

NURSING INTERVENTIONS TO IMPROVE PARENTS' EMOTIONAL IMPACT OF HAVING A CHILD IN THE ICU



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INTRODUCTION

The ICU environment can be overwhelming for patients, especially children, due to the high stress and emotional intensity, which can impact recovery (1). Parents, often experience higher levels of stress, which can affect both their own and their child's wellbeing (2,3). Children tend to mimic their parents' emotions, so positive interventions for parents can improve the child's recovery (4,5).

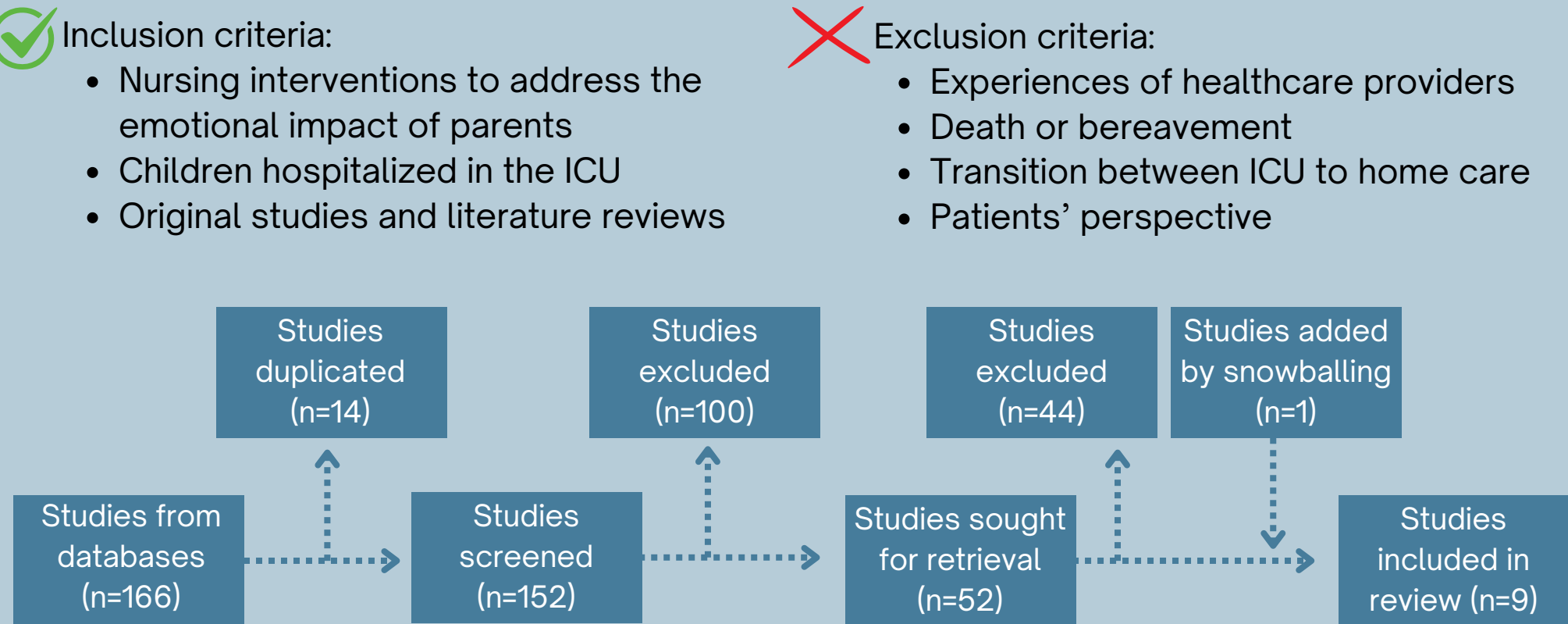
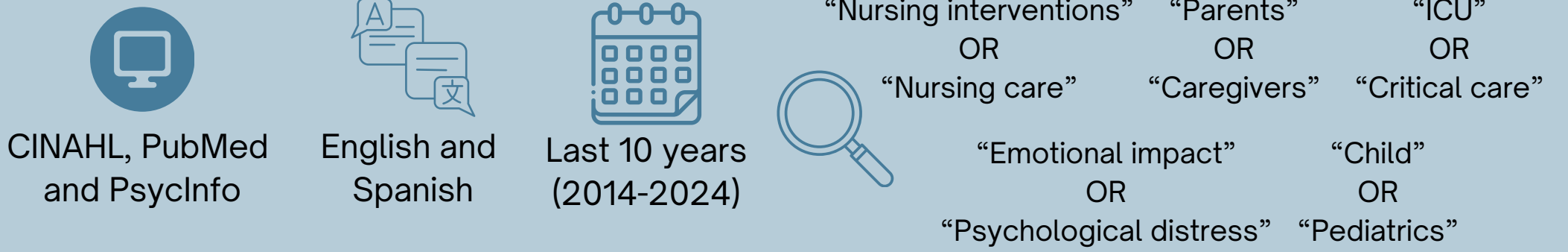
Nurses play a vital role in providing both physical and psychological care, not only for the patient but also for their families. The relationship between nurses and parents can significantly influence the ICU experience, especially in pediatric care where parents are the main caregivers (6,7).

