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**REVIEW OF THE CHALLENGES AND EXPERIENCES OF THE ACCOMPANIMENT
OF THE FAMILY MEMBER OF THE PATIENTS WITH BRAIN INJURIES
ADMITTED TO ICU OF SHAHID RAJAYI HOSPITAL OF SHIRAZ IN 2015**

MOHSEN MOHAMMADI¹, HEYDAR ALI ABEDI^{2*}

1. Master of Nursing Education, Isfahan (khorasgan) branch, Islamic Azad University, Isfahan, Iran, Shahid Rajayi Hospital of the city Shiraz, Iran, Mohsenmohammadi08@gmail.com
2. PhD of Nursing, Isfahan (khorasgan) branch, Islamic Azad University, Isfahan, Iran, Educational Deputy of Medical Sciences of Isfahan, Iran, drabediedu@yahoo.com

ABSTRACT

Purpose: The purpose of this research is to review the challenges and experiences of the accompaniment of the family members of patients with brain injuries admitted to ICU of Shiraz's Shahid Rajayi hospital in 2015. Method: in this descriptive phenomenological study, the research population has been composed of the families of the patients with brain injury admitted to ICU and participants were selected by using the purposeful sampling and with the approach of maximum difference regarding the relation with the patient, gender, age, cause of accident and type of damage or location of brain hemorrhage and entered the study. Informational saturation was obtained through 6 interviews which lacked structure and were deep. Ultimately, the gathered information was analyzed by using the Colaizzi method. Findings: after analyzing the information, 173 codes of level 1 and 26 codes of the level 2 were obtained and the themes of this study, along with all subcategories, included the following items: 1- reaction to hospitalization in ICU (fear and stress, physical reactions, mental problems, being shocked and positive reactions), 2- their life being upside down, 3- confusion (bewilderment, informational needs and uncertainty). Conclusion: the results of this study provides a deep understanding of the experiences lived by the family members of the patients with brain injuries in the ICU for the authorities, nurses of the ICU, doctors and nursing students. It is hoped that the results of this

project would be helpful in identifying the experiences of the families and resolution of their problems and fulfillment of their needs and the results would be used in educational and treatment programs.

Keywords: Experiences, Family, Brain Injury, ICU

INTRODUCTION

Brain damage is one of the important issues of public health and socioeconomic problems of the human society throughout the world and it is considered as the main cause of disability in adults and the second cause of death in the world (Philip, *et al.* 2013). In America, about 5.3 million people live with disabilities related to brain injuries and this number is 7.7 millions of people in Europe (Roozenbeek, *et al.* 2013). In Iran, annually, 139 out of 100 thousands persons have brain damages and head injuries for the first time. This rate is considerably more than that of the developed countries. One of the most important causes of it can be high rates of accidents and brain injuries subsequent to them in Iran (Azarpazhooh, *et al.* 2010). In other words, diagnosis of the disease and hospitalization of one of the family members can create disorder in the totality of the family structure. During this period, it is possible for the family members to experience a change in their role and feel unsafe and scared (Maroiti, *et al.* 2008); because they do not have the sufficient mental preparation in order to face the issue

of accepting a member of the family in the ICU (Huges, *et al.* 2005). Fear of death, uncertainty about the prognosis and treatment, emotional contrasts, concern about the economic conditions, a change in the roles and disorder in daily routines can be followed with family member's reactions such as shock, rage, disappointment, anxiety and depression especially in the first 72 hours of hospitalization (L. Marci and Fox and Eshilishin, 2007).

RESEARCH METHOD

In this descriptive phenomenological study, the research population has been composed of the families of the patients with brain injury admitted to ICU and participants were selected by using the purposeful sampling and with the approach of maximum difference regarding the relation with the patient, gender, age, cause of accident and type of damage or location of brain hemorrhage and entered the study. Informational saturation was obtained through 6 interviews which lacked structure and were deep. Ultimately, the gathered

information was analyzed by using the colaizzi method.

