THE EFFECTIVENESS OF ADVANCED PEDIATRIC FAMILY NURSING PRACTICE

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BACKGROUND

One of the most difficult experiences in life for families is when a child is diagnosed with a chronic illness

Burden of the illness places a great demand on parents

Parents need support on an advanced level

BACKGROUND

Nurses can contribute to soften sufferings and facilate change to health problems

Family level intervention increases parents perceptions for support and helps them better manage illness experience

(Kamban and Svavarsdottir, 2013; Konradsdottir and Svavarsdottir, 2011, 2013; Svavarsdottir, Sigurdardottir and Tryggvadottir, 2014)

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PURPOSE

The purpose of this study was to measure the benefits of **The Family Strength Oriented Therapeutic Conversation intervention** (FAM-SOTC)

offered by **advanced practice nurses for parents** of children and adolescents with newly diagnosed **juvenile idiopathic arthritis**, **epilepsy**, **diabetes** and **ADHD** with **sleep disturbance**

GUIDING FRAMEWORKS

- The Calgary Family Assessment Model (CFAM)

- The Calgary Family Intervention Model (CFIM)

- Illness Beliefs Model

INSTRUMENTS

- The Icelandic - Family Perceived Support Questionnaire (ICE - FPSQ)

- The PedsQL^{TM}–Family Impact Module

- PedsQL^{TM} - Health Care Satisfaction Generic Module

- The Icelandic Family Intervention Beliefs Questionnaires (ICE - FIBQ)

- Demographics and Child-Health Variables

METHOD/SAMPLE

- A quasi-experimental pretest/posttest design

- Participants: Parents (N= 38) of children with newly diagnosed;

    Juvenile Idiopathic Arthritis

    Epilepsy

    Diabetes

    ADHD and sleep disorder

- Data collected march 2015-dec 2016

THE FAM-SOTC INTERVENTION
FIRST SESSION

- Family assessment
- Main concerns explored by using therapeutic questions
- Suffering acknowledged
- Emotional responses normalized
- Families strengths indicated
- Resourced indentified, information and advice offered

