

The Implementation of Family Nursing Care to Patients with Chronic Diseases: A Systematic Review

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ABSTRACT

A life-threatening illness can have such an impact on the family that it leads to destabilization of the family system and family members often experience considerable physical, social, and emotional burdens. To provide support for families, intervention informed by Family Systems Nursing have been developed worldwide over the past 30 years. The purpose of this study was to examine the effectiveness of the implementation of family nursing care to patients with chronic diseases. This was a systematic review study used articles from online database such as BASE, Google Scholar, and PubMed, which published from 2011 to 2021. The articles were browsed from April 2021 until May 2021. The dependent variable was chronic disease. The independent variables was family nursing intervention. There were 4 articles which declare that there are benefits on the implementation of family nursing care in increasing relationships for providing social support and escalating family ability to care for patients. 1 article suggest that there was no significant effect on the implementation of family nursing care to patients with chronic disease. There were 4 articles which declare that there are benefits on the implementation of family nursing care in increasing relationships for providing social support and escalating family ability to care for patients. 1 article suggest that there was no significant effect on the implementation of family nursing care to patients with chronic disease.

Keywords: Chronic Disease, Family Nursing, Intervention, Social Support

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BACKGROUND

Chronic disease is the leading cause of death and disability in the world. Chronic illnesses are the leading causes of death and disability worldwide. The study by Global Burden of Disease (GBD) states that more than 300 chronic diseases have caused death and disability in more than 100 countries. Chronic disease, including heart disease, stroke, cancer, diabetes and respiratory disease, contributed to a 54% mortality rate and a disease burden rate of 47% in the Southeast Asia region (Benziger et al., 2016).

International research on families with children or adolescents diagnosed with chronic diseases such as cancer, diabetes and others recommends psychosocial support to provide assistance to families, either with a short or long duration of adjustment. Adjustment to changes brought about by the situation with an illness. Family nursing care offers support in the form of advice and information that can help and improve health welfare both physically and psychologically to families with a family member diagnosed with a chronic disease. Health care at the family level also contributes to developing family health conditions in order to care for family members who are sick so that it has a positive impact on the patient's condition. (Svavarsdottir et al., 2014). Patient recovery influenced by several factors, among them are age, level of education, nutritional status, environmental factors and compliance of the patient in taking the drug. Adherence to taking the drug is often influenced by the support of the patient's family (Widiyanto, 2017). Family is a constitution which consists of individuals who are tied together socially and emotionally. The focus of care is on the relationships between family members. Family members closest to the individual who is receiving treatment are referred to as co-recipient of care (Thome & Arnardottir, 2013).

Studies show that nurses generally tend to focus all nursing attention on patients and disease. However, the family can have a role in helping the patient's recovery, therefore attention to other family members also needs to be considered as part of management (Leon & Knapp, 2008).

The literature on intervention in families shows several factors that can help the patient's recovery process, namely by actively coping strategies, training optimistic thoughts, and looking for the meaning of the disease condition at hand (Kamban & Svavarsdottir, 2013; Kendall & Tabacco, 2011; Konradsdottir & Svavarsdottir, 2011, 2013; Moules, Laing, Morck, & Toner, 2011; Northouse, 2005; Sigurdardottir, Svavarsdottir, Rayens, & Adkins; 2013; Svavarsdottir & Sigurdardottir, 2013; Svavarsdottir, Tryggvadottir, & Sigurdardottir, 2012; Sveinbjarnardottir, Svavarsdottir, & Wright, 2013). Based on the background description, the purpose of this study was to determine the effectiveness of the application of family nursing care to chronic disease patients and their families.

METHODS

The design of this study is a systematic review. Search for articles using the online database BASE, Google Scholar, and PubMed. The articles used in this review are articles published in 2011 to 2021. In the process of searching for articles, researchers used the keywords "Chronic disease" and "Family nursing intervention". The inclusion criteria of this study were: 1) articles describing the effectiveness of the application of family nursing care to patients with chronic diseases such as hypertension, heart failure, cancer and others; 2) original research paper.

The exclusion criteria of this study were: 1) articles in languages other than English and Indonesian; 2) review papers; 3) research data is incomplete or not available.

The dependent variable is chronic diseases such as cancer, heart failure, and so on. The independent variable is family nursing care. Family nursing care is part of the primary care provided to patients of all ages, from infancy to geriatrics. Nurses assess the health of the entire family to identify health problems and risk factors, help develop interventions to address health problems, and implement interventions to improve the health of individuals and families (Nursing Theory, 2020). Chronic disease is a disease in the body that lasts a long time due to several risk factors such as lifestyle, age, genetics, and others (APA, 2020).

Search for articles using online databases (PubMed, BASE, and Google Scholar). The process of searching and filtering articles uses the Prism diagram (chart 1). Articles included in this study must meet the inclusion criteria and have been reviewed using a critical appraisal in accordance with the research design of each article.