FINDINGS

The codes extracted from the interviews express the classification of the extracted codes and axis concepts and research findings. The findings of this study has been collected through interviews which lack structure and were used in order to review the challenges and experiences of the accompaniment of the family members of patients with brain injuries admitted to ICU of Shiraz's Shahid Rajayi hospital in 2015. The findings in this chapter, mostly, the purpose of the research which is to review the challenges and experiences of the accompaniment of the family members of patients with brain injuries is expressed in the rest of this article. In order to analyze the data in this research, the colaizzi method has been used. In order to make how this method is used clearer, some step-but step instances and data analysis are explained in this section. At the beginning of each example, the first three stages of the colaizzi method are expressed and then the other stages are reviewed. For instance, in the example number one, the text of the interview of one of the participants has been provided and this entire interview was studied several times in the first stage of colaizzi so that the

researcher shall have control over the content of the interview. In this section, for each example, the three stages of colaizzi are expressed respectively:

Example one

First stage of Colaizzi

The stage of studying the text, which has been recommended in the first stage of colaizzi, participant number 1 said:

“I haven't been to the ICU before, I only saw it in movies, and I always prayed for these patients; but when I got here, here is really the end line, you are now alone and your deeds and god also help you. When I came to this window and saw these devices, when I saw these numbers that are constantly changing, they were unclear to me, I was afraid. I only saw my father awake once and they had disconnected these respiratory devices, I became so happy as though the world has been given to me. Honestly, I couldn't come to the window and see my father, I was always afraid to lose my dearest here. You experience so much in the ICU. For example, in my experience, I got closer to god. I am not lying to you. You understand that death is so close to you. God forbid you commit a sin. You feel that death comes to you in a moment. When I saw that, god forbid, some of these patients were covered with white sheets and take them through this

door to the morgue, you clearly feel death. Whenever I saw that all of my body shook with fear and I went crazy. I kept on saying was that my dad, was that him... (cries). When I come and see these I fall apart. I don't know, will he be better tomorrow? Or worse? God forbid this happen to anyone."

Second stage of Colaizzi

After studying the text above several times, important sentences which were related to the phenomenon have been specified by the researcher and they were shown by him through underlying:

"I haven't been to the ICU before, I only saw it in movies, and I always prayed for these patients; but when I got here, here is really the end line, you are no longer alone and your deeds and god also help you. When I came to this window and saw these devices, when I saw these numbers that are constantly changing, they were unclear to me, I was afraid. I only saw my father awake once and they had disconnected these respiratory devices, I became so happy as though the world has been given to me. Honestly, I couldn't come to the window and see my father, I was always afraid to lose my dearest here. You experience so much in the ICU. For example, in my experience, I got closer to god. I am not lying to you. You understand that death is so close to you. God forbid you

commit a sin. You feel that death comes to you in a moment. When I saw that, god forbid, some of these patients were covered with white sheets were and take them through this door to the morgue, you clearly feel death. Whenever I saw that all of my body shook with fear and I went crazy. I kept on saying was that my dad, was that him... (cries). When I come and see these I fall apart. I don't know, will he be better tomorrow? Or worse? God forbid this happen to anyone."

Third stage of Colaizzi

Raw information was reviewed several times in order to turning the important and related concepts to general and abstract concepts and it was attempted to understand to what extent the made up meanings are related to the preliminary phrases of the participants. In order to do this stage, according to Colaizzi's comment, the researcher has attempted to conceptualize and formulize the extracted concepts. In this stage, the initial codes were extracted from the important sentences related to the discussed phenomenon which have been specified through underlining them. And the codification stage has been done as follows for the examples 1 to 4 which were mentioned in the previous stages.

The following initial codes have been extracted from the example number one in the third stage of Colaizzi:

- ✓ I haven't been to the ICU before
- ✓ I only saw it in movies
- ✓ and I always prayed for these patients
- ✓ here is really the end line
- ✓ you are now alone with your deeds and god
- ✓ seeing the equipment and devices through the window
- ✓ numbers on the devices
- ✓ unclearness of the changing numbers on the devices
- ✓ I was scared
- ✓ I only saw my father waking up once
- ✓ They had disconnected his respiratory devices
- ✓ I was so happy
- ✓ As though the world was given to me
- ✓ Honestly, I could not come to the window to see my father
- ✓ I was always afraid to lose my dearest here
- ✓ You get closer to god
- ✓ You understand that death is so close to you
- ✓ You feel that death comes to you in a moment
- ✓ Some of these patients were covered with white sheets

- ✓ They were take them through this door to the morgue
- ✓ Feeling like you're going to die
- ✓ All of my body shook with fear so much
- ✓ I went crazy
- ✓ I kept on saying was that my dad, was that him
- ✓ I fall apart
- ✓ I don't know, will he be better tomorrow? Or worse?
- ✓ God forbid this happen to anyone.