THE FAM-SOTC INTERVENTION
SECOND SESSION

- Revision made
- Parents encouraged to talk about change in daily life by using therapeutic questions
- Concerns and strengths acknowledge
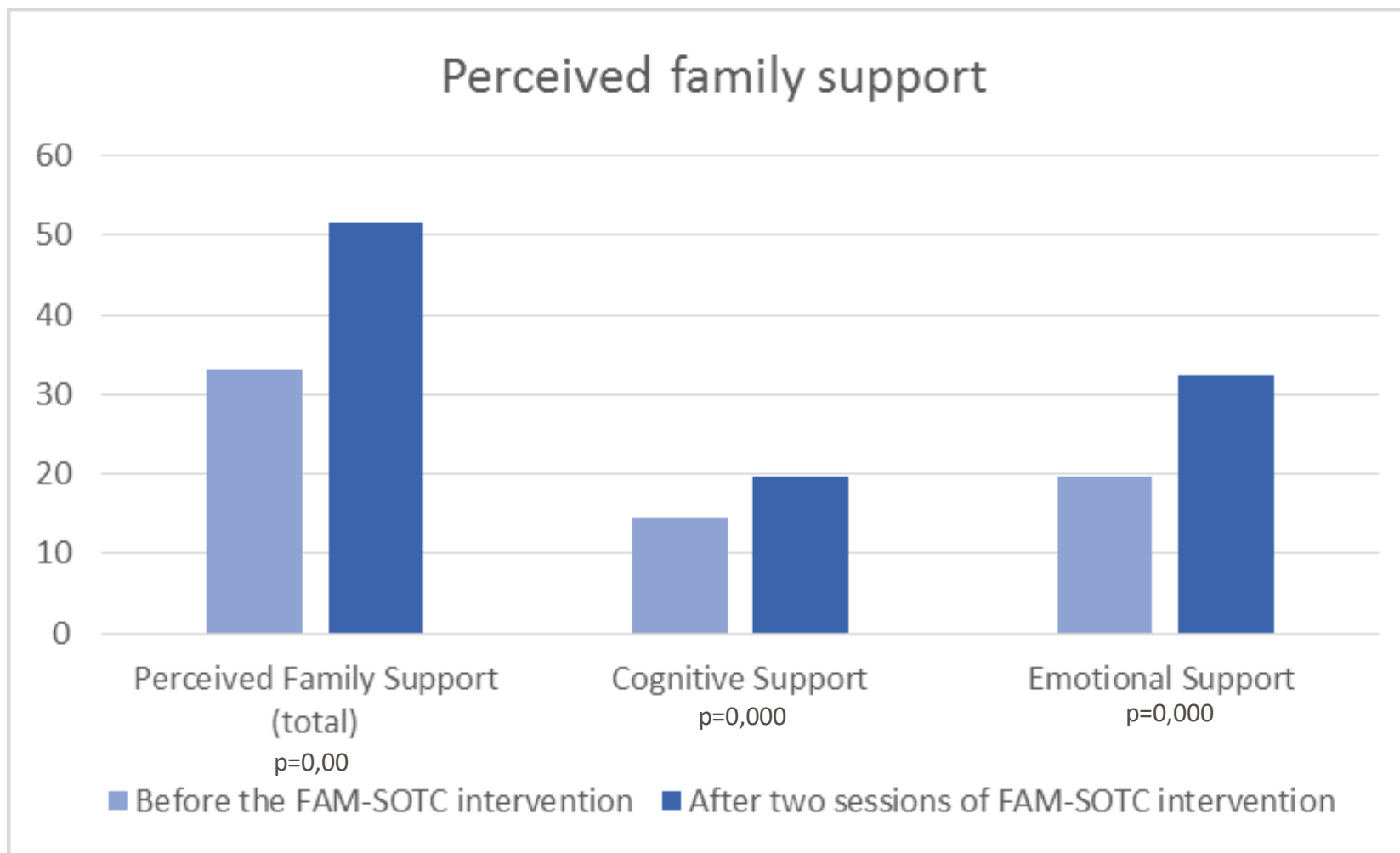- Resources discussed, information and advice offered

