Family Systems Nursing

Practice, Research & Education in The Netherlands

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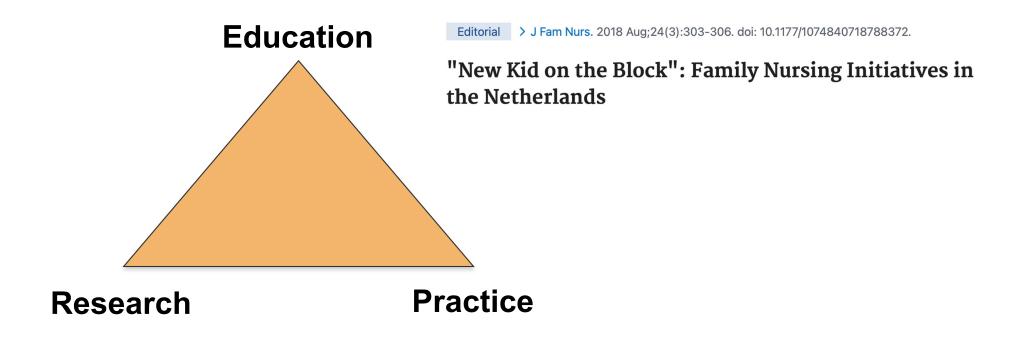
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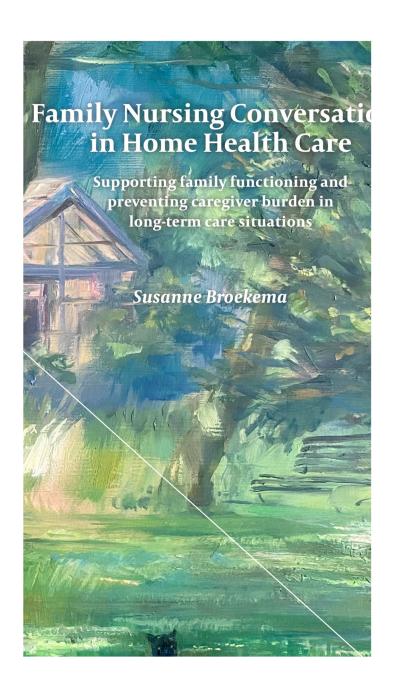
Leeropdracht Familiezorg, Hanzehogeschool Groninger

Innovation Lab Family Care

Family nursing conversations as an evidence-based nursing intervention



2015 - 2025



Family Nursing Conversation

- Based on the CFAM and the CFIM (Wright & Leahey,
 2013) and the IBM (Wright & Bell, 2009)
- Including the model and components as described by östlund et al, 2015
- Including 4 stages as defined by Wright & Leahey, 2013
- No therapeutic letters

Measuring Change in Nurses' Perceptions About Family Nursing Competency Following a 6-Day Educational Intervention Journal of Family Nursing 2018, Vol. 24(4) 508–537
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Susanne Broekema, MSc¹, Marie Louise A. Luttik, PhD, RN¹, Gabriëlle E. Steggerda, MSc, RN¹, Wolter Paans, PhD, RN¹, and Petrie F. Roodbol, PhD^{1,2}





Patients' and family members' perspectives on the benefits and working mechanisms of family nursing conversations in Dutch home healthcare

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Susanne Broekema MSc<sup>1</sup> | Wolter Paans PhD<sup>1</sup> | Alberta T. Oosterhoff PhD<sup>2</sup> | Petrie F. Roodbol PhD<sup>1,3</sup> | Marie Louise A. Luttik PhD<sup>1</sup>
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Method; Qualitative grounded theory approach (Charmaz, 2014)



Working mechanisms during the family nursing conversation

- Experiencing structure
- Being open and experiencing others' openness
- Acknowledging the importance of the participants



Benefits and working mechanisms during and immediately after the family nursing conversation

Increased sense of overview

- Discussing past, present and future of care situation and the people involved
- Establishing a shared starting point

Improved contact among the people involved

- Experiencing mutual understanding
- Experiencing mutual trust
- Experiencing mutual support



