

## Conference Paper

# Family Nursing Care During the COVID-19 Pandemic


Viertianingsih Patungo<sup>1</sup>, Angela Librianty Thome<sup>1</sup>, and Rifki Sakinah Nampo<sup>2</sup><sup>1</sup>Bachelor of Nursing Program, STIKES Jayapura, Papua, Indonesia<sup>2</sup>Nursing Professional Education Program, STIKES Jayapura, Papua, Indonesia**ORCID:**Viertianingsih Patungo: <https://orcid.org/0000-0002-8808-8347>Angela Librianty Thome: <https://orcid.org/0000-0002-1873-2184>**Abstract**

The COVID-19 pandemic can affect the health of a family. One of the effects is the change in interaction and communication patterns within a family. Nurses are required to have a perspective on family care needs, so indirectly the role of nurses to provide family care, communication and interaction must be well established. Communication is needed to build family resilience in responding to COVID-19. A literature review was conducted using electronic databases such as ProQuest and Pubmed. The search identified 9 relevant articles on family nursing care; while 2 articles address the main topic, 7 articles and 1 book were considered as supporting data. Family nursing care implements a component such as communication or conversation between nurses and families during the COVID-19 pandemic. The studies emphasize the importance of family nursing care during the pandemic, and stress the need for the nurse to understand and incorporate individual family circumstances into the discussion. This will allow them to help promote the optimal family functioning and protect the health of family members.

**Keywords:** family, household, nursing care, COVID-19 pandemicCorresponding Author:  
Viertianingsih Patungo  
patungoviartianingsih@gmail.com

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## 1. Introduction

The new viral disease in 2019, namely Corona Virus (COVID-19), has greatly affected society at large, especially family health. In addition to these disruptions, there are economic problems and a significant burden on the health care system. Then how can families be able to survive in the midst of large-scale systemic changes that risk damaging family functions [1]. The mortality rate is high and this increase due to COVID-19 is most likely due to a complex interaction [2].

Nurses are front-line health care professionals who work in acute care hospitals, long-term care agencies, nursing homes, schools, communities, and government health care agencies. The various roles and functions played by nurses, especially during this COVID-19 outbreak [3]. Family nursing care is one of the important things in a country's

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strategy to curb the spread of the COVID-19 virus and to help overcome those who have anxiety and fear from COVID-19 pandemic [4].

The steps that have been taken in several countries to control the spread of the coronavirus affect relationships between family members in particular. Families reported loss of community and freedom of movement in response to quarantine or lockdown measures. Other obvious costs include income, access to resources, and planned activities or celebrations. Interesting and heartbreaking stories about the challenges and hardships that the families. this is a family heartbreaking story in facing a challenge at that time [5, 6]. So that the participation of family members in a collaborative way is at the core of nursing family care. Strategies for providing family-centered care typically include open family presence at the bedside, structured and regular communication with family members; and multidisciplinary support. It prepares family members for decision-making and parenting roles, with the aim of reducing family members' experiences of anxiety, depression, and stress in COVID-19 pandemic [7].

The main purpose of this Literature Review is to find out how the role of Family Nursing Care to helping family members to survive in this COVID-19 pandemic, especially in maintaining health, and for the people at high risk.

## 2. Methods

This chapter discusses strategies for finding journals used in literature review and the method used is to use a traditional literature review. The literature search used pre-defined keywords that are "family" OR "household" AND "nursing care" AND "COVID-19 pandemic", through several electronic databases such as Scopus, ProQuest and Pubmed. The type of study used non-experimental. The inclusion criteria in this study were studies explored Nursing Family Care on COVID-19 Pandemic journals was published in 2020, use the free full-text, the supporting journals were published between 2015 to 2020 and the journals using English. Exclusion criteria were studies published before 2015, not using English and types of experimental research. From the search results, it was found that 2 articles matched the inclusion criteria, 9 articles and 1 book were used as supporting data.

The literature review focuses on communication and interaction between nurses and families on the COVID-19 pandemic. Several journals that show bias are included as supporting journals because they provide useful insights in terms of definitions or disclosures related to home care during COVID-19 pandemic.

### 3. Result

Search results obtained 9 articles, (2 main articles, 7 articles and 1 book as supporting data). Based on the results of the articles that the authors collected and analyzed, it was found that communication is very important in family nursing care because without good communication, nurses can't collaborate with family members. In the era of COVID-19, nurses are required to provide understanding and explanation about how family members can prepare for their health, both physically and psychologically during this COVID-19 pandemic.

### 4. Discussion

The goals of family centered care as long as maintaining distance and focus respecting the role of family members as care partners, collaboration with family members and helping to improve family integrity. Pandemics require that efforts to meet these objectives adapt to a rapidly changing clinical culture. Nursing family care primarily relies on physical family members at the bedside to increase trust, communication, interaction in parenting, and joint decision making. The term 'visit' has been replaced by 'family presence' in the family-centered care paradigm. During the COVID-19 pandemic, family presence must be supported non-physically to achieve family care goals [6].

In the current study, family nursing interventions were intended to be carried out regularly and routinely as part of nursing care. Incorporation into nursing care is routinely seen as essential to facilitate family-professional collaboration in long-term care situations. Therefore, this intervention, family nursing conversation, conducted by the nurse who also provides and coordinates routine care for the patient. Conversations in family nursing care aimed at building resilience of family members, facilitating collaboration between family members and professional caregivers, and preventing or reducing caregiver burdens. Family defense identifies three main family process domains that professionals can focus on to promote family resilience. First, resilient families hold beliefs that are optimistic and hopeful and which allow them to give meaning and purposes to adverse situations. Second in organization, strong families are flexible and able to adapt to changing situations. They are connected, support each other and can tolerate differences, and they have access to resources. Third, communication of information and emotions in strong families is clear and open, and families collaboratively solve problems and make decisions together [4].

Regular communication with staff by telephone, email or video is essential. Family caregivers can be done through regular phone calls and virtual visits related to conversations with family or family caregivers in choosing treatment and compiling a treatment plan for the COVID-19 period [5]. Apart from being carers, family members provide and protect themselves and their families [8]. The older adult and infants are at greater risk of being affected by the COVID-19 pandemic so that the family nursing care is the most needed care group especially in health. Proactive solutions to maintaining nursing care in the family are strongly recommended. When the nurse applies communication or conversation, the nurse must understand the situation in the family. Examples of how families know about COVID-19, how families make decisions, and how families explore feelings or emotions [4]. Nurses also need to pay attention to vulnerable risks such as children. In this case, the nursing field has the important role in monitoring children and their families, offering guidance in search for solutions and preventing contamination. In addition, in the family, nursing professionals must advocate to ensure the fulfillment of social rights, especially for children and their families [9].

Meaningful family engagement, communication and inclusion in all setting of care include family nursing care should be to ensure continuously [10]. Family including relative, spouses, friends and neighbors is the most important source of emotional and practical support for older adults with chronic, disability, or serious health conditions especially during the COVID-19 pandemic [5].

## 5. Conclusion

Family nursing care implements a component in the form of communication or conversation between nurses and families in home care during the COVID-19 pandemic. Where these components are like how home care techniques and nursing care need to be taught in health education.

Family nursing care needs good communication so that in this appalling COVID-19 pandemic it can make families more aware of information and care at home during COVID-19, be able to recognize problems, decide actions, take care measures, maintain and modify their environment. This will work if there is effective communication between nurses and families.

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