Second example

First stage of Colaizzi

Like the example number 1, the following phrases are a part of the text of an interview which was studied and the participant number 2 stated that:

"We had no experience of being in the ICU ever before! And then when they said your patient wants to go to the ICU, a terrible fear came to us! We thought that ICU is like a very bad place. My father and brother were together when they had an accident. When I called my father on his cellphone, another man picked up and said: "they had an accident and they were taken to the Shahid Rajayi hospital! When I came to the hospital at first I could not find my father, I kept running around the hospital. No one gave a good answer to me. I looked everywhere. I kept asking everyone, no one frankly told me

that your patient is in the ICU. When they brought them to the hospital first, it seems that my brother and father were semiconscious and they had pronounced their names wrong. Then when I went to the screen to see whether or not they are there, they would nag that they are not here there! Go out soon! I said sir I called his cellphone they told me he has been bought here but here you say he is not here! Then I looked around until I finally found them. When I found out that they had taken him to the ICU, my whole world crumbled down. My head was heavy with the load of the whole world. I no longer felt like myself. Believe me it was better if I died then because my father is our dearest. He is our supporter. My mother, my brother and sister and I don't have anyone but him in the world. I swear to god."

Second stage of Colaizzi

Like the example number 1, after studying the text above several times, the important sentences which were related to the phenomenon have been specified by the researcher and they were shown by him through underlying:

"We had no experience of being in the ICU ever before! And then when they said your patient wants to go to the ICU, a terrible fear came to us! We thought that ICU is like a very bad place. My father and brother were

together when they had an accident. When I called my father on his cellphone, another man picked up and said: "they had an accident and they were taken to the Shahid Rajayi hospital! When I came to the hospital at first I could not find my father, I kept running around the hospital. No one gave a good answer to me. I looked everywhere. I kept asking everyone, no one frankly told me that your patient is in the ICU. When they brought them to the hospital first, it seems that my brother and father were semiconscious and they had pronounced their names wrong. Then when I went to the screen to see whether or not they are there, they would nag that they are not here there! Go out soon! I said sir I called his cellphone they told me he has been bought here but here you say he is not here! Then I looked around until I finally found them. When I found out that they had taken him to the ICU, my whole world crumbled down. My head was heavy with the load of the whole world. I no longer felt like myself. Believe me it was better if I died then because my father is our dearest. He is our supporter. My mother, my brother and sister and I don't have anyone but him in the world. I swear to god.

Third stage of colaizzi

Like the example number 1, the following initial codes in the third stage of colaizzi

have been extracted from the example number two:

- ✓ No experience of being in the ICU
- ✓ They said your patient wants to go to the ICU, and a terrible fear came to us!
- ✓ We thought that ICU is like a very bad place
- ✓ They had an accident and they were taken to Shahid Rajayi hospital!
- ✓ When I came to the hospital at first I could not find my father
- ✓ I kept running around the hospital
- ✓ No one gave a good answer to me
- ✓ I kept asking everyone, no one frankly told me that your patient is in the ICU
- ✓ My brother and father were semiconscious and they had pronounced their names wrong
- ✓ I called his cellphone they told me he has been bought here but here you say he is not here
- ✓ I looked everywhere till I finally found them
- ✓ When I found out that they had taken him to the ICU, my whole world crumbled down
- ✓ My head was heavy with the load of the whole world
- ✓ I no longer felt like myself
- ✓ Believe me it was better if I died
- ✓ Because my father is our dearest

- ✓ He is our supporter
- ✓ None of us have anyone but him in the world, I swear to god

Third example

First stage of Colaizzi

Like the two previous examples, phrases of an interview in the three first stages of Colaizzi are expressed in this section and participant number 3 said:

“When they gave me the news that your patient has been taken to the ICU due to brain injury, I was confused. I quickly went to the ICU. I was surprised to my very core when I saw him through the window; I felt awful and lost my faith. When I saw my patient to whom pipes were connected, his eyes were closed, the skin around his eyes was blue, I was shocked. I couldn’t speak. I didn’t to what should I do now. Believe me, I forgot to breathe. I hadn’t been in the ICU before. I had heard that they said it is a very bad place but I didn’t know that it actually is. These devices scare you so much. Oh god when you see here your body shakes. When they told me to take my patient to the CT scan, I remained quiet. I couldn’t open my mouth to ask a simple question.”

Second stage of Colaizzi

Similar to the previous two examples, after studying the text above several times, the important sentences which were related to

the phenomenon were specified by the research and they have been shown by underlining:

“When they gave me the news that your patient has been taken to the ICU due to brain injury, I was confused. I quickly went to the ICU. I was surprised to my very core when I saw him through the window; I felt awful and lost my faith. When I saw my patient to whom pipes were connected, his eyes were closed, the skin around his eyes was blue, I was shocked. I couldn’t speak. I didn’t to what should I do now. Believe me, I forgot to breathe. I hadn’t been in the ICU before. I had heard that they said it is a very bad place but I didn’t know that it actually is. These devices scare you so much. Oh god when you see here your body shakes. When they told me to take my patient to the CT scan, I remained quiet. I couldn’t open my mouth to ask a simple question.”

