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11-15-2024

## Family Presence During Resuscitation Efforts

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### Recommended Citation

Gavin, Gabrielle; Pecora, Marissa; Narvaez, Gabrielle; Rai, Kalpana; Mendolera, Matthew; Coon, Leanne; Oldham, Bailey; and Pino, Olivia, "Family Presence During Resuscitation Efforts" (2024). *Nursing Research and EBP Day 2024*. 15.

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# Family Presence During Resuscitation Efforts

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## Introduction

Allowing the option for Family Presence During Resuscitation enables family members to be present during the resuscitation efforts of a loved one. The focus of this process is to provide support to the patient and their family, while also providing transparency and trust in the medical process and personnel.

- Family Presence During Resuscitation can be extremely relevant in elderly patients who have lower survival rates after cardiac resuscitation.
- There is some reluctance to adapt to Family Presence During Resuscitation with concerns that family members may misunderstand ACLS protocols.
- Family members who were not able to witness CPR on loved ones experienced more symptoms of anxiety and depression than those who were present.
- On the contrary, the experience of watching a resuscitation may be traumatizing for family members and family members presence can cause performance anxiety in medical personnel.

## Purpose

Identifying the impact on witnessing life saving measures on family members

- To identify if there are more positive or negative impacts for family observing resuscitation
- Determine if having a family member experience a near life ending event is traumatizing for the patient and their family
- Some families might experience understanding and a sense of acceptance while viewing CPR and BLS, knowing they could be there for their loved ones

## Methodology

This literature review included adults in cardiac arrest in any setting where family may be present. The study results varied with each situation resulting in various conclusions.

- Some members of the study experienced higher levels of PTSD for example while others experienced less symptoms of PTSD.
- Hypothetical studies were excluded.
- Outcomes studied: patient, (or) family outcomes, (and) provider outcomes.
- Medline, CINAHL
- Excerpta Medical Database (May,2022)
- Alfred Health, Victoria, Australia (Appendix 1.)



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## Results

Based on the literature, the results of having family present during patient resuscitation is an individualized experience.

- Positive aspects: Increased closure and the opportunity to ask questions in the moment.
- Negative aspects: lack of privacy, lack of support from staff, and trauma from watching a loved one be resuscitated.
- There is an increased need for policies within the healthcare system regarding family involvement in resuscitation, as each case is highly individualized.
- Research shows that it would be most beneficial to provide the families with the option to choose whether they would like to be present or not.

## Next Steps

### Giving family the option:

Based on the following research, the most appropriate next steps would include developing and implementing a policy that allows for the family and patient, to decide whether they would like to be present during resuscitation.

Additional steps needed:

- Conduct more research on the impact of grief for the family members witnessing the resuscitation.
- Have a team member available for the family members to answer questions related to their presence during resuscitation.
- RRH would provide team members with education surrounding FPDR, including current research and outcomes.

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