

A Study to Assess the Level of Stress among the Family Members of Patients Admitted In ICU of Sidhu Hospital, Doraha, Ludhiana, Punjab

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Abstract: Family members of ICU patients may experience mental harassment, disorganization and helplessness which may lead to stress. Stress of patient's family members increase and ultimately cause disruption in the role and functions of family. Untreated family stress may lead to lack of trust in health care providers, inability to comply with hospital regulations and decisions, anger, hostility and litigation. A non-experimental descriptive study design was conducted in Sidhu Hospital, Doraha where the target population were the family members of patients admitted in ICU. 40 subjects were selected by convenient sampling technique from whom the data was collected by a self-structured stress scale. The data was analysed by descriptive and inferential statistics presented through tables and figures. It was evident from the findings that 60% of the family members experienced mild stress followed by 30% and 10% who experienced subclinical and moderate stress respectively. In conclusion, there is a great need of interventions to reduce the level of stress among the family members of the patients admitted in ICU as they also tend to be on the brink of psychological crisis.

Keywords: ICU patients, Family members, Sidhu Hospital.

1. REVIEW OF LITERATURE

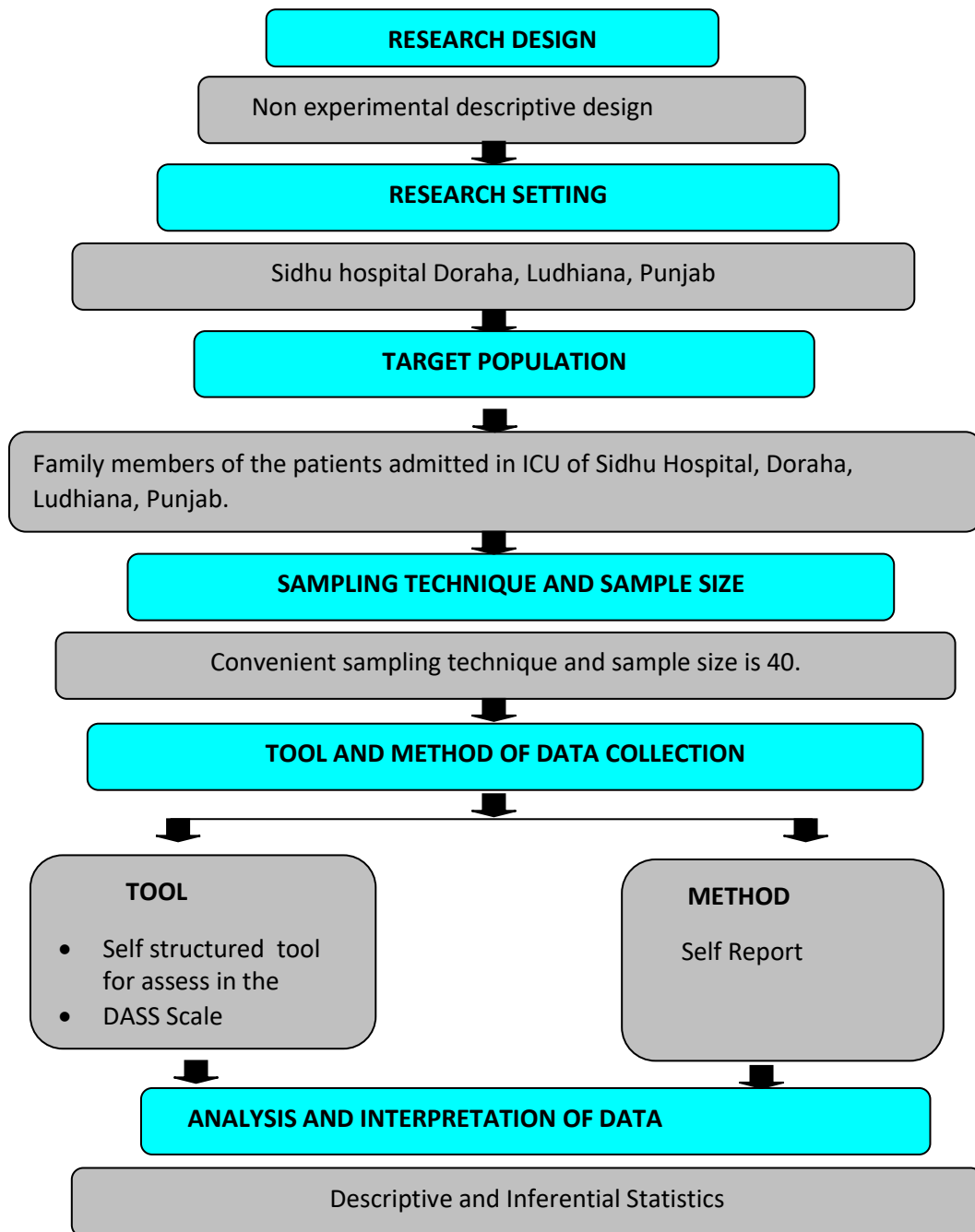
Sharma MAL, Shapira , Danile .F, Gary R.E (2000) [1] conducted a study on stress management among the relatives of patients admitted in ICU of selected Hospital Kolkata. Data was collected through self-structured scale. Non-experimental sampling design was adopted and the sample size for this study was 60. This study revealed that 35.6% of relatives had mild stress, 28.6% of relatives had moderate stress and 30.9% of relatives had severe stress.

