

## CHAPTER 5

### CONCLUSION AND RECOMMENDATIONS

The study included fifty-eight subjects who were admitted in the surgical ward and Intensive Care Unit of three teaching hospital of Sun Yat-Sen University of Medical Science during November 1999 to January 2000. The instrument used in this study was the questionnaire composed of three parts: I. the Demographic Data Record Form, II. the Modified Personal Resource Questionnaire (MPRQ-85 part 2), and III. the Stress Appraisal Questionnaire (SAQ). The conclusion, implications, limitations and the recommendations for further research are presented in this chapter.

#### **Conclusion**

Based on the findings of this study, it was concluded as followed:

1. The family members of the head injured patient perceived a low to moderate level of social support
2. The majority of the family members of the head injured patient appraised a high level of stress.
3. There was a significantly strong negative relationship between social support and stress among the family members of the head injured patient.

## **Implications of finding**

### **Implication for nursing practice**

A number of important practice implications emerged from the study findings. First, the information obtained from this study will be used as basic information to provide nurse a better understanding of the perceived social support and stress appraisal among the family members of the head injured patient. Second, the finding indicated that social support was negatively correlated with stress level among the family members of the head injured patient. Nurses should be aware of such validated relationship and assess the level of support perceived by the family members and stress appraised by them. Third, based on the finding that the health professional support was lacking, nurses should plan intervention to provide appropriate support system to help the family members of the head injured patients to cope with stress.

### **Implication for nursing education**

The findings obtained from this study provide the evidence to nurse educators to take social support and stress into consideration when designing the curriculum and planning the teaching content for students to care for the family members of head injured patients. In addition, the clinical instructor and nursing students should pay attention to the role of social support on management of stress among family members of the head injured patient.

### **Implication for nursing administration**

The findings gained from this study will help administrators to realize the importance of social support, and develop social support program especially health professional support system or resource for the family member of head injured patients.

### **Implication for nursing research**

The findings obtained from this study will provide basic data about stress, social support, and the relationship between social support and stress among the family members of head injured patient for the nursing researcher to conduct further study.

### **Limitation of the study**

The limitation of this study that must be addressed was that the study was conducted with a small sample size from three teaching hospitals by using purposive sampling method (n=58), therefore, the generalizability of this findings is limited to the family member of head injured patient in China.

### **Recommendations for further research**

Based on the findings of this study, recommendations for further research are as followed:

1. Larger sample size is needed to study factors related to social support and stress among the family members of the head injured patient.

2. Stress and perceived social support may change over time. Therefore, longitudinal research studies for these variables are needed.

3. A nursing intervention study to enhance social support and lower stress among the family members of the head injured patient is needed.