

# Family Care in Perianesthesia Areas

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1



## About Me...

- Associate Professor in a School of Nursing at San Francisco State University
- I have been a nurse for 35 years
  - 10 years in adult ICUs
  - 10 years in perianesthesia nursing
  - 5 years in hospital administration
  - 10 years as a nursing professor

2

## Definition of Family

- Family can be defined in many ways
- Strict legal definitions
  - Used for informed consents, other legal documents, EOL decisions
- When the patient can communicate, the ideal definition of family is whomever the patient defines as family<sup>1</sup>
- When the patient is unable to communicate, a practical definition of family is anyone who participates in the care and well-being of the patient<sup>2</sup>

3

## Why Care for Families?

- We are guests in the patient-family relationship
- In most cases, the patient and family share a meaningful past and a hope for a long and healthy future together
- A family's interest is most typically aligned with the nurse's interest: to ensure that the best possible care is provided to the patient
- For simple logistical reasons alone, nurses know that caring for patients includes caring for families, as families are the transporters, the supporters, and often the ones who pay the most attention to discharge instructions (as they are the carers once home)
- They are also often the most accurate historians



4

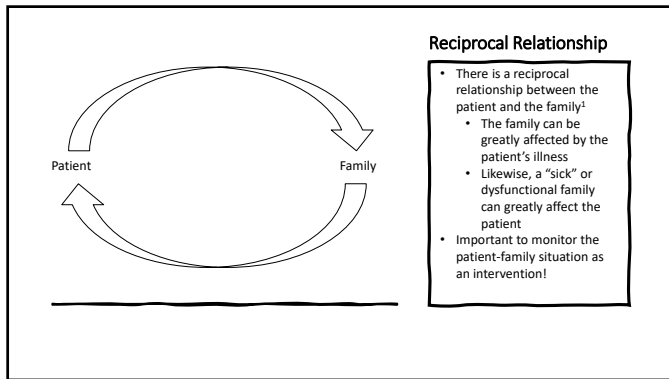
## Do Adult Patients Need their Family?

- There is a strong societal bias to keep pediatric patients and their families together
- It is assumed that adult patients do not need their families, except for significant life transitions (such as birth and death)
- But when one is ill, regardless of age, there is typically a strong desire to be close to loved ones
- This is especially true as the situation becomes more dire
  - Yet, this is precisely when we tend to separate families from their ill loved ones
- **Reflect:** Would you want to be with your family if you were ill?

5



6

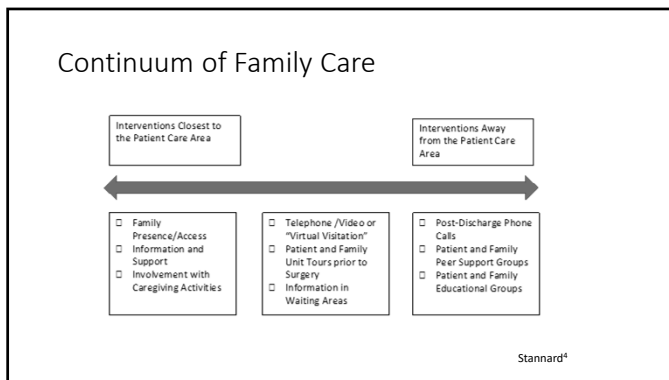


7

### Family-Centered Care (FCC)

- Philosophy of care delivery and way of caring for patients that includes and involves the family
- Nurses who embrace FCC understand that caring for the family is an extension of caring for the patient
- Goals of FCC are to transform the healthcare delivery system such that care settings will recognize and encourage patient and family strengths, choice, and independence<sup>3</sup>
- Primary perianesthesia nursing-centered interventions include:
  - Ensuring family presence
  - Providing the family with information and support
  - Encouraging family involvement with caregiving activities

8



9

### Family Presence

- Has been commonly associated with ensuring family access during resuscitation efforts and invasive procedures
- Can be used in lieu of the term "visitation", as that does not imply active involvement with the patient and associated care
  - TJC emphasis
- Ensuring family presence is the cornerstone to all other family-centered interventions
  - Promotes family cohesion, connection, and involvement in care
  - Fosters patient well-being
  - Provides the family with visual cues and other information

10

### Family Presence

Family care in perianesthesia care is still an evolving field; below draws upon literature from similar areas (acute & critical care)