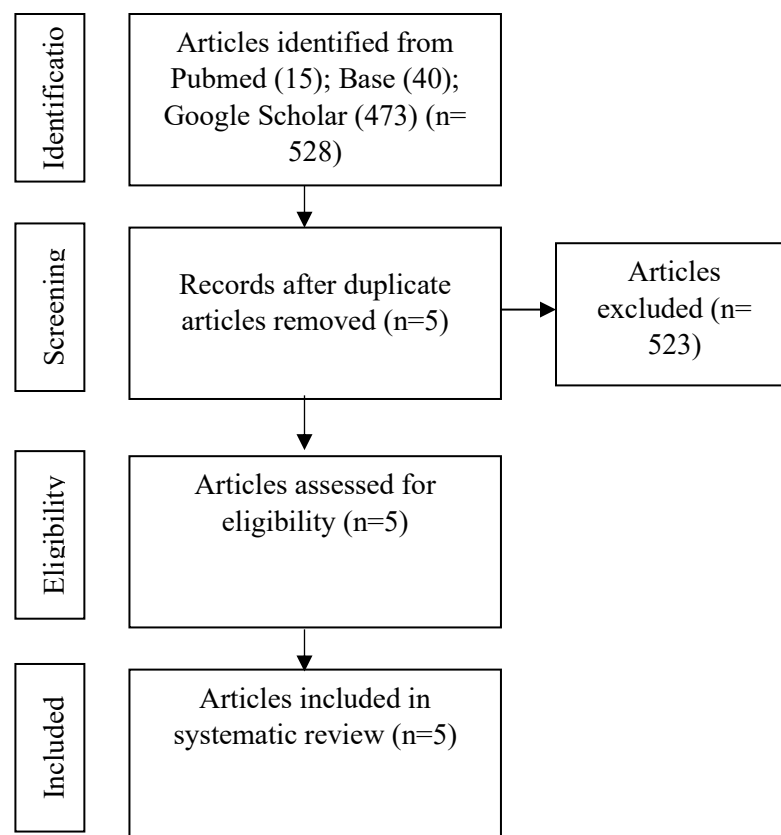


Chart 1. Prism diagram

RESULTS

1. Characteristics of Research Subjects

There are a total of 528 search results articles from the online databases of PubMed, BASE, and Google Scholar using the keywords “Chronic disease” and “Family nursing intervention” with published years between 2011-2021. There were a total of 5 articles that matched the inclusion criteria and were processed in qualitative and quantitative synthesis. The characteristics of each article included in the qualitative synthesis are described in table 1. The number of references and journal sources can be seen in table 2.

2. Application of Family Nursing Care for Cancer Patients

There is 1 article that discusses the application of family nursing care to cancer patients, namely the article written by Zimansky et al., (2020). The research location is in

Germany. Subjects that are selected are those who are over 18 years of age, and can complete the set of questions on the questionnaire sheet. The research method used a pre-and-post test, in which patients who entered the oncology unit before the implementation of the family nursing care program were considered a control group, and patients who entered after the implementation of the family nursing care program were considered the intervention group.

The results showed that the superiority of the family nursing care program could not be confirmed in comparison to conventional conventional care. These results have taken into account psychological burden, social support, physical complaints, and satisfaction with care.

3. Implementation of Family Nursing for Patients with Heart Failure and Stroke

There are 2 articles about the application of family nursing care to heart failure patients, and 1 article about the application of family nursing care with stroke. Research by Voltelen et al. (2016) and Østergaard et al. (2021) are located in Denmark, while research by Östlund et al., (2016) is located in Sweden.

Research subjects Voltelen et al. (2016) are nurses aged 35 to 52 years, with an average work experience of 14.5 years. The results of research by Voltelen et al. (2016) showed that the Family Nursing Therapeutic Conversation (FTNC) from the perspective of nurses provides relevant topics for improving the ability of families to care for patients with heart failure. In addition, nurses can also develop closer and meaningful relationships with families so that they can improve and strengthen relationships with families to care for patients with heart failure.

Research subjects Østergaard et al. (2021) are patients with heart failure and their families. The results of research by Østergaard et al. (2021) showed that FTNC has an advantage over conventional care in providing nurses social support to patients.

The subject of research by Östlund et al., (2016) is a family where one of its members is under 65 years old and recently experienced a stroke. The results showed that Family health conversation (FamHC) creates wide possibilities for the formation of mutually supportive relationships and adjustment of family functions.

4. Implementation of Family Nursing Care for Diabetes Patients

There is 1 article that discusses the application of family nursing care to diabetes patients. Research subjects by Davis & Zuber, (2009) are families who receive health care because there are family members who have type 1 diabetes. The study is located in Iceland. The results showed that there was no significant difference between families after receiving family therapeutic conversation (FAM-TC) and prior to family support and knowledge scores, this was because the majority of families had treated patients with diabetes for an average of 5 years, so that they already have sufficient knowledge. However, after analyzing each item in the family support category, there were significant differences among mothers in providing support and strength to families before and after the FAM-TC intervention.

