بسم الله الرحمن الرحيم

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Assessment of Bio-Psychosocial and Educational Needs for Critically Ill Patients

A Thesis

Submitted for Partial Fulfillment of Master Degree
in Medical Surgical Nursing
(Critical Care Nursing)

By

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2022

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بسم الله الرحمن الرحيم
قالوا
سبحانك لا علم لنا
إلا ما علمتنا إنك أنت
العليم الحكيم
صدق الله العظيم
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This work is dedicated to …

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List of Abbreviations

Abbr.		Full-term
ABGs	**:**	Arterial Blood Gases
ADLS	**:**	Activities of Daily Living
AIDs	**:**	Acquired Immunodeficiency Syndrome
BP	**:**	Blood Pressure
CABG	**:**	Coronary Artry Bypass Grafting
CBCs	**:**	Complete Blood Counts
CCNs	**:**	Critical Care Nurses
CCU	**:**	Critical Care Unit
CNS	**:**	Central Nervous System
Co2	**:**	Carbon Dioxide
COVID-19	**:**	CoronaVirus Disease of 2019
CVA	**:**	CerebroVascular Accident
CVHD	**:**	Continuous Venous HemoDialysis
ECG	**:**	ElectroCardioGram
ET	**:**	EndoTracheal
GABA	**:**	Gamma-Amino Butyric Acid
GCS	**:**	Glasgow Coma Scale
GI	**:**	Gastro-intestinal
HIV	**:**	Human Immunodeficiency Virus
ICP	**:**	IntraCranial Pressure

ICU	**:**	Intensive Care Unit
IMU	**:**	Intermediate Medical Unit
IV	**:**	IntraVenous
LOC	**:**	Loss of Consciousness
NG	**:**	NasoGastric
PA	**:**	Pulmonary Artery
PC	**:**	Personal Computer
PEEP	**:**	Positive End Expiratory Pressure
PPE	**:**	Personal Protective Equipment
PH	**:**	Power of Hydrogen
RBCs	**:**	Red Blood Cell
ROM	**:**	Range of Motion
S&S	**:**	Signs and Symptoms
SD	**:**	Standard Deviation
SPo2	**:**	Peripheral Oxygen Saturation
SPSS	**:**	Statistical Package for Social Sciences
SVO2	**:**	Mixed Venous Oxygen Saturation
WBC	**:**	White Blood Cell

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Abstract

Assessment of Bio-Psychosocial and Educational Needs for Critically Ill Patients

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Background: Bio-psychosocial is an approach includes the influences of biological, psychological and social factors when looking at overall health. The bio-psychosocial approach focuses on the biology or physiology underlying health; the psychology of thoughts, feelings, and behaviors influencing health; and the ways that society and culture all influence health. **Aim:** to assess bio-psychosocial and educational needs for critically ill patients **Design:** A descriptive exploratory research design was utilized to assess bio psycho social & educational needs for critically ill patients. This study was conducted in intensive care unit at Benha teaching hospital. A purposive sample of (285) patients for critical ill patients were included in the study. **Tool:** Interview questionnaire was used for data collection, which included four tools; Patients' interview questionnaire, Patients' physical assessment sheet,Patients' psychological assessment scales and Patients' Social Dysfunction Rating Scale **Results & Conclusion:** Regarding educational needs, less than half of studied patients (46%) had unsatisfactory level of total knowledge as regarding disease and therapeutic regiment indicated high educational needs. Regarding physical needs mean scores of the studied patients, as, the highest total mean scores among them were regarding total body systems need followed by pain & daily living activities (16.14 ± 6.34, 7.6 ± 5.4&3.2± 3.7) respectively. As regards psychological needs, more than half of the patients (50.5%) had severe anxiety level and more than one third of them (38.9%) had severe level of depression. Regard social needs, there was more than half of the studied patients (50.9%) had severe social dysfunction. **Recommendations**: Multidisciplinary team approach is necessary for management of critical ill patients for meeting their bio psycho social & educational needs. Further studies are recommended to study the effect of designing& implementing educational program for nurses based on bio-psycho social &educational needs for critical ill patients to improve their performance and consequently enhance the quality of life for such group of patients.

Key words: Educational need, Bio-psychosocial needs, Critically ill patients

Introduction

Critical care unit (CCU) also is known as an intensive care unit (ICU); both have the same meaning and offer the same type of care.The critical care is appropriate for hospital patients of every age who are severely ill. Patients may go to the ICU from the Emergency Department, or may move there from the general hospital ward if they become critically ill **(Varon, 2021)**.

Examples of patients who need critical care includes those who undergo very invasive surgery or who have poor outcomes after surgery, those who are severely injured in an accident, people with serious infections, or people who have trouble breathing on their own and require a ventilator to breathe for them. Some common conditions that require critical care are (heart problems, lung problems, organ failure, brain trauma, blood infections (sepsis), serious injury (car crash, burns) and drug-resistant infections) **(Poncette *et al.*, 2019).**

A bio-psychosocial model is a holistic approach that acknowledges the interaction between physical, psychological and social aspects to patient care and well-being. Patients are considered as beings-in-relationship, and illness is regarded as a disruptive force in the biological relationships that can impact all other relational aspects of the patient. This holistic model to patient care focuses on the intrapersonal interactions of the physical body and the mind-body connection and the patient's