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Review article

Effectiveness of rehabilitation measures in intensive care: The impact of joint care of relatives and medical staff

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Abstract

Collaborative care involving family members and medical staff in intensive care is becoming an increasingly important topic in modern medicine. Studies indicate that the active participation of close relatives in the care process not only contributes to faster recovery but also enhances the psychological resilience of patients, creating a supportive environment that is crucial for effective healing. Understanding and utilizing this synergy can significantly improve treatment effectiveness and reduce the burden on healthcare providers by promoting a holistic approach to patient care.

Objective: To determine the impact of collaborative care involving family members and medical staff on the recovery speed of patients in intensive care, assess factors that contribute to successful rehabilitation, and identify ways to integrate these practices systematically for improved patient outcomes.

We conducted a systematic literature review to examine and assess the role of collaborative care between family members and medical staff in cardiopulmonary resuscitation and assess its impact on patient recovery speed. Research was sourced from databases including the Cochrane Library, Medline, and EMBASE. The studies included span until January 2023 and comprise several systematic reviews, meta-analyses, and randomized controlled trials (RCTs) that investigate the impact of collaborative care on patient recovery in intensive care units, particularly in cardiopulmonary resuscitation.

Conclusions. The results of this review indicate that patients receiving collaborative care from family members and medical staff experience faster recovery and shorter ICU stays. Key factors influencing these positive outcomes include the provision of emotional support from relatives, which bolsters patient morale, and the coordinated actions of medical personnel, which ensure continuity and comprehensiveness in care delivery. These findings underscore the importance of structured family involvement and highlight the need for policies that support collaborative practices in intensive care settings to optimize patient outcomes and foster a more compassionate care experience.

Keywords: resuscitation, intensive care, collaborative care, patient recovery, family role, medical staff, accelerated recovery.

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Introduction

Chronic diseases are the leading cause of mortality and disability worldwide, underscoring the need for effective patient care strategies aimed at improving treatment outcomes and patient satisfaction. One promising approach is Person-Centered Care (PCC), which focuses on aligning treatment plans between the doctor and patient and actively involving family members in health-related decision-making [1,5]. This approach has proven effective in enhancing clinical outcomes and patient satisfaction [27,30,32].

In intensive care units (ICUs), where patients are often in critical condition, the participation of family members in patient care becomes particularly significant [6]. Collaborative care by medical staff and family members can greatly improve patients' emotional state, expedite their recovery, and reduce stress levels among family members [1]. However, implementing such care in daily clinical practice faces serious challenges, such as time and resource constraints, especially during the COVID-19 pandemic [2,3].

Research indicates that effective communication between doctors and patients' relatives is a key factor in making appropriate medical decisions in ICU settings [10,38]. Nevertheless, one-third of family members report communication issues with medical staff, leading to high levels of conflict and stress [14]. Therefore, systemic changes are needed to improve interactions between medical staff and patients' relatives [2,7].

Objective: The objective of this review is to explore the impact of collaborative care involving family members and medical staff on patient recovery in cardiopulmonary resuscitation and assess its effect on recovery speed. The literature review includes publications from specialized scientific and medical journals such as the European Journal of Cardiovascular Nursing, Healthcare (Basel Switzerland), and Patient Education and Counseling.

Materials and Methods

We conducted a systematic literature review to examine the role of collaborative care between family members and medical staff in cardiopulmonary resuscitation and assess its impact on patient recovery speed. The systematic review utilized existing research works. Due to the lack of consistency in terms, definitions, research methods, and result reporting, common selection criteria were established.

Research was sourced from databases including the Cochrane Library, Medline, and EMBASE. The studies included span until January 2023 and comprise systematic reviews, meta-analyses, and randomized controlled trials (RCTs) that investigate the impact of collaborative care on patient recovery in ICUs, particularly in cardiopulmonary resuscitation.

