

EFFECTS OF EMPATHETIC COMMUNICATION ON DEPRESSION IN ICU PATIENTS WITH END-STAGE LIVER DISEASE

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PICOT Question

In ICU patients with end stage liver disease and their relatives, what is the effect of empathetic communication on depression compared to non-empathetic communication?

Literature Search

Review of literature

PubMed, Google Scholar, SAGE, UH Database

Keywords Searched

Empathetic Communication, ICU Nurse interventions, Empathy training in healthcare and nursing, End-stage liver disease, Therapeutic Communication and critical care, Therapeutic Communication Interventions for nurses, Depression in patients with liver disease

Article Criteria

English Peer reviewed journals from 2016-2021. Studied empathetic skills/communication, Studied depression, Studied end stage liver disease effects



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Synthesis of Findings

- Depression is found to be prevalent in patients with chronic liver disease; furthermore, as the chronic liver disease progresses, so does the severity of depression (Cron et al., 2016; Mirzaei et al., 2020).
- Out of 34 patients with a Child-Pugh score C (most severe liver cirrhosis) 42 percent were shown to have significant levels of depression as opposed to only 32 percent of those who had a Child-Pugh score B (Mirzaei et al., 2020).
- Communication focused on the patient's emotions, thought process of the disease, and perspective was found to help in building relationships between nurses and their patients to help reduce stress and anxiety (Carlson et al., 2016; Cron et al., 2016; Gholamzadeh et al., 2018; Jo et al., 2019; Larti et al., 2018; Lukmanulhakim et al., 2016; Mirzaei et al., 2020).
- Interventions that include therapeutic communication involving eye contact, empathy, and active listening decreased anxiety in patients in the emergency setting by up to 20 percent ; and improved comfort (Carlson et al., 2016; Larti et al., 2018; Lukmanulhakim et al., 2016).

Decision to Change Practice

- Implement empathetic communication training that involves understanding of the patient's emotions, thought process of the disease, and perspective to develop ICU nurses' empathetic skills (Larti, N., Ashouri, E., & Aarabi, A., 2018; Mirzaei et al., 2020).
- Incorporate empathy skills training in undergraduate nursing curriculum (Gholamzadeh, S., Khastavaneh, M., Khademian, Z. et al., 2018).
- Implement the use of psychosocial support for patients with end stage liver disease by providing methods such as psychotherapy to help with depression and anxiety (Cron et al., 2016).
- Use the Beck Depression Inventory for measuring severity of patient's depression (Carlson et al., 2016).
- Involve family members in patient care to help the patient with emotional support and communicate all updates throughout the patient's hospitalization (Carlson et al., 2016).



Evaluation

All nurses will demonstrate competency in empathetic communication by using a patient-nurse simulation with a "distressed patient" which will be performed yearly.

The Beck Depression Inventory will be used to determine depression level of the patient and the Nurse quality of communication with patient questionnaire will be used to determine patient satisfaction with care. An Empathy Questionnaire will be used to measure empathetic communication provided by the nurse.

The Beck Depression Inventory will be administered on admission and discharge of the patient. Nurse quality of communication with patient questionnaire And Empathy Questionnaire will be administered after the Patient is discharged.

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