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The IMPACT Trial: Improving Partnerships with Family Members of ICU Patients

Study Rationale

There is a pressing need to improve the care of critically ill older patients as our population ages and technology advances. Older, frailer and more complex patients are receiving increasingly invasive therapies late in life.¹

Over the last decade, there has been a significant shift in health care systems to focus on patients' and family members' experiences, as well as attending to the patient's disease. For critically ill patients who are unable to participate in their own care and decision-making, partnering with their family members is particularly important for improving experiences and outcomes of care for both patients and families.^{2,3,4} Partnering with family members of critically ill patients has been shown to decrease patient anxiety, confusion and agitation⁵, reduce complications⁶, and decrease length of stay in the ICU⁷. Overall, family partnering is thought to help the patient feel more secure and to increase patient and family member satisfaction with care.^{8,9,10}

The IMPACT Trial

We plan to partner with families to optimize patient/family-centered care. We will evaluate two separate interventions:

- 1) **The Nutrition Education intervention:** a multi-faceted strategy to engage and empower family members to advocate for and audit best nutrition practices.
- 2) **The Decision Support Intervention:** a web-based tool (www.myicuguide.com) to support families in shared decision-making about goals of medical treatments.

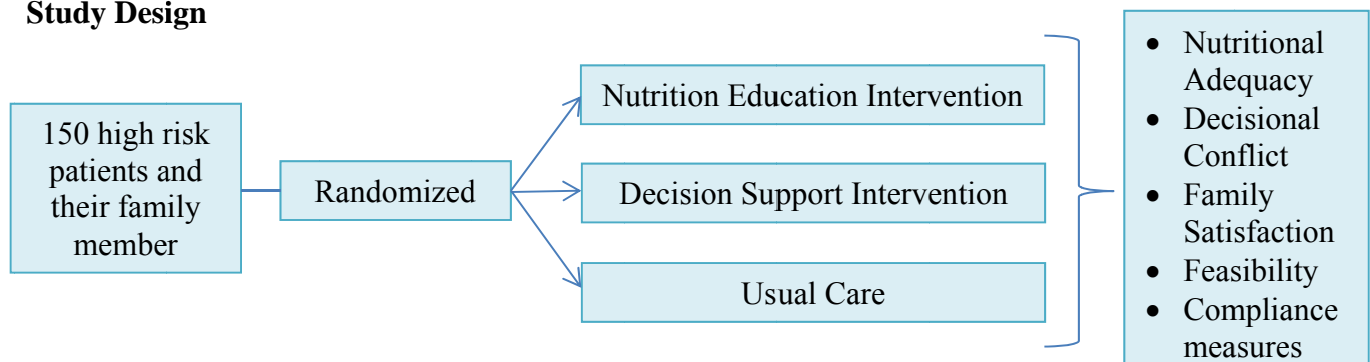
Pilot studies have demonstrated the acceptability and feasibility of both interventions in the ICU.

We aim to demonstrate that the tools and training provided to families will:

- ↑ their satisfaction with care,
- ↑ their capacity to act as agents of best practice



This will translate into better patient outcomes compared to controls.

Study Design





Study Interventions

Nutrition Education Intervention	<p>RD meeting with family in ICU</p> <ul style="list-style-type: none"> • Nutrition Education Booklet • Nutrition videos • Nutrition risk assessment <p>RD meeting with family at ICU discharge</p> <ul style="list-style-type: none"> • Nutrition Education Booklet • Nutrition videos • Nutrition Diary • Nutrition handover to ward RD • Nutrition care plan • Encourage a minimum of 2 oral nutrition supplements/day <p>Regular follow-up by ICU/ward RD</p> <p>Posters for patients' rooms</p>	
Decision Support Intervention	<p>My ICU Guide Education with family in ICU, sections include:</p> <ul style="list-style-type: none"> • Learn about the ICU • When a Loved one is in the ICU • Looking After Yourself • Making Decisions in the ICU <p>ICU Questionnaire with the family</p> <ul style="list-style-type: none"> • Generates a My ICU Guide report summarizing the patient and family's wishes • Distribute report to medical team and family <p>Regular follow-up in ICU by the RC</p> <p>Posters for patients' rooms</p>	

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