

Australia and New Zealand Chapter IFNA



Newsletter Number 20: July 2022

[Australian and New Zealand Chapter News](#)

This month's newsletter has a focus on meeting the family information needs during health adversity. As health professionals we discuss health changes using terms which are often specific to health care. It is important to remember this as we provide information and education for the patient and family.

Other points to consider are the dynamics of the family, who is the leader, who gathers and disseminates the information to other family members. As understanding the family dynamics leads to a tailored approach to providing information which is both understood and passed between family members (Coyne et al., 2020).

Congratulations to Professor Lorraine Wright



Congratulations to Professor Lorraine Wright who has been awarded Order of Canada. Wright is being recognised for her leadership in nursing and other health professions.

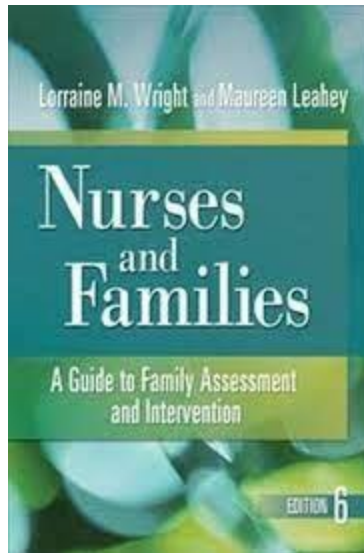
Prof Wright was honoured to receive this award. "I have to say that to get such an honour from my own country that I love so much is really quite overwhelming and emotional," Wright said.

"In 1982, Wright started an outpatient clinic at the University of Calgary called the Family Nursing Unit. The purpose of the clinic was to provide holistic care to the entire family when a patient has a serious illness — a unique concept in a field that often just focused on the individual, according to Wright.

"I worked with masters and doctoral students there because I really wanted nursing to embrace working with families," she said.

"I thought the best way to do that is to have a clinic where they could see families and I could supervise them ... so that they would develop particular clinical skills and knowledge about families." "

<https://www.cbc.ca/radio/thecurrent/the-current-for-july-1-2022-1.6507047/advancing-health-care-and-reconciliation-the-contributions-of-4-of-this-year-s-order-of-canada-members-1.6505523>



1 - Family Nursing text Book

Professor Wright is the author of our well-known family nursing textbook. Wright is an inspirational nurse and researcher who has been a leader in the family nursing area. Working clinically and teaching, Wright has been able to role model the skills of partnering with families to understand their needs and tailor supportive care.

Australian and New Zealand Chapter research project

*Last month of the research study to help us understand what nurses see as their role with families. We are just over **200 completed surveys** so would really like you to share with colleagues and complete as we are hoping for over 400.*

Australia has 265335 registered nurses and there are 56356 registered nurses in New Zealand (Australia Government, 2021; Nursing Council of New Zealand, 2021b). The recruitment will aim for a minimum of 250 Australian and 150 New Zealand Registered Nurse participants. This represents 0.001% of each national Registered Nurse population.

“Nurses attitudes toward the importance of families and perceived outcomes of family involvement in nursing care” [FAMinCare]. ([GU: 2021/371]

As nurses, you are involved in caring for patients who are mainly supported by family members. When nurses can create a relationship and work with the family towards both physical and psychosocial healing, there is a subsequent decrease in suffering among family members. Evidence suggests family involvement in care is beneficial for the patient however implementing this is often difficult. This study seeks to understand nurses’ attitude towards family involvement in care and the development of a family-nurse relationship.

Participation in the study will involve the completion of an online survey less than 20 minutes.

If you would like to participate in this study, we ask that you read the information sheet at the start of the online survey and complete the online survey.

Understanding the family's information needs.

Family members often come together to work through health challenges, but this time can bring a range of tasks which families need to complete. One of these tasks is understanding the health information and deciding what they need to know and what is too much information. The nurse is a key person to help the patient and family identify what information is needed to be able to make informed decisions as a family (Boman et al., 2018). Research has explored what are the main needs for families when facing health adversity and a need to understand the treatment information is always a priority for the family (Aloweni et al., 2019; Østervang et al., 2021). Families ask for information to be specific to their case and include information to assist them to make treatment decisions (Halkett et al., 2018).

Providing clear information for families via a range of formats enables family members to be able to share and discuss the information as a family which is an important part of making any life decision.

As a nurse we should identify a few key points with our patients and their family (Benham-Hutchins et al., 2017; Dieperink et al., 2018).



- What do they understand about the disease and treatment?

"I'd rather be over-informed than under. Don't keep information from me. I need to feel like I can trust you and your judgement. Do not sugar coat things"

- Identify with the family what level of detail do they want with the information you provide?

"I don't need to know long term complications and morbidity related to my condition"

- How would the family like the information presented? Oral, written, websites, videos.

Providing the right information



<https://www.youtube.com/watch?v=NhDf8Zpd7C4&list=PLhmW7CznzdidFGi7j6xCvI6oRvJ4d7FFt&index=7>

Aloweni, F., Nagalingam, S., Yong, B. S. L., Hassan, N., & Chew, S. M. (2019). Examining the information and support needs of first-degree relatives of breast cancer patients. *Proceedings of Singapore Healthcare*, 28(3), 203-207. <https://doi.org/10.1177/2010105818824613>

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Examining the information and support needs of first-degree relatives of breast cancer patients.

