

**Background**

Intensive Care is a specialty dedicated to preserving the lives of critically ill patients using an interdisciplinary approach to care. ICU conducts life-sustaining procedures such as endotracheal intubation supported by a mechanical ventilator. Evidenced-based research and practice support medications and daily hygienic care to promote comfort and health in the intubated patient. Continuous blood labs and tests, such as X-rays, are necessary to gather pertinent information regarding the patient's health status. Families at the bedside require education about their loved ones care and support from the healthcare team to remain active in the patient's plan of care.

(Adhikari et al., (2017)

Significance to Nursing

Nurses are the patients main advocate. Patient advocacy extends beyond simply doing what is expected. Rather it involves integrating the legal obligations, the ethical principles of defending the patient's wishes, and demonstrating empathy towards the patient's condition (Abbaszadeh, Ahmadi, & Davoodvand, 2016). Intubated ICU patients are unable to speak on their behalf due to their sedated state. It is the nurse's responsibility to advocate for their patients by actively consulting with the family at the bedside to help guide the interventions delivered based on the patient's wishes. Families look to nurses for an explanation as to what is occurring with their loved one's current prognosis. Family's should be encouraged to participate in these conversations.

(Abbaszadeh, Ahmadi, & Davoodvand, 2016)

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Project Purpose

The educational tool described in this poster was developed into a creative booklet. The teaching tool was designed to be presented to the family at the bedside. It consists of relevant and concise information relating to the ICU environment, the ICU team, and the life saving medical devices used to sustain an intubated patient. Additional information includes the plan of care that involves blood labs, tests, therapeutic medication administration, and hygienic care. The main purpose of this booklet is to encourage family involvement and provide education. With adequate education regarding their intubated loved one's care and support from the nurses at the bedside, families will gain a sense of empowerment during this stressful time. Inspiration for this booklet stemmed from my nursing capstone experience in the ICU at St. Vincent's Medical Center in Bridgeport, CT.

Project Objectives

- ★ Successfully orient the families in the ICU to the environment and the healthcare team
- ★ Educate families at the bedside on the daily care plan of their loved ones
- ★ Through education and support from the healthcare team encourage a family presence at the patient's bedside

Conclusion

The educational booklet explained in this poster entitled "What To Expect When A Loved One Is Intubated" was specifically created utilizing a family-centered approach. It highlights information the family requires to grasp an understanding of the ICU environment. The booklet includes details regarding the dedicated ICU team, the mechanism of the ventilator, discussion of the daily hygienic care that is done, and an explanation of the physical and mental state the patient is in from medication therapy. The nurse is the most present at the bedside and resumes the role of the main patient advocate. This is perhaps why families find great comfort in the nurses who treat their loved ones with respect and with a unique patient-centered approach.

(Cohen, Ervin, Kahn., & Weingart, 2018).

Implementation of Project

This eight-page booklet includes headings about who will be involved in the patient's daily care and what this care consists of. There is a specific section dedicated to what the family's role is during their loved one's admission. The plan was to present this tool to the family at the bedside during the patient's admission to the ICU. This is an additional form of education meant for the family to reference.

Future Directions

In the future, perhaps educational booklets like "What To Expect When A Loved One Is Intubated" will be introduced as part of an ICU admission bundle. This idea can be shared amongst other specialties of nursing as a means of educating families present on each of the floors.

References

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