OBJECTIVE



To identify nursing interventions that are effective to improve parents' emotional impact of having a child in the ICU.

METHODOLOGY



RESULTS

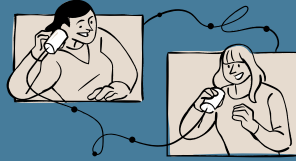


Hearing
(3,8,9)

- Enables communication
- Promotes emotional connections
- Key component of quality care
- Ensure parents understand non-verbal signs



INTERVENTIONS THROUGH HEARING



- Listening Visits** (8): 56% of mothers in the intervention group showed a significant drop in depression.
- Music Therapy** (9): Helped parents feel more connected and confident.
- Communication Training for Nurses** (3): Improved empathy, better parent-nurse interactions.



Touch
(10,11,12)

- Facilitate physical + emotional connections
- Sense of safety, bonding and security
- Especially for children and newborns



INTERVENTIONS THROUGH TOUCH



- KMC + Mindfulness** (10): Reduced maternal stress and anxiety, improved breastfeeding.
- KMC + Singing** (11): Statistically significant reduction in maternal anxiety.
- Diaries** (12): Helped parents process the experience, reduced distress over time.



Sight
(13,14)

- Crucial in perceiving and interacting
- Interpret emotions and facial expressions
- Provide comfort or contribute to distress



INTERVENTIONS THROUGH SIGHT



- Pictorial Interventions** (13): Reduced negative feelings, boosted positive perceptions of the hospital.
- Photos/Videos** (14): Allowed parents to connect with their child when they couldn't be present—helped reduce grief and increase hope.

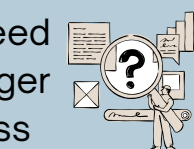
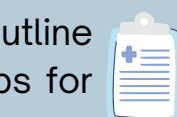
CONCLUSION

1 Clinical practice → Developing protocols that outline the interventions and the steps for implementation

2 Education → Integrated into the theoretical curriculum of Child Nursing Care

3 Research → Small sample sizes highlight the need for further research with larger populations to test their effectiveness

IMPLICATIONS



This literature review identifies nursing interventions that can help reduce the emotional impact on parents with children in the PICU, focusing on the senses of hearing, touch, and sight. The studies reviewed show significant results, indicating these interventions can be effective in PICU settings. It suggests that these findings should be implemented in clinical practice through the development of protocols, helping parents cope with the emotional challenges of having a child in the ICU. These interventions may also strengthen the bond between parents and children during difficult hospitalizations.

BIBLIOGRAPHY



COMPLETE TFG