

# A journey through transitional care

## Family members' experiences post a life – threatening situation: A qualitative study

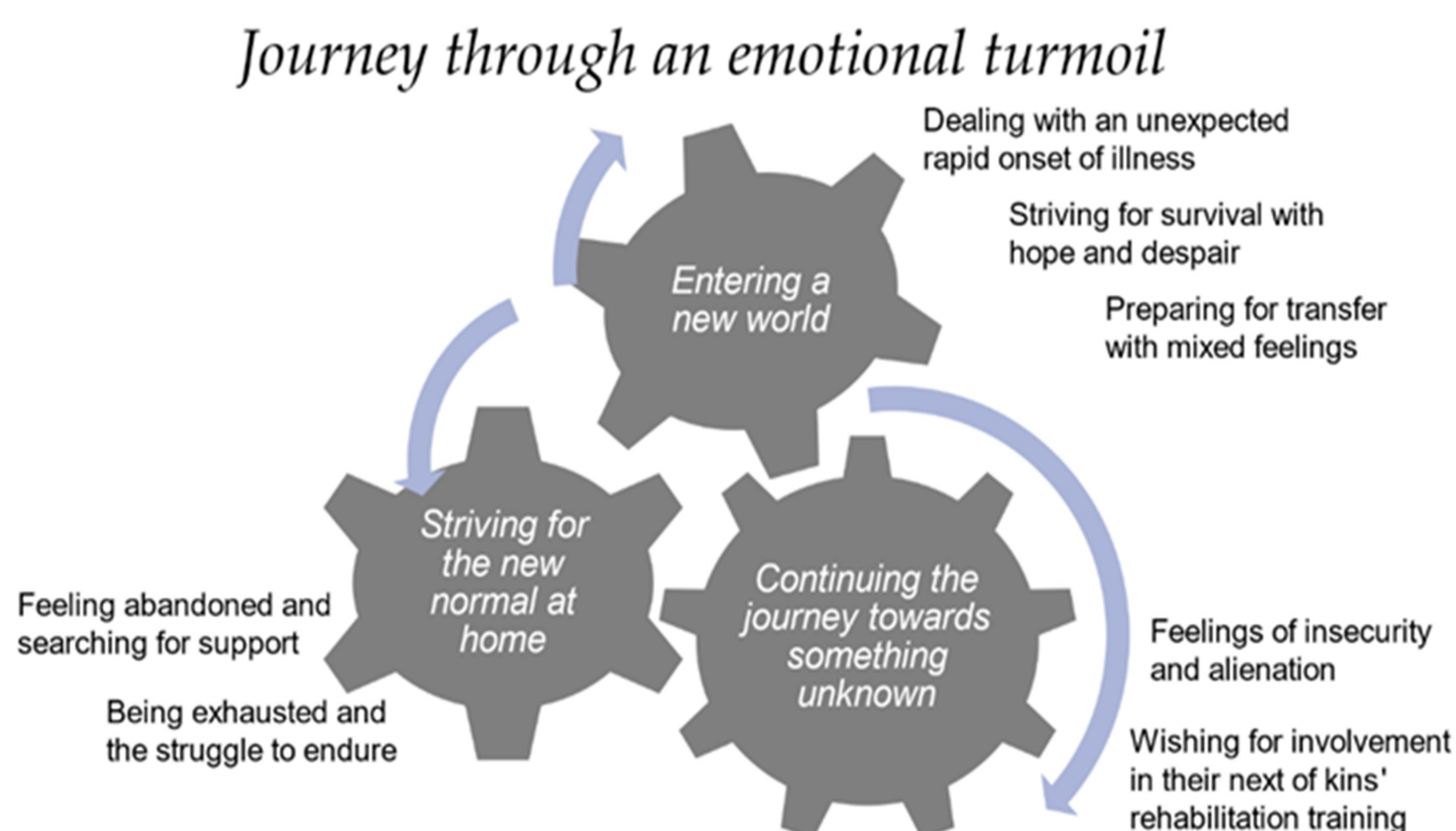
**Introduction;** Life-threatening situations affect not only the patient but also the family members. To staying beside a next of kin through the healthcare journey of intensive care, post-care and returning home can entail an emotional rollercoaster to family members and impact their daily lives.

**Aim;** To describe the experience of staying beside a next of kin throughout the healthcare journey, from the onset of illness at home, to the intensive care unit, post-care, and returning home.



**Methods;** Family members (n=14) were interviewed, discussing their experiences of standing beside a next of kin throughout the healthcare journey. The data was analyzed using reflexive, thematic analysis.

*“The sudden move from the ICU to a general ward caught us off guard; we were unaware of the reasons for the transfer or what to expect”*



*“I had hoped the healthcare staff would invite family members to the discharge call, but unfortunately, they did not. There was a call, but my next of kin could not recall anything said afterward”*

**Conclusion;** Family members undergo challenging transitions during the healthcare journey, and the informal caregiver role impacts their lives, often resulting in reduced well-being. Elevating the importance of nursing care within the healthcare system and offering high-quality support can contribute to delivering holistic care and facilitating these transitions.