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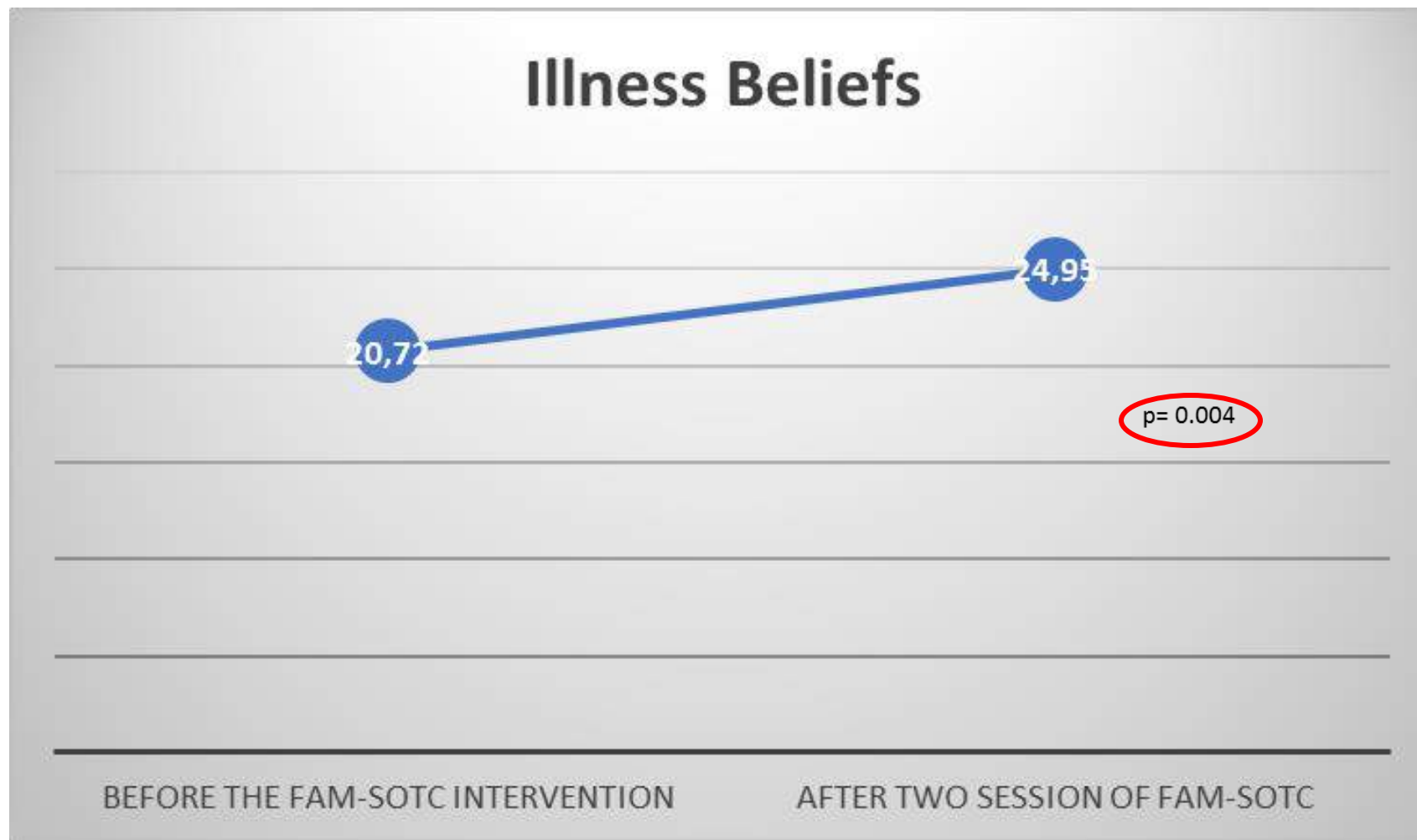
RESULTS

Table 1

Perceived Family Support		Before the FAM-SOTC intervention			After two sessions of FAM-SOTC intervention					
Caregivers outcome	n	Mean	SD	df	n	Mean	SD	df	t-value	p-value
Perceived Family Support (total)	30	33,17	17,36	29	30	51,53	17,23	29	-6.055	0,000
Cognitive Support	33	14,36	6,88	32	33	19,61	6,1	32	-5.344	0,000
Emotional Support	30	19,71	11,53	29	30	32,39	11,52	31	-5.992	0,000

Perceived family support before and after two sessions of FAM-SOTC

Perceived family support

RESULTS

Quality of life - total score

p = 0.001

72,43

65,26

BEFORE THE FAM-SOTC INTERVENTION | AFTER TWO SESSION OF FAM-SOTC

RESULTS

Family Quality of Life	Before the FAM-SOTC intervention				After the FAM-SOTC intervention					
Caregivers outcome	n	Mean	SD	df	n	Mean	SD	df	t-value	p-value
Physical	38	59,56	26,61	37	38	69,74	28,76	37	-3.476	0,001
Emotional	37	66,49	22,23	36	37	72,57	22,32	36	-2.125	0,041
Social	38	73,52	24,98	37	38	78,62	25,77	38	-1.727	0,092
Cognitive	38	68,19	28,26	37	38	70,00	29,41	38	-0,586	0,562
Communication	37	70,27	24,96	36	37	79,28	19,7	37	-2.668	0,011
Worry	38	52,76	23,56	37	38	64,80	19,26	37	-5.387	0,000
Daily Activities	38	63,38	31,63	37	38	69,08	32,3	37	-1.737	0,091
Family Communication	38	71,18	23,49	37	38	77,89	23,87	37	-2.420	0,021
Total	38	65,26	21,8	37	38	72,43	22,22	37	-3.681	0,001