Third stage of Colaizzi

Similar to the previous two examples, raw information was reviewed several times in order to turning the important and related concepts to general and abstract concepts and it was attempted to understand to what extent the made up meanings are related to the preliminary phrases of the participants. In order to do this stage, according to Colaizzi’s comment, the researcher has attempted to

conceptualize and formulize the extracted concepts. in this stage, the initial codes were extracted from the important sentences related to the discussed phenomenon which have been specified through underlining them. And the codification stage has been done as follows for the examples 1 to 4 which were mentioned in the previous stages.

Similar to the two previous examples, the following initial codes in the third stage of colaizzi have been extracted from the example number three:

- ✓ When they gave me the news that your patient has been taken to the ICU due to brain injury, I was confused
- ✓ I quickly went to the ICU
- ✓ I was surprised to my very core
- ✓ I felt awful
- ✓ I lost my faith there
- ✓ I saw my patient to whom pipes were connected, his eyes were closed, the skin around his eyes was blue, I was shocked
- ✓ I couldn’t speak
- ✓ I didn’t to what should I do now
- ✓ I forgot to breathe
- ✓ I hadn’t been in the ICU before
- ✓ I had heard that they said it is a very bad place
- ✓ I didn’t know that it actually is
- ✓ These devices scare you so much

- ✓ Oh god when you see here your body shakes
- ✓ When they told me to take my patient to the CT scan, I remained quiet
- ✓ I couldn't open my mouth to ask a simple question

Data analysis

The data analysis stage was done for all interviews with the method above and its outcome is the extraction of initial codes all of which have been shown in table (1).

Table (1) - initial codes extracted from the text of all interviews

Row	Initial codes
1	I had heard that ICU is a very bad place but I didn't know that it actually is
2	I was scared, I thought that ICU is like a very bad place
3	ICU is not a good place for you to go
4	When they said that your patient is going to the ICU, a terrible fear came to us
5	Your body shakes when you see here
6	ICU is a very terrific place
7	By seeing the patients under the sheets, in the ICU nonetheless, with its environment, I was scared and went crazy
8	Its name, its space, and its patients scares you very much
9	The mood of the place is full of stress and nothing else
10	That place is so bad, you are worried it is terrifying
11	The constantly changing number on the devices are unclear to me
12	The equipment and devices of ICU make you stressful themselves
13	These devices frighten you
14	When they call me to come to the hospital I say to myself, oh do they want to revive him?
15	Sometimes when my father moves his foot or coughs, I get more nervous and say he must be suffering
16	We come up and ring the bell or call, they don't answer at all. We feel a kind of stress. We say god what has happened? Oh god do they want to revive him oh god let it not be our patient
17	Feeling death by seeing patients who are covered with sheets and are taken to the morgue
18	I am always afraid to lose my beloved
19	I am always afraid of coming to the ICU and seeing my dad has passed god forbid
20	I asked what is the rate of his consciousness and they didn't tell us, we were so afraid
21	Anytime I called my hands would shake so much that I wasn't able to hold my phone in my father, I wondered whether it is good news or bad news
22	You get scared seeing your patient like that
23	I saw yesterday that his right hand shook a lot
24	One time I went to CT scan with him, I saw his nose was bleeding, I got worse and scared
25	You get scared seeing your patient like that
26	None of us have anyone other than our father in the whole world
27	I have a brother who is not good, he hurts my father and mother, if my father is not at home, he will be worse
28	If god forbid I lose my father, my whole life turns upside down
29	None of us have anyone other than our father in the whole world
30	My father's soul was taken to the almighty god
31	You don't understand what a pain it is so see your beloved die before your eyes
32	Once they were putting a pipe in his nose, I was so scared, he was moving so much he looked like a person who was dying I got so upset
33	I am always afraid of what's going to happen tomorrow
34	I don't know, will he get better or worse tomorrow?
35	I am constantly scared of tomorrow
36	When they told me my patient I was so scared
37	I thought ST scan was a bad place, perhaps it is bad for it or dangerous
38	I always have nightmares and bad dreams
39	Around 3 A.M. I had a dream. It made me so scared
40	I can't sleep at nights
41	I cried so much