Effects on the Patient	Effects on the Family	Effects on Clinicians
<ul style="list-style-type: none"> <li>• Reduces incidence of delirium<sup>5</sup></li> <li>• Reduces incidence of emergence delirium<sup>6</sup></li> <li>• Reduces cardiovascular complications<sup>7-11</sup></li> <li>• Improves pain management, lowers anxiety, and facilitates the use of positive postoperative coping strategies<sup>12</sup></li> <li>• Decreases intracranial pressure<sup>13,16</sup></li> <li>• Decreases negative behavior in children<sup>17</sup></li> <li>• Does not compromise patient safety<sup>18</sup></li> <li>• Increases patient satisfaction<sup>19-21</sup></li> <li>• Does not increase infection risk<sup>22,23</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Decreases family member anxiety<sup>24,27</sup></li> <li>• Increases family satisfaction and parental coping<sup>27-29</sup></li> <li>• Reduces the incidence of PTSD in adolescents and adults<sup>30,31</sup></li> <li>• Assisted with familial coping, especially with adverse outcomes and complications<sup>32</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Causes no delays to treatment or resuscitation<sup>33,34</sup></li> <li>• Causes no adverse effect on the technical performance of the staff<sup>35</sup></li> <li>• May decrease litigation risk<sup>36-39</sup></li> <li>• Enhances communication and facilitates family education<sup>40-42</sup></li> <li>• Humanizes the patient and supports patient dignity<sup>38,39,41</sup></li> </ul>

11

### Providing the Family with Information and Support

Remember: Most families need guidance at the bedside—they haven't read the Core Curriculum!

- Information has been identified as a crucial component in family coping and satisfaction
- Support, in the form of nurses' caring behaviors and interactions, is enormously influential in shaping the care experience for both patients and families
- Taken together, these two nursing interventions are highly valued by families and are even more meaningful when family access is ensured
- Like all skills, interacting with families takes practice and requires setting the tone by slowing the pace, checking in for understanding, and listening and responding to concerns—this requires patience and emotional engagement with the situation

12



13

### Simple Strategies

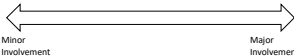
- If the family has a lot of questions, give them some paper and pen and tell them to write the questions down
  - During a quiet moment, go over these questions with them
- Support can be demonstrated using non-verbal caring actions on the part of the nurse
  - Understanding nod
  - Squeeze of the hand
  - Smile or hug



14

### Encouraging Family Involvement in Caregiving Activities


- Active family involvement is encouraged by TIC
- Can range from minor involvement
  - "Can you pass me the tissue box?"
- To major involvement
  - Helping to empty drains that they will have to take care of once home
- Recognized Hurdles
  - Facility policies
  - Inadequate staffing and perceived lack of time
  - Hesitancy on the part of the nurse and family



15

### What Do Nurses Do?

- Patients are hospitalized for nursing care!
- Every patient in a hospital has a nurse
- The nurse carefully monitors vital signs, fluid levels, and minute-to-minute changes
- The nurse provides care, teaching, and emotional support to the patient and family
- The nurse coordinates care with the different specialists
- The nurse provides the 24/7 care for the patient and family and serves as the eyes and ears for the healthcare team
- The nurse intervenes when necessary, providing treatments that are prescribed by the physician and performing nursing interventions based on clinical judgment
  - Family care




16

### Consider family care as a drug that is titrated

- Titrate to patient effect

- It all comes down to dose
  - What is the right dose of "family" for that particular patient?
  - What is the right dose of "patient" for that particular family?



17

### Context Matters!



18



19



20

### Considerations

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- HIPPA
- Open bays
- Time
- Adds a human element
- Pandemic siege moment<sup>42</sup>

21

### We Are All In This Together!

- Some nurses are more naturally drawn to family care than others
- They are often assigned to care for the "difficult" patient/family
- Practice makes perfect, so practice caring for families, and it will get easier with each interaction!

22

### The Power of your Practice

- Don't underestimate how much of an impact you make daily on the lives of the patients and families for whom you care
- Small acts of kindness matter
- Larger acts of kindness won't be forgotten

23

### Summary

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- Family can be defined in many ways
  - When the patient can communicate, the ideal definition of family is whomever the patient defines as family
  - When the patient is unable to communicate, a practical definition of family is anyone who participates in the care and well-being of the patient
- Why care for families?
  - We are guests in the patient-family relationship
  - In most cases, the patient and family share a meaningful past and a hope for a long and healthy future together
  - A family's interest is most typically aligned with the nurse's interest: to ensure that the best possible care is provided to the patient
- Primary perianesthesia nursing-centered interventions include:
  - Ensuring family presence
  - Providing the family with information and support
  - Encouraging family involvement with caregiving activities
- Think of family care as a nursing intervention and titrate to patient effect
- Family care is a skill!! Practice makes perfect!

24

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25

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26

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27

## Questions?



Thank You!

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28