

## Summary of the PhD Dissertation

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University	University of Lausanne
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Name of supervisor	Prof. Anne-Sylvie Ramelet (supervisor) Prof. Philippe Ryvlin (co-supervisor)
Year of completion	2021
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### *Curriculum Vitae*

Véronique de Goumoëns, RN, CNS, PhD, is an Associate Professor HES at the Institute and School of Nursing La Source in Lausanne, member of the network of the University of Applied Sciences of Western Switzerland (HES-SO). She is leading the Teaching and Research Laboratory "Child and Family Health".



She obtained her BScN in 2008 and her MScN in 2014. She is specialized in clinical neurosciences. She has been a senior lecturer at HESAV School of Health Sciences, a Clinical Nurse Specialist at the University Hospital of Lausanne (CHUV), and a scientific collaborator at the University Institute of Higher Education and Research in Healthcare (IUFERS).

Véronique de Goumoëns is contributing to the development of the curriculum in family nursing for pre-graduate and graduate nursing students. Integrating the "family nursing" and "patient- and family-centered care" approaches, her teaching focuses on the development of students' skills by aiming for excellence in family care.

She is deputy director of the BEST (Bureau d'Echange des Savoirs pour des praTiques exemplaires de soins) JBI Center of Excellence, member of the Board of Directors of the National Association for Nursing Sciences (VFP-APSI), and co-chair of the Student Engagement Group within the International Family Nursing Association.

### *Description of the project*

#### **Development of a complex nursing intervention for supporting brain injured patients and their families**

Acquired brain injuries (ABIs) are among the leading causes of disability in adults worldwide. The effects on motor and cognitive abilities can be significant with long-lasting deficits in functioning and require adaptation in daily life for the person and the family. In addition to their own

suffering, families must cope with situations they are not prepared for, often in a very short time. To date, there is no nursing intervention that specifically targets meeting their needs. The development of a new complex nursing intervention was indicated to fill this gap. This doctoral thesis aimed a) to develop a new intervention to support families of people with ABI from the early phase of the injury, and b) to test its feasibility in clinical context. The two first phases of the “Medical Research Council Framework for Developing and Evaluating Complex Interventions in Health” guided this thesis.

Phase 1 “Development”: A scoping review was conducted to describe the family-oriented interventions’ characteristics for persons with ABI. A qualitative exploratory study was conducted to understand the contextual factors of our local environment, using semi-structured interviews with interprofessional health managers (n=8). The “Calgary Family Assessment and Intervention Models” was chosen and adapted as the theoretical framework to guide the content of the intervention development. Following a systemic approach promoted by the theoretical framework, we integrated the stakeholder’s perspectives during the development of the intervention. At the end of this first phase, a nurse-led intervention focusing on the relationship between the family members and the healthcare providers, entitled “SAFIR®” [Soins Aux Familles. Intervention pRécoce], was developed. It aimed to meet the individuals’ needs of families early in the acute phase of the hospitalization. The intervention includes five components (family assessment, emotional support, individualized information, family engagement in care, interprofessional collaboration and care coordination) delivered in three phases (Day 1 – Day 5 – Day 10) and a follow-up (Day 30). A manual was developed to standardize the delivery of the intervention. The provider of the intervention was a master-prepared Clinical Nurse Specialist, with additional specific training in Family Systems Nursing and an expertise in neurosciences.

Phase 2 “Feasibility and pilot testing”: A feasibility study was conducted to evaluate the SAFIR® intervention in the Department of Clinical Neurosciences in a Swiss university hospital. The feasibility was explored as well as limited efficacy on family outcomes (coping style, family-functioning and perceived support). A total of six family members of four different families were enrolled in the study. The recruitment rate was 15,4%, the retention rate 100%, protocol adherence 94% on phase 1, 86% on phase 2, 90% on phase 3 and 50% for the follow-up. Our preliminary results indicated that the intervention seems to be feasible in the clinical context. The intervention seems to be meaningful for both the families and the provider. Family-reported outcomes showed a positive trend post intervention with improved coping style and perceived support. Family functioning did not change post intervention.

To the best of our knowledge, our intervention is the first to support families in the early phase of hospitalization for persons with ABI. Our findings demonstrate the need for a paradigm shift toward a systematic inclusion of the families when caring for the families of persons with ABI.

### **Publication of the PhD Dissertation**

**de Goumoëns V**, Rio LM, Jaques C, Ramelet A-S. Family-oriented interventions for adults with acquired brain injury and their families: a scoping review. *JBI Database Syst Rev Implement Rep*. 2018 Dec;16(12):2330–67.

**de Goumoëns V**, Marques Rio L, Ramelet A-S. Family-oriented interventions for adults with acquired brain injury and their families: a scoping review protocol. *JBI Database Syst Rev Implement Rep*. 2018 Mar;16(3):635–41.

**de Goumoëns V**, Grandjean C, Joye D, Bettex Y-O, Ryvlin P, Ramelet A-S. Analyse du contexte clinique dans le développement et l'implantation d'une intervention de soutien pour les familles de patients atteints de lésions cérébrales acquises: une étude qualitative. *Sci Nurs Health Pract-Sci Infirm Prat En Santé*. 2020;3(1):4.

**de Goumoëns V**, Ayigah R-K, Joye D, Ryvlin P, Ramelet A-S. The development of a complex early intervention for supporting families of individuals with acquired brain injuries: The SAFIR<sup>®</sup> intervention (*under review*)

**de Goumoëns V**, Ryvlin P, Ramelet A-S. Caring for the Families of Patient with an Acquired Brain Injury during their Hospitalization: A Feasibility Study for the SAFIR<sup>®</sup> Nurse-Led Intervention (*Manuscript in preparation*)

#### **Publication related to the PhD Dissertation (not included)**

**de Goumoëns V**, Didier A, Mabire C, Shaha M, Diserens K. Families' needs of patients with acquired brain injury: acute phase and rehabilitation. *Rehabil Nurs J*. 2019;44(6):319–327.