42	When I woke up my tears just came down
43	My hands were shaking
44	I haven't a decent meal in 12 days
45	my mother neither eats nor drinks
46	That day I came and see that he was uncovered, there was a diaper. When I saw that I became so upset so much so that I cried.
47	His friends and relatives come to see him, in the visit hours. It is not right for them to see him like this
48	This diaper itself is very painful for this
49	I tear up and say god, the almighty god, why should my father be like this?
50	It is so hard for me to see him like this
51	His hospital clothes have gone up and I saw the diaper, I was crushed
52	I said see what has happened to my father
53	It is not right for the other parts of his body to be shown
54	It is so bad, so difficult I swear to god
55	When I see all of these pipes and wires are connected to him, I become so upset
56	I swear to god I am so concerned they are butterflies in my stomach
57	When they tell me there has been no change in your patient, I become so upset
58	My mother is crying night and day
59	On the first day, behind the door of the section, I was just crying
60	I couldn't have been calm
61	I no longer cried in front of my family
62	I had lost all my faith
63	It is so hard for me to see my father lying naked and lifeless
64	When I come to visit him, when I glance at him, I can no longer stand there
65	It is so hard
66	The sentry wouldn't let us come in, we had to beg for three hours
67	We were so stressed behind the door of the ICU
68	The first days I cried so much
69	I was falling apart, I was so scared
70	I had lost my hope
71	We were surprised, we though ICU is like CCU, then I saw it is another place
72	I was having a heart attack I was so scared
73	I couldn't go up the stairs
74	All of my body was loosened in a moment
75	I thought I had become mute
76	When I found out they had taken him to the ICU, my whole world came crumbling down
77	My head was heavy with the load of the whole world
78	I didn't feel like myself
79	It would have been better if I died then
80	When I saw my patient to whom pipes were connected, his eyes were closed, the skin around his eyes was blue, I was shocked
81	I couldn't speak
82	I didn't to what should I do now
83	Believe me, I forgot to breathe
84	When they told me to take my patient to the CT scan, I remained quiet
85	I couldn't open my mouth to ask a simple question
86	The first day I saw my father in the ICU, I was shocked
87	I became mute
88	I couldn't speak any more
89	I felt a shooting pain in my head
90	My blood couldn't reach my head
91	I felt a shooting pain in my head
92	My blood couldn't reach my head
93	When they gave me the news that your patient had been taken to the ICU due to brain injury, I remained shocked
94	I was shockingly surprised
95	Right there I lost my faith
96	I felt kind of bad
97	It was the first time I had gone to the ICU and seen these devices, I was shocked

98	You know, you don't have any information
99	I don't know what this monitor is saying
100	What do the numbers on the monitor say? What does the middle device say?
101	When I come here, I go and take a look at other patients. It is both hard for me and calming when I look at them. Not that I become happy but when they see that they have patients just like me I don't feel alone. It becomes more digestible for me I become calmer
102	I feel better and more confident when I talk to those who accompany the ICU patients. I see that I am not alone and it seems that there are others whose conditions are worse than us
103	But only when they tell me that the danger has passed it gives me hope
104	Some doctors are good (they tell you all about condition of your patient)
105	We asked what has happened which they don't tell us. Then it got better, we got along with it, we became more patient
106	I didn't even think they let you watch your patient through the window of the ICU
107	But thank god you can easily come and see your patient through the window
108	When I touch his face I become peaceful
109	I saw that their patients woke up. This gives you a special feeling. It makes you calmer. We wanted to go inside and hug them. I took it to mean that our patients will be better too
110	But there is something good, the fact that there is a glass partition between the patients is very good. It makes you feel better that our patient is near others. It gives you peace. These patients have feelings and in this way they know that they are not alone
111	We asked what has happened which they don't tell us. Then it got better, we got along with it, we became more patient
112	When we come to visit behind the window, we become happy, it affects us so much. We feel good that yes ICU is a better place. It is not as bad as they say
113	That they, I came behind the window and I saw his feet moving. I was relieved that no part of his have paralysis
114	I came pressed his feet
115	When they say the danger has passed, it gives me hope
116	When these kinds of things (the patients moving their hands and feet) happen, at least we have an answer to give to those who are accompanying them regarding that yes there is still hope
117	But then when I saw that his feet are moving in the ICU I became calmer and hopeful that he is going to be better
118	Other patients waking up
119	I saw my father wake up just once, they had disconnect his breathing devices, I became so happy as though the world has been given to me
120	We came to the ICU we saw that his hands and feet were moving, we became very happy
121	My mother and my family are having a hard time since my father has been admitted to the ICU
122	There is no one to help my family
123	My poor father doesn't even have insurance
124	My father had nothing to eat if he didn't go to work for one day
125	My father has a family of four or five
126	He doesn't have a source of income
127	No one helps him, please don't charge him with any expenses if possible
128	Their money they are spending now is from the time that my father worked
129	We are spending our savings
130	Yesterday I had the worst experience of my life, when they say you must transfer one million and seven hundred and fifty to the account
131	We provided money for the expenses doing everything that we could
132	You know, we are very short on money
133	We didn't have money for the traction operation
134	You know we don't have insurance
135	You must bring the money to the accounting section firstly for us to operate
136	I was shocked to my very core when they suddenly said you must transfer five millions to the account
137	All of our relatives lend us 100/200 thousands to one million
138	When my father gets better we will work and earn the money and pay them back
139	We are experiencing difficulty financially
140	Believe me, I rather die but to be humiliated for borrowing money
141	I am an adult, but I am being crushed (because of borrowing all this money)
142	Today, when I came home from the hospital I saw that there was no money left for expenses and food