Longer-term benefits and working mechanisms of the family nursing conversation

Reduced burden for family members

- Maintaining a balanced task division
- Setting and keeping clear boundaries
- Identifying problems timely

Improved quality of care for the patient

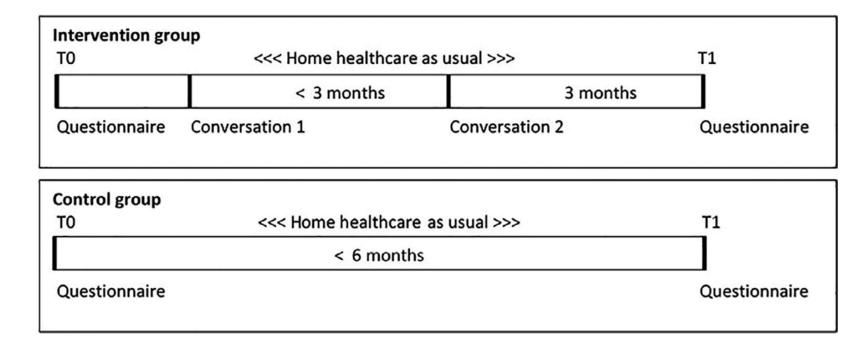
- Fitting care with patient's needs and desires
- Performing care tasks that people are good at and like to perform

FIGURE 1 Inductive model of the benefits and working mechanisms of family nursing conversations from patients' and family members' perspectives



Effects of family nursing conversations on families in home health care: A controlled before-and-after study

Susanne Broekema¹ | Wolter Paans¹ | Petrie F. Roodbol² | Marie Louise A. Luttik¹



Method: Controlled before-and-after design

Results

- Family functioning improved significantly (more) in the intervention group (p=0.01), while patients' quality of life remained stable
- **Perceived burden** among family members remained stable in the intervention group (p=0.43) and increased in the control group (p=0.018);
- The use and costs of community nursing care decreased significantly (0.6 hours less per week) in the intervention group (p=0.023).



Journal of Clinical Nursing



Journal of Clinical Nursing

SYSTEMATIC REVIEW OPEN ACCESS

The Effectiveness of Family Health Conversations Delivered by Nurses: A Systematic Review

Acknowledgement

Het Familiegesprek (the Family

Health Conversation) is know

included in the national database

with evidence based interventions for

long-term care as an intervention

with good evidence for effectiveness

Het Familiegesprek

Laatst bijgewerkt op: 17-12-2024

Het Familiegesprek is een verpleegkundige interventie die ingezet kan worden bij patiënten in intensieve en langdurige zorgsituaties waarbij er sprake is van (dreigende) overbelasting van mantelzorger(s), of waarbij familierelaties verstoord (dreigen te) raken als gevolg van de zorgsituatie.



Spin-off

Optimal care for people with dementia;

A family approach

Familiezorg

Als je familielid de diagnose dementie krijgt zijn er veel praktische zaken die je moet regelen, maar er ook allerlei gevoelens en emoties bij kijken. Zijn de families in staat om emoties te delen en de situatie met elkaar te bespreken? En zijn zij in staat om de zorg gezamenlijk op te pakken?

Familiegesprek

Het familiegesprek* is een gepland gesprek tussen de persoon met dementie, 1 of meer familieleden en een verpleegkundige.

Het familiegesprek helpt families om open te communiceren over de zorgsituatie en om gezamenlijk de zorg voor het familielid te organiseren en aan te sluiten bij zijn/haar wensen en behoeften.

Project

Gespecialiseerde casemanagers dementie (GCMD) professionaliseren in het voeren van een familiegesprek.

- 45 casemanagers dementie
- 3 scholingsdagen
- 2 intervisiemomenten
- 5 kennisdragers

Onderzoek gedaan naar opbrengst, toepasbaarheid en meerwaarde voor

De diagnose dementie krijg je niet alleen

Resultaten

Wat levert het families op?