Selection Criteria

The inclusion/exclusion criteria for the studies were based on time interval, language, topic, research type, publication type, and research area. To include relevant studies, we searched for publications from 2014 to 2024. Since the authors of this study used English and Russian as their working languages, we included publications written in these languages. The scope of articles included studies on:

-Patient-centered care;

-Person-centered assistance;

-Collaborative patient care

Studies not addressing any of these topics were disqualified. We included articles based on both primary and secondary research. We limited our database search results to articles and publications in peer-reviewed journals. The review included literature reviews and commentaries, as well as studies that were mixed qualitative and quantitative. Moreover, the search approach imposed no geographical restrictions.

The studies included in the review evaluated various aspects of the impact of family participation in patient care in cardiopulmonary resuscitation, including recovery pace, psychological state of patients and their families, and the quality of communication between medical staff and relatives. Based on this data, we aimed to determine how collaborative care can be systematically integrated into cardiopulmonary resuscitation practice to improve clinical outcomes and patient and family satisfaction.

Results

This study is based on a review of academic literature and our own experience, as well as an analysis of the results of studies conducted in the field of collaborative care in cardiopulmonary resuscitation. This section presents a detailed analysis of the obtained results, covering the impact of collaborative care on patient recovery, the role of communication and cooperation, as well as identified obstacles and challenges.

Recovery Pace

The study of the role of collaborative care involving family members and medical staff in cardiopulmonary resuscitation revealed a significant impact of this factor on the speed and effectiveness of patient recovery [13,16, 17,25]. Data analysis from literature, including works by Goldfarb and Chang et al., confirms that family participation in care significantly contributes to faster patient recovery in ICUs [1,27]. Collaborative care ensures continuous and comprehensive care for the patient, which in turn promotes physical and emotional recovery [2,11,15].

Studies show that collaborative care for patients and participation in structured joint physical activity programs improve patients' physical abilities [20,43]. Some authors also recognize the assistance of relatives in identifying "delirium," which allows for better management of the patient's condition [27].

Psychological State of Patients and Their Families

Many research works on collaborative care in the ICU focus on the psychological and emotional state of patients and their families/close ones. Several scientific articles on the effectiveness of family presence have demonstrated improvements in patients' emotional state and their recovery. Collaborative care allows family members to feel control and reduces their stress and anxiety for the patient [1,22]. Existing collaborative care techniques are based on educational conversations and training family members, allowing them to feel confident and important [21,27].

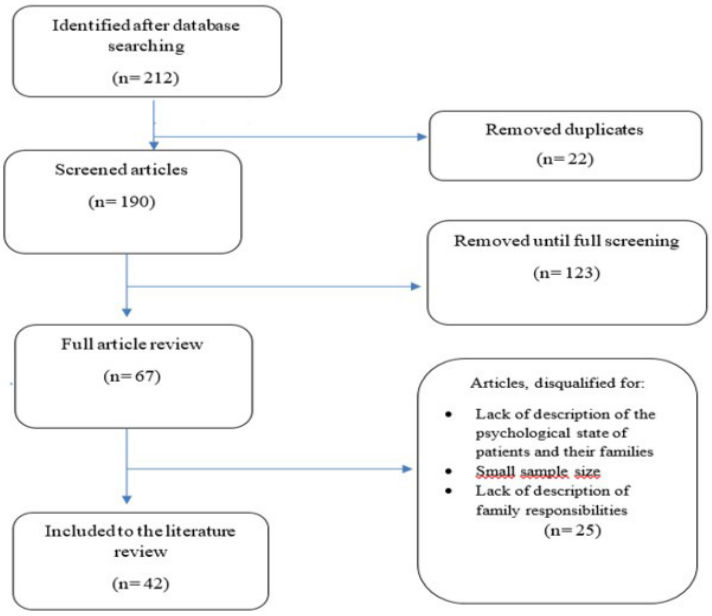

Figure 1 - Flowchart of article selection for the study

Table 1 - Collaborative care techniques in the ICU

Collaborative Care Technique	Description	Effectiveness	Patient Feedback	Family Feedback	Medical Staff Feedback
ICU-SSS (Intensive Care Unit – Self-Service System) [1]	Educational system for family members about the diagnosis and care of the patient	All study participants agreed on the importance and effectiveness of the system.	-	Feeling of control and importance	More time and focus on direct duties
Family Presence	Free visits, participation in rehabilitation procedures, and rounds	All study participants agreed on the benefits and overall favorable effects of family presence.	Feeling of comfort and security [9,12]	Feeling of usefulness and low risk of developing post-traumatic stress disorder in fatal outcomes [10]	Family presence did not significantly affect the quality of their work [8,27]
Direct Patient Care [27]	Washing, oral hygiene, feeding, mobilization	All study participants agreed on the positive results of direct help from relatives	Improved physical abilities and mobility of the patient	Feeling of importance and respect [26]	Time and effort savings