Table 1. Effectiveness of the implementation of family nursing care for patients with chronic diseases: A systematic review

No	Author and year	Title	Location	Study Design	Subject	Results
1	Zimansky et al. (2020)	Effects of Implementing a Brief Family Nursing Intervention With Hospitalized Oncology Patients and Their Families in Germany: A Quasi-Experimental Study	German	Quasi experiment	Cancer Patients	There was no benefit found in implementing family nursing care based on the Calgary Family Assessment Model (CFAM) and the Calgary Family Intervention Model (CFIM). This contrasts with the results of other studies. These differences may be due to different country-specific structures as well as problems that arise during the implementation process.
2	Voltelen et al. (2016)	Family Nursing Therapeutic Conversations in Heart Failure Outpatient Clinics in Denmark: Nurses' Experiences	Denmark	Qualitative with a descriptive exploratory approach	Heart Failure Patients	The relationship between the nurse and the patient and their family is closer and more constructive. their family and Family Nursing Therapeutic Conversation (FTNC) enhances / strengthens family relationship. The nurses considered the FNTC an appropriate intervention as routine care provided in outpatient clinics for heart failure.
3	Østergaard et al. (2021)	Effect of family nursing therapeutic conversations on patients with heart failure and their family members: Secondary outcomes of a randomised multicentre trial	Denmark	Randomised multicentre trial	A nurse with work experience as a nurse for heart failure patients	Family Nursing Therapeutic Conversation (FTNC) is more effective in increasing social support to patients and families than conventional care.
4	Östlund et al. (2016)	A Family Systems Nursing Approach for Families Following a Stroke: Family Health Conversations	Swedia	Qualitative description	Stroke Patients	Family health conversation (FamHC) is a unique conversation technique that the patient's family has never experienced before. The family also added that FamHC bridges meaningful relationships to support the care of stroke patients in the family.

5	Davis & Zuber, (2009)	The Role of Advanced Nurse Practitioners in Offering Brief Therapeutic Conversation Intervention for Families of Children and Adolescents with Diabetes Type	Iceland	Quasi-experiment pre-and-post test	Type I Diabetes Patients	There are significant differences in mothers before and after family therapeutic conversation (FAM-TC) intervention to provide support to children or subjects who are experiencing type-I diabetes. Advanced nurse practitioners (APN) have a major role in providing support and education to families with type I diabetes patients while providing regular care.
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Table 2. Number of references and journal sources

No	Journal Source	Number of References
1	Journal of Family Nursing	3
2	Journal of Clinical Nursing	1
3	Dialysis and Transplantation	1

DISCUSSION

There are 5 articles that explain the application of family nursing care to patients with chronic diseases such as cancer, heart disease, diabetes, and others.

This systematic review study focuses on the process of providing family nursing care in the form of counseling therapy, discussions and conversations between nurses and families about health problems related to illness experienced by one family member. This is based on a theory which explains that family nursing care provides care through conversational therapy that focuses on encouraging, satisfying curiosity, and appreciating some of the realities at hand. Attention is focused on the reciprocal effect of illness and family by emphasizing family experiences in dealing with suffering caused by disease (Benzein et al., 2008; Wright, L. M., & Bell, 2009; Wright, L. M., & Leahey, 2013). The core assumption of family care is that health / disease affects all family members (Wright, L. M., & Leahey, 2013).

Family nursing care for patients with chronic diseases and their families, be they cancer, heart disease, or diabetes tend to have a similar pattern. This is because these diseases are annual diseases, need serious handling, and are ongoing. Annual disease requires changes in both the individual and the family to create a living atmosphere with disease and provide alternatives to various aspects of everyday life (Årestedt et al., 2015). Support from the family has been shown to help the rehabilitation and recovery process for several chronic diseases such as stroke, where family members are expected to contribute to the recovery process (Lutz et al., 2011).

Families experience deep uncertainty and stress during critical moments (Minton et al., 2019; Turner-Cobb et al., 2016) and face high risk for post-traumatic stress disorder, including anxiety, depression, stress and grief. (Alfheim et al., 2019; Davidson & Strathdee, 2019; Haines et al., 2015).

Family nursing care that focuses not only on the patient but also on the patient's family can strengthen meaningful relationships to provide mutual support in providing the best care for patients. This is consistent with research by Fox-Wasylyshyn et al., (2005) which explains that effective interventions targeted at the needs and expectations of family members should be able to help reduce stress and increase their satisfaction. Fox et al. stated that the needs of family members are often neglected by nurses because they more often focus their energies on meeting the needs of patients. A study by Fumis et al., (2008) also shows that an increase in the availability of labor to provide information to the patient's family as well as efforts to provide them with an understandable explanation of the patient's condition will increase the patient's family satisfaction.

There is a relationship between anxiety and support in the form of information and between anxiety and satisfaction (Bailey et al., 2010). Nurses spend a lot of time with patients and their families so that they are in a good position to assess needs and plan for meeting needs with appropriate interventions (Honea et al., 2008).

CONCLUSION

The conclusion in this review is that the application of family nursing care to patients with chronic diseases and their families has benefits and advantages in the aspect of increasing social support and the ability of families to care for their family members who are sick.

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CONFLICTS OF INTEREST

The author states that there is no conflict of interest in this study.

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