

Australia and New Zealand Chapter IFNA



Newsletter Number 17: April 2022

Australian and New Zealand Chapter News

This month's newsletter has a focus on families in the critical care environment.

There are three main concepts which nurses should aim for as they work with families to provide family centered care.

Respect, collaboration, and support.

When a person is admitted to critical care it is a time of intense stress and challenges. During this time families are not actively involved in the patients' care in meaningful ways. Often leaving them unsure of what to do and lost in the technology. A family-centered care model formalizes each patient and the patient's family as the unit of care.

Mackie, B. R., Marshall, A., & Mitchell, M. (2018). Acute care nurses' views on family participation and collaboration in fundamental care. *Journal of Clinical Nursing*, 27(11-12), 2346-2359.

<https://doi.org/10.1111/jocn.14185>



Australian and New Zealand Chapter research project

*Here is an opportunity to be involved in a research study to help us understand what nurses see as their role with families. We are just over **150 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.

<https://prodsurvey.rcs.griffith.edu.au/prodls200/index.php/415994?lang=en>

Family needs and experience of waiting to visit their critically ill loved one in ICU.

We explored families’ lived experience of ‘waiting’ in an Australian adult ICU waiting room; assessed their needs while waiting to visit their critically ill loved one, how important are these needs and if these needs were met.

We used a concurrent mixed-method approach which included a cross-sectional anonymous survey and in-depth individual interviews. Although stressful, families understood the necessity of waiting, however, they would like to be supported while waiting so that their waiting would be easier and less stressful. Several needs were highlighted as highly important but poorly met and these needs were among the basic needs of human beings. The study revealed the gap in facilities and resources that are necessary to meet the important needs of the families while waiting, and advocates for interventions to address the gap and improve family experience of waiting.

Interventions were suggested which addressed highly important but poorly met family needs. A number of these have been implemented by the health service such as: providing a vending machine that provides food and drink options; making the glass wall of the ICU waiting room opaque for improved privacy; and installing a 'virtual window' on the wall of the ICU waiting room (a timed slideshow of calming 'nature' photos on a TV screen).

If you would like to know more about this project, please contact Jing (Cherry) Ning via email: jing.ning@health.wa.gov.au¹ or Mandy Towell-Barnard Senior Lecturer, SNM Edith Cowan University a.towell-barnard@ecu.edu.au²



Children Visiting ICU: Understanding when to visit and how

Should I bring my children in to visit their critically ill grandpa in ICU? How do we help families when we are asked questions such as this?

Staff at intensive care unit at Sir Charles Gairdner Hospital in Perth, Western Australia have recently completed a quality improvement project to develop resources for families and staff members on children visiting ICU. The project was initiated when clinicians found it **challenging to best support families** when asked whether they should bring their children in to visit their critically ill loved ones in ICU. The project team conducted a literature search and found great resources developed by organisations such as ICUsteps (UK), Westminster and Chelsea Hospital (NHS, UK), Children's Hospital at Dartmouth (USA) and the Australian and New Zealand Intensive Care Foundation. Through networking and close collaboration, the project team developed an information booklet using available resources with permission and tailored them to local context. The resource package also includes the **Kids Activity Book** (generously shared and permitted to use by ICUsteps) and a crayon set, a comic book titled

¹<mailto:jing.ning@health.wa.gov.au>

²<mailto:a.towell-barnard@ecu.edu.au>

'Understanding the intensive care unit', and soft toys which provide much needed comfort to children who visit their close relatives in ICU (thanks to the generous donation by the Australian and New Zealand Intensive Care Foundation, Charlies Foundation for Research). The project has received great feedback from both families and staff in ICU.

If you would like to know more about this project, please contact Jing (Cherry) Ning ICU Research Nurse Sir Charles Gairdner Hospital via email: jing.ning@health.wa.gov.au



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

<https://youtu.be/bLHOvxQGlic>

Points to share with your family members.

- 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).



<https://raisingchildren.net.au/newborns/premature-babies/neonatal-intensive-care/coping-with-nicu>

<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>

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/org/10.1016/j.iccn.2010.03.003>

REASONS why YOU should Become a Member of IFNA

Wanting to join IFNA - currently the annual fee for a NEW IFNA Membership is reduced to only \$75.00 (USD) which 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 probably in Dublin. Start thinking about your European holiday!



Next meeting Wednesday •April 13th, 2022 1100-1200 AEST

Teams link for the meeting, all welcome³

Written by Dr Elisabeth Coyne

³[https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzM4ZjM3NjQtN2Y0NS00MTg0LTk3ZDMtMjA1ZGM3ODUzMjM0%40thread.v2/0?context={%27Tid%3a%275a7cc8ab-a4dc-4f9b-bf60-66714049ad62%2c%27Oid%3a%272fa526d7-e268-410f-9277-42360c0b3876%27}}}](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzM4ZjM3NjQtN2Y0NS00MTg0LTk3ZDMtMjA1ZGM3ODUzMjM0%40thread.v2/0?context={%27Tid%3a%275a7cc8ab-a4dc-4f9b-bf60-66714049ad62%2c%27Oid%3a%272fa526d7-e268-410f-9277-42360c0b3876%27}})