Benjamin J. Sadock (2005) [2] conducted a study on stress and anxiety level among the relatives of patients admitted in ICU and CCU of selected hospital of Mumbai. A non-experimental research design was adopted, non-probability purposive sampling technique was used. The stress level revealed that 33.1 % had mild stress, 10.6% had moderate stress, 6.5% had severe stress.

Chui MN Winter y-y, Chan Wai-chi sally (2007) [3] conducted a study on stress and coping strategies of Hong Kong and Chinese family members during critical illness. A self-structured tool with a convenient sampling technique was adopted. The sample size for this study was 60 and the findings depicted that the stress level was mild i.e. 39.1% among the family members, 35.4% of family members had moderate stress and 28.2% of family members had severe stress.

Maruti Marina Rumiko, Galdeano Luzia Elaine, Forah Dias Oligo Guihermina (2007) [4] conducted a study on anxiety, stress and depression in relatives of patients admitted in ICU. The sample consisted of 39 relatives of ICU patients. The hospital anxiety and depression scale was used for data collection and found out that 28.2% of relatives had mild stress, 43.6% of relatives had moderate stress and 17.9% of relatives had severe stress.

2. METHODOLOGY



3. ANALYSIS AND INTERPRETATION OF DATA

Table 2 (a) Mean Stress Level Score

Group	n	Mean	SD
Family members	40	19.25	4.05

Table 2(a) depicts the mean stress level score of family members of patient admitted in ICU. Mean stress score was (19.25) among the family members and the S.D was calculated to be 4.05.

Table 2 (b) Percentage distribution and mean stress level score of family members of patient admitted in ICU.

Level of stress	Scoring	N	%	Mean	SD
Subclinical Stress	10 – 17	12	30	14.25	1.78
Mild Stress	18 – 25	24	60	20.45	1.58
Moderate Stress	26 – 32	4	10	27	1
Sever Stress	33 – 40	0	0	0	0

Tables 2(b) depicts the percentage distribution, mean and S.D. of the levels of stress according to stress level score of family members of patients admitted in ICU. Maximum (60%) of family members experienced mild stress followed by (30%) family members who experienced subclinical stress and (10%) family member experienced moderate stress.

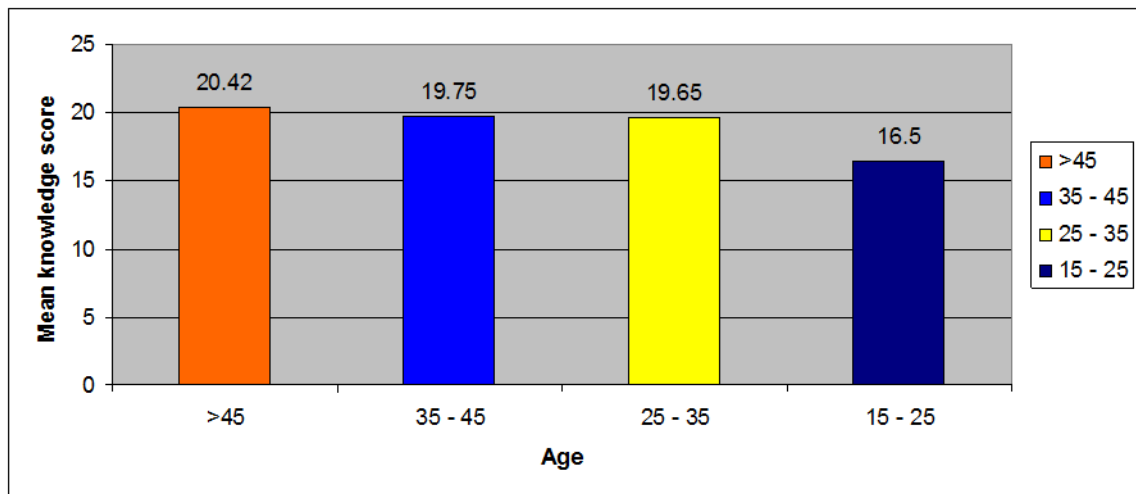


Fig. Relationship of stress with age of family members of patient admitted in ICU

4. CONCLUSION

Findings depict that the mean stress level score among family members of patients admitted in ICU was 19.25 and SD was 4.05.

Maximum (60%) of family members experienced mild stress followed by (30%) family members who experienced subclinical stress and (10%) family members experienced moderate stress.

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