143	All of the money was spent on the hospital and transportation expenses
144	Whenever my family comes to the hospital it cost 180 to 190 Rials
145	We don't have any more money left
146	All I could think of was god what would we do next?
147	My father is going to be hospitalized for a long time, thought money car
148	The expenses of the ICU patients are so high
149	I was crushed (financially)
150	I don't have any money to bring
151	We are under pressure, we don't earn much
152	Believe me any more money of my salary is left, I also borrow
153	A life which out there
154	I haven't felt the time pass in these 12 days that my father has been in a coma
155	My nights and days have become one
156	None of the members of our family are able to work or live like before
157	Since my father has come to the ICU, I haven't done much work done
158	The accommodation room of the hospital was full
159	Here we don't have the facility to shave our faces much less take a bath or wear clean clothes
160	When I come to stay the night at the hospital, no blanket and food was given to me
161	When I come to stay the night at the hospital
162	That very cold night I slept in between the cars outside of the hospitals
163	Staying in the hospital
164	The hospital had given us a room to sleep in which has nothing
165	I slept behind the door of the ICU last night
166	He has been here for 13 days and I haven't had the chance to go home
167	I have a child who is at the pre-elementary grade, I haven't seen him yet
168	My younger child calls me and says: mom, are you coming home with my brother or not?
169	I have forgotten all about everyone, my husband, and my children, all I think about is my son
170	I told him to go to the neighbor's house to help you with your dictation
171	When we call to ask how our patient is, sometimes they tell us and sometimes what they say is vague
172	They don't answer you correctly for you to understand whether they are good or no
173	When they come and ring the bell, they don't even answer

Fourth stage of Colaizzi

According to the opinion of Colaizzi, the researcher has put the formulized concepts in subjective clusters and classes after repeatedly rereading the initial codes and

therefore, the conceptual codes of level 2 were obtained. By combining the initial codes, the codes of the second level, which had more general concepts, have been extracted.

Table (2) – codes of level 1 and 2

1	1-10	Fear of the ICU environment
2	11-13	Fear of devices and facilities
3	14-21	The conditioning of fear and being wide-awake
4	22-25	Fear of the appearance of patient
5	26-32	Fear of losing a family member
6	33-35	Fear of the patient's unclear future
7	36-37	Fear of diagnostic measures
8	38-42	Terrifying dreams and nightmares
9	43-45	Physical reactions to hospitalization
10	46-61	Sadness and loss of hope
11	62-64	Mental effects of visits
12	65-67	Becoming hopeless
13	68-70	Reaction to the moment of hearing about the admission to ICU
14	71-79	Reaction to the moment of seeing the patient for the first time
15	80-92	Reaction to the moment of hearing the news of the

		incident
16	93-96	Shock and surprise
17	97-100	Peacefulness
18	101-118	Happiness
19	119-120	Economic and financial pressures
20	121-152	A life that is out there
21	153	Day and night becoming one
22	154-155	Not being able to work and live like before
23	156-157	Living in the hospital
24	158-165	Disruption of the family
25	166-170	Failure to responding phone calls
26	171-173	

