The effectiveness of family focused nursing intervention on functional improvement of clients with Bipolar Affective Disorders, at JIPMER Hospital, Puducherry

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Abstract

Background and objectives

The bipolar affective disorder (BPAD) is a chronic, episodic illness that can create problems and disruptions in social, occupational, and family functioning of a client. It tends to recur and cause functional impairment during the relapse and in remission period. Bipolar illness is severe in nature and mood changes from depression to mania. During active illness period, clients' functional ability is becoming aggressive to nil activity. The bipolar illness affects nearly 1% of the world population. BPAD is associated with impulsive and self-destructive behaviour. Not surprisingly, families are frequently most affected by their bipolar member, and themselves experience a range of deeply felt emotions, not the least of which is a sense of helplessness to fix bipolar symptoms. With appropriate drug treatment, about 40 percent of recovered patients will suffer relapses (NIMH, 2005). Mood stabilizers, ECT, and psychotherapy are the treatment modalities for bipolar disorder. The current study aimed to assess Family Focused Nursing Interventions (FFNI) on functional improvement on the sample of symptomatic Bipolar Affective disorder clients.

Method:

In this experimental study, 185 clients with BPAD were screened along with the family member. Consecutive sampling technique was used to select the subjects from Inpatient department of Psychiatry, JIPMER, Puducherry who fulfilled the inclusion criteria of having at least one family member and diagnosed to have BPAD, then through varying black randomization, they were allotted to control and experimental group. Finally, 149 clients participated in the study. The data collection proforma included socio-demographic and clinical variable, and to measure functional outcome LIFE-RIFT and FAST scale. Interview method was used to collect data. After obtaining permission from the Institute Ethics Committee, JIPMER, the study was registered under the Trial registry of India. Informed consent was obtained from all study participants. The control group (74) received routine treatment; experimental group (75) received routine treatment along with Family Focused
Nursing Intervention (FFNI) in seven sessions, the pre-test evaluation of functioning then repeated evaluation at discharge, after one month and at two-month follow-up at OPD. The collected data was analyzed using SPSS 20, Independent sample t-test, ANOVA and Pearson correlation used different statistical methods. The p-value of less than .05 was considered as the statistically significant result.

**Results:** At the end of the study 149 clients completed the treatment and follow-up. Results showed that both groups were comparable at baseline in demography as well as clinical variables. Even the functional level at pre-test was comparable for both groups. There was a significant improvement in the functional level after FFNI. The total score of LIFE-RIFT and the FAST score was significantly lower in the experimental group than the control group with P=.001. The mean score of LIFE-RIFT decrease in experimental group from admission to end of the study was 15.78±5.10 against control group 13.43±4.48. This shows that the decrease in impairment score was significantly higher in the experimental group than the control group with p=.003.

Similarly, The mean score of the FAST decrease in experimental group from admission pre-test to end of the study post-test functional score was 46.62±11.6 against control group score 42.39±12.4. This shows that the decrease in functional impairment score was significantly higher in the experimental group than the control group with p=.03. The current study findings showed that the intervention based on psychoeducation and functional remediation is better than routine psychiatric treatment for BPAD client’s functional improvement.

**Conclusion**

Adjuvant to routine treatment family focused nurse-led interventions will improve the functional ability of the client. Functional impairment has been noted not only in the acute period even during remission. So, Nurse-led intervention can improve the functional level during the hospital stay that can be continued even at home.

(Keywords: Bipolar, Functional improvement, Family focused, BPAD, nursing intervention FFNI)