Quality of Communication Between Medical Staff and Relatives

The importance of effective communication and cooperation between relatives and medical staff is emphasized both in literature analysis and based on our own experience. Scott's work highlights that information exchange and understanding of expectations from both patients and their close ones play a key role in creating a favorable care atmosphere [14]. Additionally, effective interaction between relatives and medical staff contributes to successful recovery [3,19].

Improving the quality of communication is crucial for reducing anxiety, and fostering a sense of importance and respect among patients' close ones [23,23]. Studies by Goldfarb identify opportunities for effective communication between healthcare workers and relatives [27]. The authors suggest actively using digital devices and applications for information exchange about

-the patient's condition: diagnosis, prognosis, treatment;

-daily meeting results;

-procedures and so on [18].

Discussion

The analysis highlights the role of communication and cooperation between medical staff and family members, both of which are crucial for creating a supportive environment in intensive care. Effective communication reduces family anxiety, fosters a sense of control, and enhances the quality of care, ultimately benefiting the patient. However, obstacles such as limited staff training on family engagement and potential conflicts with family members were identified, which may impede the quality of collaborative care. Our findings suggest that systemic policies supporting collaborative care, including staff training and structured family involvement, could enhance ICU practices, leading to improved patient and family satisfaction and better overall outcomes.

Our research also identified obstacles to collaborative care. Non-supportive behavior of relatives can hinder effective patient recovery [40]. This corresponds to the findings of Ekman et al., which emphasize the importance of understanding and supporting families in the patient care process [3]. Understanding the factors that may create barriers to cooperation is an important step in developing strategies to improve the quality of care [4].

Based on literature analysis and our own experience, we recommend actively involving relatives in the patient care process in ICUs.

This should include ensuring relatives' awareness, supporting their participation in care, and creating a

favorable cooperation atmosphere between families and medical staff. Additionally, attention should be paid to training medical staff in communication with relatives and developing individual approaches to families considering their needs and characteristics.

Our study highlights the importance of collaborative care involving relatives and medical staff in cardiopulmonary resuscitation and calls for the development and implementation of strategies that facilitate effective interaction and cooperation among all parties involved in the patient treatment and recovery process.

Conclusion

In conclusion, the results of our study confirm the importance of collaborative care involving family members and medical staff in cardiopulmonary resuscitation. They emphasize not only the significance of active family participation in the patient care process but also the necessity of effective communication and cooperation among all participants in the process. It is also important to conduct further research to identify the most effective methods of supporting family members in the patient care process and to develop and implement practical tools and resources to support this process. Overall, further development of research in the field of collaborative care in cardiopulmonary resuscitation will contribute to improving treatment outcomes and enhancing the quality of life for patients and their families.

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The authors contributed equally to the search, selection and analysis of the literature, and to the writing of this manuscript.

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Реанимациядағы оңалту шараларының тиімділігі: Туыстар мен медицина қызметкерлерінің бірлескен күтімінің әсері

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Түйіндеме

Реанимациядағы туыстар мен медицина қызметкерлерінің бірлескен күтімі заманауи медицинада маңызды тақырыпқа айналуда. Зерттеулер жақын туыстардың күтім процесіне белсенді қатысуы пациенттердің тезірек қалпына келуіне және олардың психологиялық тұрақтылығын арттыруға ықпал ететінін көрсетеді. Бұл синергияны түсіну және пайдалану емдеу тиімділігін айтарлықтай арттырып, денсаулық сақтау саласындағы жүктемені азайтады.