Table (3) – codes of level 2, level 3 and main themes

Themes	Codes of the level 3	Codes of the level 2
	Fear and stress	Fear of the ICU environment
		Fear of devices and facilities
		The conditioning of fear and being wide-awake
		Fear of the appearance of patient
		Fear of losing a family member
		Fear of the patient’s unclear future
		Fear of diagnostic measures
	Terrifying dreams and nightmares	
	Physical reactions	Physical reactions
	Mental problems	Losing faith
		Mental effects of visiting
		Emotional difficulties
		Becoming hopeless
	Being shocked	Reaction to the moment of hearing about the admission to ICU
		Reaction to the moment of seeing the patient for the first time
		Reaction to the moment of hearing the news of the incident
		Shock and surprise
	Physical reactions	Peacefulness
		Happiness
	Economic difficulties	Economic difficulties
Their lives turning upside down economically and in terms of family condition	Not being able to live and work like before	A life that is out there
		Day and night becoming one
		Not being able to work and live like before
		Living in the hospital
		Disruption of the family
Bewilderment	Confusion	Failure to responding phone calls
		Absence of a person responsible for responding
		Confusions at the moment of enterin the hospital
		Lack of response in terms of patient’s condition and hiding it
	Lack of convincing responses	
		Lack of unity of what doctors and nurses say

Fifth stage of Colaizzi At this stage, by combining the results, a comprehensive

description of the topic was obtained as follows:

In this study, the challenges and experiences of the accompaniment of the family members of patients with brain injuries admitted to ICU have been described and themes of reaction and bewilderment have been extracted. Families are shocked at the first moment of hearing the news of the accident and experience severe physical and emotional reactions and this shock also occurs at two other stages which are hearing about the admission of the patient in the ICU and being shocked due to the multiple traumas of the patient and the injuries of the head and face of the patient when they see their patient for the first time. After hearing the news of the accident, the families of the patient enter the hospital confused and the confusion of the patient's family in the hospital starts with looking for their patient in the reception, information, outpatient and inpatient emergency and then it continues due to the informational needs and encountering of various questions, inhibition of visiting the patients, lack of response to the questions of the families about the

conditions of the patient. Families gather in front of the doors of the ICU after getting information and news about their patient in the hospital or they wait in the hospital all day long during the hospitalization of the patients in the hospitals with the hope of visiting their patient or getting news or information about them and throughout the whole time of hospitalization. If the informational needs of the families are not fulfilled by the medical personnel (doctors and nurses), they are forced to reach out to others such as staff, those who carry the patients, and guards so that they would fulfill their needs. The problems and issues above turn the lives of the families upside down economically since the hospital expenses are high and also the disruption of family due to the hospitalization of one of its members.

Sixth stage of Colaizzi

It is the result of the effort of the researcher for formulizing a comprehensive description which is indicative of the basic structure of the studied phenomenon that has been expressed in the fifth stage of Colaizzi.

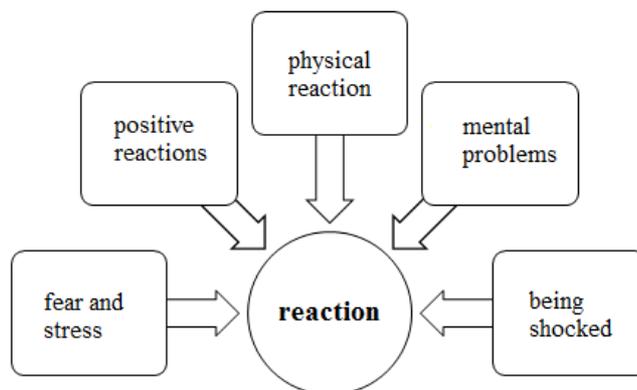


Figure (1) – family’s reaction to the admission of the patient to the ICU

This theme is indicative of the reaction of the families after hearing about the accident and hospitalization in the hospital and admission to the ICU.

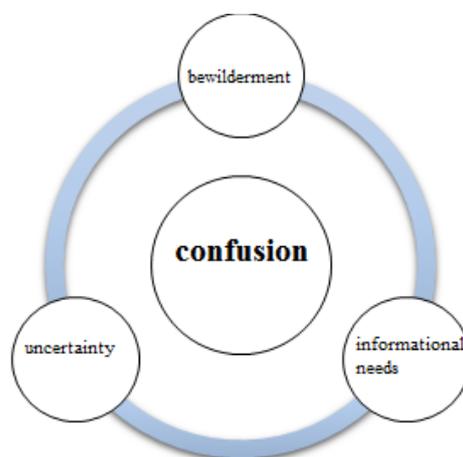


Figure (2) – theme of bewilderment

As it can be understood from the title of this theme, it is indicative of the bewilderment and uncertainty of the families since they enter the hospital and look for their patient in various sections and then not knowing about the diagnosis of the disease, prognosis,

unclearness of the duration of hospitalization, not knowing the doctor and nurse of their patients and it is also indicative of the informational needs and other needs of the families (all of the subclasses of this theme have been provided in table (3- 4)).

