

# **EFFECTS OF ASSESSMENT, REORIENTATION AND THERAPY (A. R. T.) IN DECREASING THE ANXIETY LEVEL AMONG FAMILIES OF CVA PATIENTS**

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## **ABSTRACT**

### **Background of the study**

The family system may become disrupted when a member becomes seriously ill, as a result their response to the illness may also affect the outcome for the individual. Illnesses, which are detrimental lead to Intensive Care Unit (ICU) admission and impose a significant impact on patients and their families. During this time, emotional stability and sense of equilibrium must be established and maintained. Timely and proper assessments by nurses as well as implementation of crisis intervention are very crucial to facilitate functioning of the family system. Family integration into Intensive Care Unit (ICU) and creation of Family- Centered Care approach are equally important in providing holistic care to patients.

### **Objective**

This study aimed to determine the perceived family needs identified utilizing the modified Molter Critical Care Family Needs Inventory and to determine the effects of Assessment, Re-orientation and Therapy (A. R. T.), a Family-Centered Care Program as experienced by the family of CVA patients in terms of reduction in the anxiety level.

### **Methods**

Day Randomization Trial was done to categorize the total of 60 subjects into 30 for the control group and 30 for the study group. Those groups were the families of Cerebrovascular Accident (CVA) patients who were admitted at the Neurological Intensive Care Unit (NCU) and Medical Intensive Care Unit (MICU) at the PHC. The control group received their family needs through the routine nursing care provided by the bedside nurse. While the study group received their family needs by attending the A. R. T., a Family-Centered Care Program (FCCP) which consists of three phases: 1) Assessment, 2) Re-orientation and 3) Therapy conducted by the nurse facilitator.

Anxiety level of patient's family was used as an outcome measure and this was assessed before and after 24 hours of intervention.

### **Results**

Results showed that there was a very significant difference in decreasing the anxiety level of CVA patients using the A. R.T. as evidenced by a *p – value* of 0.010. Finding suggested that the A. R. T., an FCCP is a nursing intervention which addressed the family needs of CVA patients, thereby improving families' perception on the quality of care, satisfaction and treatment, finally in decreasing families' anxiety level.

**Keywords:** cerebrovascular accident, anxiety, family-centered care program