Шолудың мақсаты: Реанимациядағы туыстар мен медицина қызметкерлерінің бірлескен күтімінің пациенттердің қалпына келу жылдамдығына әсерін анықтау, сәтті оңалтуға ықпал ететін факторларды бағалау және емделушілердің нәтижелерін жақсарту мақсатында бұл әдістерді жүйелі түрде енгізу жолдарын саралау.

Біз туыстар мен медицина қызметкерлерінің бірлескен күтімінің кардиопульмональды реанимациядағы рөлін зерттеу және оның пациенттердің қалпына келу жылдамдығына әсерін бағалау үшін жүйелі әдеби шолу жүргіздік. Зерттеу Cochrane Library, Medline және EMBASE дерекқорларынан алынды. Зерттеулер қаңтар 2023 жылға дейінгі кезеңді және жүйелі шолуларды, мета-анализдерді, сондай-ақ, рандомизацияланған бақыланатын сынақтарды (РБС) қамтиды. Онда реанимация бөлімшелерінде, әсіресе кардиопульмональды реанимацияда пациенттердің қалпына келуіне бірлескен күтімнің әсері зерттеледі.

Қорытынды. Зерттеу нәтижелері туыстар мен медицина қызметкерлерінен бірлескен күтім алған пациенттердің тезірек қалпына келіп, реанимация бөлімшесінде (ICU) болу уақытын қысқартатынын көрсетеді. Позитивті нәтижелерге әсер ететін негізгі факторлар – туыстардың эмоционалды қолдауы. Ол пациенттердің рухын көтереді және медициналық қызметкерлердің үйлестірілген әрекеттері пациенттерге үздіксіз әрі кешенді күтім жасалуын қамтамасыз етеді. Бұл нәтижелер емделушілердің нәтижелерін оңтайландыру және реанимациялық күтімнің адамгершілікке негізделген тәжірибесін қолдау мақсатында бірлескен күтімді қолдаушы саясаттардың қажеттілігін көрсетеді.

Түйін сөздер: реанимация, интенсивті терапия, бірлескен күтім, пациенттердің қалпына келуі, отбасының рөлі, медицина қызметкерлері, жедел қалпына келу.

Эффективность реабилитационных мероприятий в реанимации: Влияние совместного ухода родственников и медицинского персонала

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Резюме

Совместный уход родственников и медицинского персонала в реанимации становится все более важной темой в современной медицине. Исследования показывают, что активное участие близких людей в процессе ухода за пациентами способствует ускорению их выздоровления и улучшению их психологической устойчивости, создавая благоприятную среду, которая важна для эффективного лечения. Понимание и использование этой синергии может значительно повысить эффективность лечения и снизить нагрузку на систему здравоохранения.

Цель исследования: оценить влияние совместного ухода родственников и медицинского персонала на скорость восстановления пациентов в реанимации, оценить факторы, способствующие успешной реабилитации, а также выявить способы систематического внедрения этих практик для улучшения результатов лечения.

Мы провели систематический обзор литературы, чтобы изучить роль совместного ухода родственников и медицинского персонала в кардиореанимации и оценить его влияние на скорость восстановления пациентов. Поиск исследований был проведен в следующих базах данных: Cochrane Library, Medline и EMBASE. Включенные исследования охватывают период до января 2023 года и включают систематические обзоры, мета-анализы и рандомизированные контролируемые испытания (РКИ), в которых рассматривается влияние совместного ухода на восстановление пациентов в отделениях интенсивной терапии, в частности в кардиореанимации.

Выводы. Результаты исследования показали, что пациенты, получавшие совместный уход со стороны родственников и медицинского персонала, демонстрировали более быстрое восстановление и сокращение времени пребывания в реанимации. Важнейшими факторами, влияющими на положительный исход, являются эмоциональная поддержка со стороны близких, которая повышает моральный дух пациентов, а также скоординированные действия медицинского персонала, что обеспечивает непрерывный и комплексный уход за пациентами. Эти результаты подчеркивают необходимость политики, поддерживающей практику совместного ухода в реанимации для оптимизации результатов лечения и создания более человечной атмосферы ухода.

Ключевые слова: реанимация, интенсивная терапия, совместный уход, восстановление пациентов, роль семьи, медицинский персонал, ускоренное выздоровление.