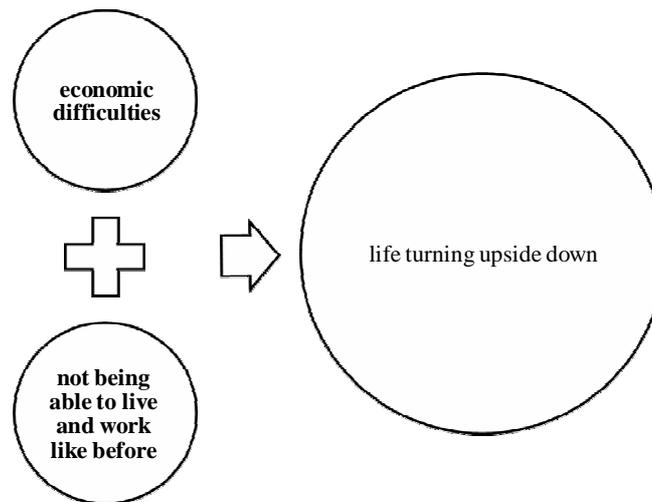


Figure (3) – the lives of the families of the patients turning upside down economically and in terms of family conditions

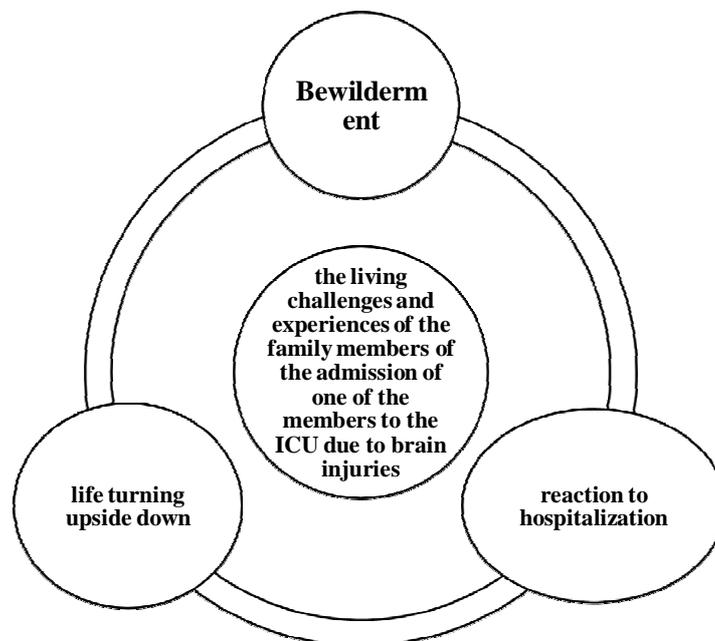


Figure (4) - the living challenges and experiences of the family members of the admission of one of the members to the ICU due to brain injuries

Seventh stage of Colaizzi

At this stage, the researcher turns to the participants of the interview and asks them about the findings and asks for their opinions associated with the findings obtained from the research ad whenever there was

ambiguity for the participants, the researcher turns to the text of the interviews again and to the process of the extraction of the reviewed findings and the researcher and participants obtained a final consensus and

that is how the ultimate reliability was obtained.

CONCLUSION

In this study, the challenges and experiences of the accompaniment of the family members of the patients with brain injuries admitted to ICU have been described and the following themes have been extracted: reaction to admission to the ICU, their lives turning upside down economically and family conditions, and bewilderment. Families are shocked at the first moment of hearing the news of the accident and experience severe physical and emotional reactions and this shock also occurs at two other stages which are hearing about the admission of the patient in the ICU and being shocked due to the multiple traumas of the patient and the injuries of the head and face of the patient when they see their patient for the first time. After hearing the news of the accident, the families of the patient enter the hospital confused and the confusion of the patient's family in the hospital starts with looking for their patient in the reception, information, outpatient and inpatient emergency and then it continues due to the informational needs and encountering of various questions, inhibition of visiting the patients, lack of response to the questions of the families about the conditions of the patient. Families

gather in front of the doors of the ICU after getting information and news about their patient in the hospital or they wait in the hospital all day long during the hospitalization of the patients in the hospitals with the hope of visiting their patient or getting news or information about them and throughout the whole time of hospitalization. If the informational needs of the families are not fulfilled by the medical personnel (doctors and nurses), they are forced to reach out to others such as staff, those who carry the patients, and guards so that they would fulfill their needs. The problems and issues above turn the lives of the families upside down economically since the hospital expenses are high and also the disruption of family due to the hospitalization of one of its members.

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