



Lorestan University of Medical Sciences

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A Thesis

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Degree of Master of Sciences

In Medical-surgical Nursing

Title

**The effect of scheduled Visitation on the components of mental
health of the families whose patients have undergone open heart
surgery**

: *Hadis Asadollahi*

Supervisor: Dr. Nasrin Galehdar

Advisor: Dr. Fateme Goudarzi

Dr. Ali Pooria

Dr. Farzad Ebebrahimzadeh

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Abstract

Introduction: admitting a patient to the intensive care unit is stressful for family members. Considering that visits are restricted in these departments, this study was conducted with the aim of determining the impact of scheduled Visitation on the components of mental health of the families whose patients have undergone open heart surgery.

Materials and methods: This study, a randomized controlled trial, was conducted in 2019 on 66 people from the families of open heart surgery patients at the selected treatment center of Lorestan University of Medical Sciences. The samples were assigned to two groups, intervention (33 people) and control (33 people) by the method of random allocation of permutation block. In the intervention group, scheduled visits were offered on three days for 30 minutes. For the control group, the usual visit was done according to the department's routine. Data were collected using questionnaires of demographic information, depression, anxiety and stress scale 21 (DASS-21), multidimensional Scale of perceived social support (MSPSS) Family Satisfaction in the Intensive Care Unit questionnaire (FS-ICU). were collected in two groups at the beginning of the first day and at the end of the third day. Data analysis was performed using chi-square, paired t-test and Fisher's exact test with SPSS version 22 software at a significance level of 0.05.

Results: The two groups were similar in terms of demographic characteristics. A significant difference was observed between the average scores of anxiety, stress, depression, perceived social support and satisfaction on the first and third days of the intervention group ($P < 0.001$). The mean scores of anxiety, stress, depression, perceived social support ($P < 0.001$) and satisfaction ($P = 0.002$) on the third day were significantly different between the intervention and control groups.

Conclusion: The results of this study showed the positive effect of planned visits as an effective non-pharmacological method in reducing the level of stress, anxiety and depression and increasing the satisfaction and perceived social support of the patients' families. Therefore, it is recommended that health care providers and nurses use this intervention in the support programs of the special care department.

Key words: scheduled visit, DASS, intensive care unit, perceived social support, satisfaction