Dieperink, K., Coyne, E., Creedy, D., & Ostergaard, B. (2018). Family functioning and perceived support from nurses during cancer treatment among Danish and Australian patients and their families *Journal of Clinical Nursing*, 27(1-2), e154-e161. <https://doi.org/10.1111/jocn.13894>

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The cost of caregiving

When a family member has a health adversity other family members will need to assist in healthcare needs, change roles and manage different aspects of the family to maintain family functioning (Coyne et al., 2020). During this time it is important for the family members to be reminded on their own need for self-care and thanked for their contribution to care.



Informal carers provide transport, personal, emotional and pharmaceutical support for long periods of time. Informal carers are often responsible for attending to patients' complex needs including symptom management, administration of medication, coordinating medical appointments, and providing emotional support (Adelman et al., 2014). Particularly during cancer or chronic disease this can be up to up to 40 hours a week of unpaid work (Cancer Council Victoria, 2011). It was estimated that the total cost to replace informal care in 2020 is \$77.9 billion (Carers Australia, 2020). Providing care comes at a personal cost and family carers can experience significant burden while caring for a loved one with cancer (Rha et al., 2015). Over the duration of the patients' illness trajectory, caring roles can impact on informal carers' mental and physical health, and social wellbeing (Lambert et al., 2012).

The nurse is often the first person to notice how tired and stressed the family are becoming over the patient's hospital admission or continued treatment. So, it is important for the nurse to engage with the family and highlight the need for personal self-care to ensure family functioning is maintained.

Points for the nurse to remind family

- The need for sharing the care giving role
- Seeking help is important
- Time out for personal selfcare is important

Helpful websites.

<https://www.carersaustralia.com.au/>

<https://www.caregateway.gov.au/>

<https://www.mentalhealthcarersaustralia.org.au/>

<https://www.youtube.com/watch?v=NXNOA194mms&list=PLhmW7CznzdidFGi7j6xCvI6oRvJ4d7FfT&index=6>



Supporting the family to accept help



<https://www.youtube.com/watch?v=152b45JKVD4&list=PLhmW7CznzdidFGi7j6xCvI6oRvJ4d7FfT&index=5>

Adelman, R. D., Tmanova, L. L., Delgado, D., Dion, S., & Lachs, M. S. (2014). Caregiver burden: A clinical review. *JAMA: Journal of the American Medical Association*, 311(10), 1052-1059. <https://doi.org/10.1001/jama.2014.304>

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Coyne, E., Heynsbergh, N., & Dieperink, K. B. (2020, 2020/12/01/). Acknowledging cancer as a family disease: A systematic review of family care in the cancer setting. *European Journal of Oncology Nursing*, 49, 101841. <https://doi.org/https://doi.org/10.1016/j.ejon.2020.101841>

Lambert, S., Harrison, J., Smith, E., Bonevski, B., Carey, M., Laws, C., Paul, C., & Girgis, A. (2012). The unmet needs of partners and caregivers of adults diagnosed with cancer: a systematic review. *BMJ Supportive & Palliative Care*, 2(3), 224-230. <https://doi.org/10.1136/bmjspcare-2012-000226>

Rha, S., Park, Y., Song, S., Lee, C., & Lee, J. (2015, Aug). Caregiving burden and the quality of life of family caregivers of cancer patients: the relationship and correlates. *Eur J Oncol Nurs*, 19(4), 376-382. <https://doi.org/10.1016/j.ejon.2015.01.004>

Join our family nursing chapter and increase your connection with family nursing colleagues.

Becoming a chapter member provides you with connection to Australian and international family nurses, clinicians and researchers.

<https://youtu.be/bLHOvxQGlic>



Points to share with your family members.

- Who is the leader of the family and provides direction?
- Acknowledge the family stress and challenges, talk about the roller coaster of emotions as patients change over each day.
- Encourage the family to talk with each other about how they are feeling. Using a journal can be helpful to document the challenges and how each day goes. This can also be helpful for the patient when they recover (Mitchell & Chaboyer, 2010).
- Enable time for the nurse to talk with the family and provide updates and answer questions
- Encourage the family to remember their own self-care, the patient will need this in their recovery (Carlson et al., 2015).



Carlson, E. B., Spain, D. A., Muhtadie, L., McDade-Montez, L., & Macia, K. S. (2015). Care and caring in the intensive care unit: Family members' distress and perceptions about staff skills, communication, and emotional support. *JOURNAL OF CRITICAL CARE*, 30(3), 557-561. <https://doi.org/10.1016/j.jcrc.2015.01.012>

Mitchell, M. L., & Chaboyer, W. (2010, 2010/06/01/). Family Centred Care — A way to connect patients, families and nurses in critical care: A qualitative study using telephone interviews. *Intensive and Critical Care Nursing*, 26(3), 154-160. <https://doi.org/10.1016/j.iccn.2010.03.003>

REASONS why YOU should Become a Member of IFNA

Currently fees for Chapter members NEW IFNA Member - \$75.00 (USD) is 40% off the usual membership fee for a limited time.

<https://protect-au.mimecast.com/s/iUQDC81ZPoh67nkRqInSSZq?domain=internationalfamilynursing.org/> (*about:blank*)

Benefits of joining IFNA

To interact with a global community of nurse scholars and practitioners who care about the health and healing of families.

Develop international friends and mentors.

To attend webinars about family nursing theory, practice, and research

Don't forget to connect with the main International Family Nursing Association and join to access extensive family nursing resources. <https://internationalfamilynursing.org/> (*about:blank*)

International conference for International Family Nursing will be in **2023 June in Dublin**. Start thinking about your European holiday!



Next meeting Wednesday • July 6th, 2022 1100-1200 AEST

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Written by Dr Elisabeth Coyne

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