

Original Paper

Effect of a family-centered clinical intervention on the anxiety of family members of the patients hospitalized in critical care units

Golaghaie F (Ph.D)^{*1}, Hekmatpou D (Ph.D)², Vafaie M (M.Sc)³
Rafeie M (Ph.D)⁴, Rafiei F (M.Sc)⁵

¹Assistant Professor, Department of Nursing, Faculty of Nursing & Midwifery, Arak University of Medical Sciences, Arak, Iran. ²Associate Professor, Department of Nursing, Faculty of Nursing & Midwifery, Arak University of Medical Sciences, Arak, Iran. ³M.Sc in Critical Care Nursing, Roozbeh Hospital, Tehran, Iran. ⁴Associate Professor, Department of Biostatistics & Epidemiology, Faculty of Medicine, Arak University of Medical Sciences, Arak, Iran. ⁵M.Sc in Biostatistics, Department of Biostatistics & Epidemiology, Faculty of Medicine, Arak University of Medical Sciences, Arak, Iran.

Abstract

Background and Objective: Hospitalization of patients in the intensive care units frequently results in anxiety of the family members. This study was performed to investigate the effect of a family-centered clinical intervention on the anxiety of family members of the patients hospitalized in intensive care units.

Methods: In this clinical trail study, eighty family members of the patients hospitalized in the intensive care units were randomly divided into interventional and control groups, respectively. In the interventional group, the family members were allowed to be present at the bedside from the second till the sixth day. The participant's level of anxiety was assessed in the second and the sixth day of patient's hospitalization using hospital anxiety and depression scale. Oral information about the equipment and the regulations and, a daily information card consisting of treatment and care activities, vital signs and patient's level of consciousness was delivered to the participants and their questions were answered.

Results: In the the sixth day, there was a significant difference between the mean anxiety scores in the intervention (11 ± 3.22) and control group (7.05 ± 3.44) ($P<0.05$). Also, the frequency of anxiety in the interventional group (56%) was significantly higher than the control group with 15% ($P<0.05$). The odds ratio for anxiety in sons/daughters was lower than other family members in the sixth day ($P<0.05$).

Conclusion: Providing information, presence at the bedside and participation in the care of their patient increase the anxiety of family members in the first week of patient hospitalization in the intensive care unit.

Keywords: Anxiety, Intensive care, Family- centered clinical intervention, Patient hospitalization

* Corresponding Author: Golaghaei F (Ph.D), E-mail: golaghaei@arakmu.ac.ir

Received 16 Jun 2015

Revised 15 Feb 2016

Accepted 20 Feb 2016