Quality of life score before and after two sessions of FAM-SOTC

RESULTS
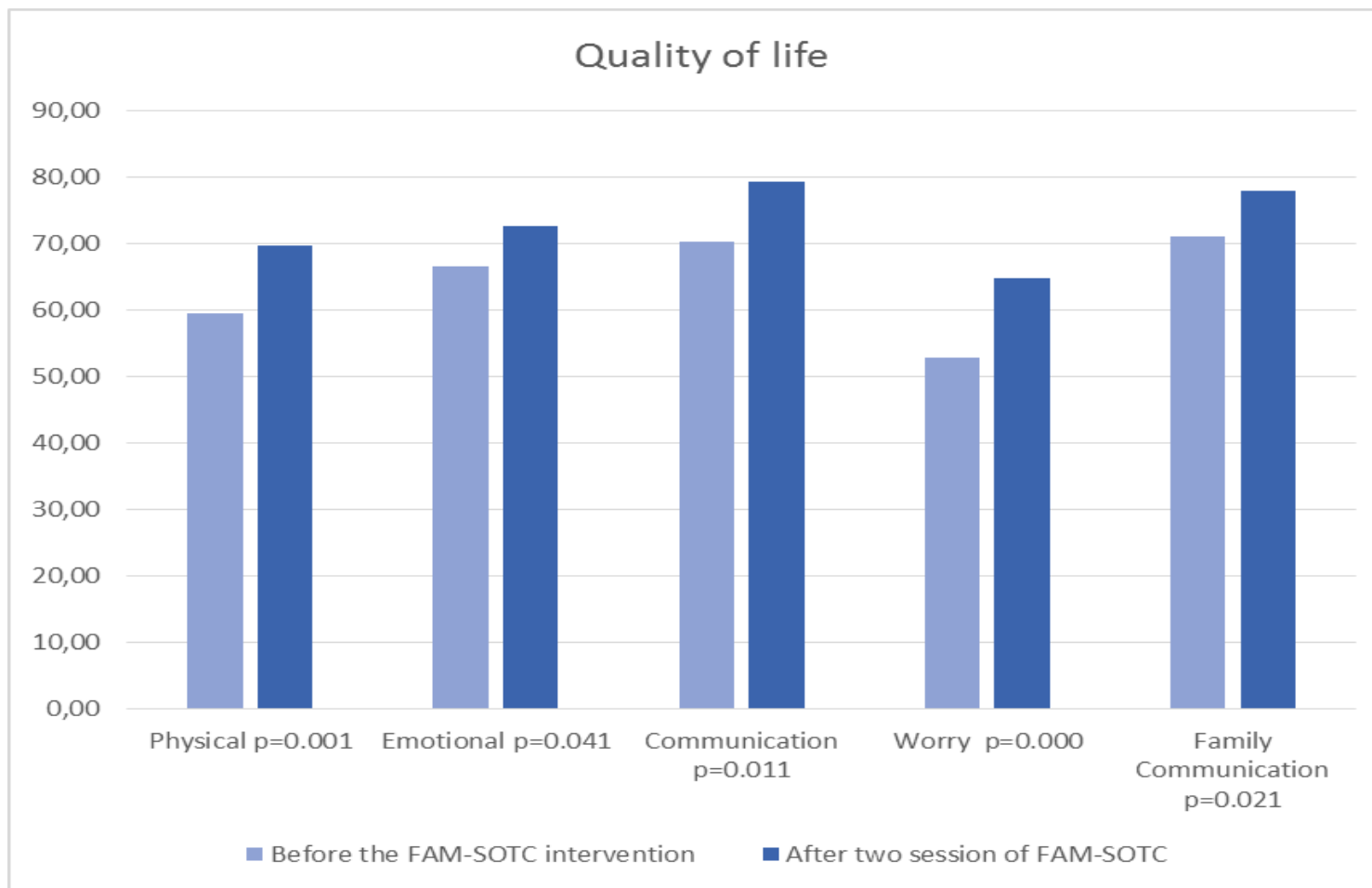
Quality of life

CONCLUSION

Family Strength Oriented Therapeutic Conversation (FAM-SOTC) is promising

Increased quality of life

Increased support
- Cognitive
- Emotionally

Positive change in Illness beliefs

Considerate and well prepared nursing interventions focusing on family strenghts makes a difference!