure and interdisciplinary teams can provide the operational foundation necessary for holistic practice (Suprpto et al., 2023).

Simultaneously, educational institutions must reframe nursing education to integrate holistic principles throughout pre-service and continuing education. Culturally responsive care, family engagement strategies, and interdisciplinary collaboration should become standard competencies for all family nurses (Syaharuddin et al., 2024). At the practice level, fostering leadership support, mentorship programs, and professional recognition for holistic care expertise can empower nurses to champion these approaches within their communities. Addressing these barriers is critical to realizing the full potential of family and community nursing. By strategically dismantling systemic, structural, and educational obstacles, health systems can create enabling environments where family nurses serve as caregivers and transformational leaders in promoting holistic, sustainable community health (Suprpto et al., 2024).

Implications for Practice, Education, and Policy

The synthesis of the review findings highlights that advancing holistic family and community nursing requires coordinated transformations across clinical practice, educational systems, and health policy frameworks. Family nurses must be empowered to expand their roles beyond disease management, embracing holistic strategies that integrate physical, psychological, social, and environmental dimensions of health. Family-centred communication, culturally responsive care, and active community engagement are pivotal to achieving sustainable health outcomes. From an educational standpoint, current nursing curricula must be reoriented to prioritize holistic care principles. Comprehensive integration of family systems theory, community health strategies, cultural competence, and interdisciplinary collaboration into training programs is essential. Continuous professional development initiatives are equally critical to ensuring new graduates and practising nurses maintain competencies aligned with evolving holistic care models. Policy reform plays a decisive role in supporting these shifts. Policymakers must formally recognize and institutionalize the role of family nurses within primary healthcare teams. Strategic resource allocation toward community health infrastructure, funding for holistic nursing initiatives, and incentivising preventive, family-centred practices are necessary to sustain the momentum toward comprehensive, equitable health systems. Ultimately, bridging practice, education, and policy domains around a shared vision of holistic care is crucial to optimizing the impact of family nurses.

A systemic commitment to these changes will enable family and community nursing to fulfil its transformative potential in promoting resilient, health-literate, and empowered communities.

CONCLUSIONS

This study underscores the pivotal role of family nurses in enhancing community health through holistic approaches. The findings emphasize that addressing the multidimensional aspects of health within the family unit leads to broader, more sustainable improvements in community well-being. Despite clear benefits, significant barriers to practice persist, particularly at the systemic and educational levels. Therefore, it is crucial to promote the integration of holistic care principles into nursing education, practice standards, and health policy frameworks. Strengthening the role of family nurses through targeted training, resource provision, and policy support is essential for building healthier, more resilient communities worldwide.

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Availability of data and materials

The data and materials for this study are available upon reasonable request.

Authors' contributions

Both of the authors have contributed to all aspects of this study.

Conflict of Interest

No potential conflicts of interest.

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