- Verbeterd contact tussen familieleden en een open communicatie
- Gevoel van rust en steun
- Betere verdeling van de lasten en daardoor een verminderd gevoel van belasting

De GCMD hebben meer bewustzijn, kennis en vaardigheden opgedaan in het voeren van familiegesprekken.

Implementatie en borging

- Familie krijgt de mogelijkheid tot een familiegesprek aangeboden
- Familie wordt in kaart gebracht (ecogram/genogram)
- Familiegesprekken worden gevoerd en gerapporteerd aan de hand van de structuur en principes van Familiezorg

Elk jaar organiseert Netwerk Dementie Fryslân een inspiratiesessie.

'Het familiegesprek is een door Vilans erkende en wetenschappelijk onderbouwde interventie www.databankinterventies.nl





Projectvoorstel RAAK-Publiek, indieningsronde juni 2024

Spin-off

The conversation with patient and family in palliative care (FIP) home care;

competencies of the higher professional education professional Het gesprek met patiënt en Familie In de Palliatieve (FIP) thuiszorg; competenties van de hbo-professional



Spin-off

Family Care; "Together in Action"

Action research into the applicability of the Family Care concept within ZINN (nursing home)



Education

- Embedded in the bachelor nursing curriculum (in progress)
- Elective module (5 EC) starting next semester (2026)
- Embedded in the minor-ecucation oncology, community care, social psychiatry and geratric nursing

- Training & education for professionals in practice
 - Casemanagement dementia
 - Palliative care
 - Hospital care
 - Nursing homes

Future perspectives

Further implementation of family (systems) care and family conversations

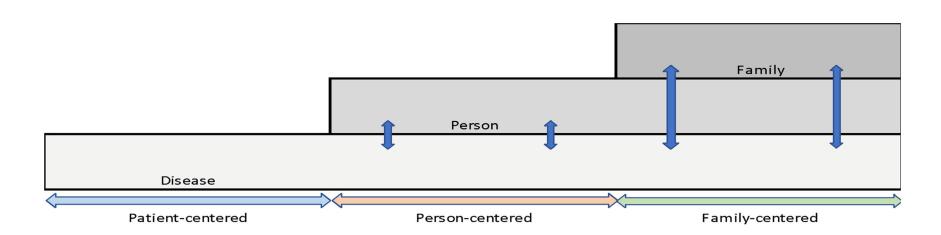
- Shared Decision Making (SDM) and ethical dilemma's in family nursing care
 - Thesis: Family Involvement in Treatment Decision Making with older patients with cancer



Ahead of troops

Ahead of troops





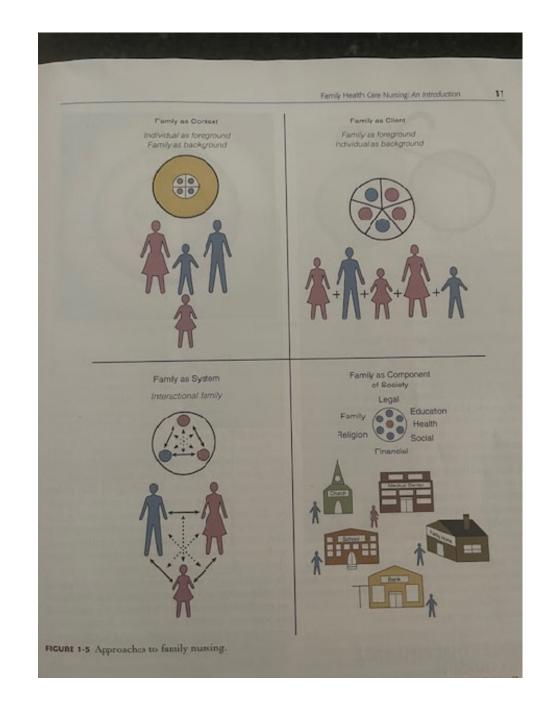
Transition from disease-oriented to patient-centred to family-centred care

Ahead of troops

Family as context

Family as client

Family as a system



Thank you, Barbara!!

For being such an important

front soldier in the development

and implementation

of Family Systems Care !!!

