

# Using Digital Technology to Encourage Family Involvement in the Adult Intensive Care Unit

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## Introduction

Family engagement is a very important element of safe and effective person-centered care within the medical care unit (ICU). Family engagement within the ICU is outlined as a vigorous partnership between health professionals and families to boost health outcomes, quality of care, and safety and delivery of care [1]. Though family caregiving or informal caregiving may be a term that's wont to describe unpaid care which matches on the far side the care generally expected in an exceedingly relationship, family engagement is completely different. This paper addresses family engagement within the ICU, that isn't essentially a similar as family caregiving or informal caregiving. In keeping with Brown family engagement will embody direct care activities, communication of values and goals of care, and strategies to reinforce respect and dignity [2]. Of note, family engagement isn't corresponding to family-centered care, which is "an approach to health care that's respectful of and aware of individual families' wants and values."<sup>3</sup> Instead, family engagement could also be an element of family-centered care [3].

Active family engagement in patient care, communication the patient's and families' values and goals, and decision-making processes square measure recognized as valuable aspects once providing care. Over the last decades, studies have reported the potential edges of family engagement on patient care within the ICU and post-ICU recovery [4]. Many interventions like family side visitation, 8 family presence throughout revitalisation, 9 ICU diaries, 10 music or pet interventions and patient/family informatory councils 13 are developed and tested to boost patient and family satisfaction, shorten length of ICU keep, or scale back adverse psychological outcomes for each patients and their families. Family engagement is additionally a core component of the ABCDEF bundle (Assess, Prevent, and Manage Pain; each Spontaneous arousal Trials and Spontaneous respiration Trials; alternative of physiological condition and sedation; Delirium: Assess, Prevent, and Manage; Early quality and Exercise; and Family engagement and empowerment) associate degree evidence-based care coordination and management strategy that aims to boost outcomes for critically unwell patients [5].

Digital technology has become a lot of central in our lives, and therefore the ICU has long been a technology-rich atmosphere. Moreover, the coronavirus illness 2019 (COVID-19) pandemic has accelerated the adoption of digital technologies in care settings due to the COVID-19 restrictions on side family presence within the ICU, interventions mistreatment digital technologies were documented within the in style press as an alternate to in-person visitation [6]. These interventions have allowed families to possess restricted views and communication with their critically unwell relations. COVID-19 pandemic additionally prohibited alternative aspects of care from being employed, like family-clinician conferences, family presence at rounds, orientation guides, and ICU diaries. These restrictions square measure probably to be gift in changed forms for the predictable future, preventing families from maintaining their roles in treatment decision-making processes as care partners and as voice of patients [7].

Interventions mistreatment digital technology may alter family engagement, no matter the families' presence at the side. Despite the increasing use of digital technology and therefore the importance of family engagement within the ICU, to our data, no studies up to now has extensively examined or synthesized any findings to gauge the present state of family engagement interventions within the ICU mistreatment digital technology [8]. Considering the present gap within the literature, this integrative review aimed to (1) establish and assess studies that have used digital technology to push family engagement and (2) assess the findings on however digital technology-based interventions concerned family caregivers to push family engagement in ICUs.

The effectiveness of digital technologies has been shown in informal caregivers of persons with insanity.<sup>38</sup> almost like the studies in our review, several of those interventions supported the knowledge wants of informal caregivers and represented vital support services. However, in contrast to the studies in our review, the main target of interventions for insanity caregiver population has been to extend social support, deliver psychological medical aid, and assist with the behavioral management of the care recipient [9]. These studies targeted vital caregiver outcomes like social support, caregiver burden and depression. In distinction, in our review, solely a couple of studies [10]. examined the consequences of the intervention on relations psychological outcomes like anxiety, depression, and PTSD-related symptoms. This can be probably thanks to the infancy of digital technology analysis in families of the critically unwell. Though many experimental studies reported promising leads to family satisfaction, 22 anxiety, 22 and family involvement outcomes most studies enclosed during this review were still at the first stage of intervention development or chiefly targeted on usability testing. Moreover, several studies used investigator-developed survey queries rather than valid measures that limit our ability to match and synthesize study findings. Given the present state of the proof, a lot of rigorous experimental studies square measure bonded [11].

This review had many limitations. Though we tend to enclosed four major databases, we tend to failed to embody all databases obtainable for our search strategy. Therefore, we would have lost some studies that met our inclusion criteria. We tend to restrict our search to the employment of digital technology-based methods in just ICU patient settings and not throughout post-ICU periods. Considering the crucial role that families play throughout recovery from vital unhealthiness, there could

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also be worth in together with studies conducted throughout post-ICU periods . The search was restricted to solely the patient part of vital unhealthiness due to the variations within the goals and contexts of once care of} family engagement after ICU discharge.<sup>36</sup> Future reviews ought to specialize in family engagement methods for post-ICU recovery and outcomes. Since solely studies written in English were enclosed, this review was restricted to studies from developed countries.

## Conclusion

Although the importance of family engagement within the ICU setting is recognized, the proof has not nevertheless been totally established. Digital technology offers enticing solutions to beat the challenges of participating relations within the ICU. Findings from our review discovered that the majority digital technology-based interventions self-addressed the fundamental level of wants, like straightforward unidirectional communication from practicing to relations. we tend to advocate more testing of interventions mistreatment digital technology to deal with the collaboration and decision-making parts of family engagement.

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