

"F" Element

Family Engagement and Empowerment

Assess

- Assess for key family members and support needs
- Engage family to obtain social and medical history, and cultural beliefs
- Engage family to help inform patient preferences and routines

Intervene

Offer flexible visitation and family presence at the bedside.

Encourage involvement of family in interdisciplinary rounds.

Family conferences offered as needed.

Encourage the use of patient and family diaries.

Offer a variety of methods for family to participate in care.

Provide resources:

- ICU Patient and Family Guide (for family)
- ICU Patient and Family Brochure (for family)
- Best Practices for Family Participation in ICU Rounds (for staff)
- Patient and Family Centered Rounds Brochure (for family)
- ICU Family Conference Summary
- Access to family support, i.e., Social Work, Spiritual Care, Indigenous Patient Navigators

Did you know...

- Critical illness impacts not only an individual but also their entire support system
- Families are typically empowered by information
- Up to 70% of first-degree relatives of ICU survivors suffer from symptoms of anxiety, 35% suffer from depression
- Up to 40% of family members of ICU survivors suffer from at least one psychiatric illness at one year post admission

