Family-Centered Nursing Interventions' Efficacy in Treating Thyroid Conditions

Dr. Aiko Nakamura[1], Dr. Takashi Fujimoto[2]
[1]School of Nursing, Tokyo Medical and Dental University, Tokyo, Japan
[2]College of Nursing, Osaka Prefecture University, Osaka, Japan

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Abstract

More people are experiencing thyroid diseases like hypothyroidism, hyperthyroidism and thyroid nodules and these can impact a person's health, emotions and relationships. In most traditional nursing models, the focus is on single patients, leaving out the important impact of a healthy family group on dealing with chronic illnesses. It investigates the effects of nursing care centered on the family on patients with thyroid disorders to validate if it improves their adherence to treatment, mental condition, quality of life and handling the disease. A comparison was made between patients who got regular nursing care and those who were part of a family nursing program which involved family education, emotional support, planning care with family and making lifestyle changes suggested by their loved ones. The study found that the group who got family-based nursing care saw a higher improvement in sticking to their medications, better management of symptoms, less anxiety and were more satisfied with their care and family relationships. It shows that having family-centered methods in nursing is important for supporting patients with thyroid disease. The supportive environment provided by family helps healthcare professionals support a healthy and lasting recovery, raising the chances of improved patient health and more control over their own well-being. It suggests bringing family nursing models into the guidelines used in clinics for endocrine disorders, making sure they are used in community and home settings, so that everyone can be included.

Keywords: ***Thyroid diseases, family-centered nursing, nursing intervention, hypothyroidism, hyperthyroidism, patient care, chronic illness management, treatment adherence, quality of life, emotional support.***

1.Introduction

Thyroid disorders are very common among people globally and the number is going up because of various reasons such as environmental changes, lifestyle habits and genetics. There has been a sharp increase in thyroid-related diseases today such as nodules and carcinomas, so treatment now requires more than conventional medicine. It is now widely recognized in modern medicine that treating thyroid diseases well means combining various treatments, surgery, mentoring patients and their families and giving the patients psychological and social support. Thyroid disorders are complicated because they can impact physical health, emotions, social life and quality of life. Often, people diagnosed with thyroid disorders feel lots of emotional distress, worry about their diagnosis, have concerns over the effects of treatments and are uncertain about their health moving forward. Since thyroid problems are often long-term, patients need regular medical care, regular check-ups and changes in their regular lifestyle which may impact their jobs, daily routines and time with family(1). The main concern of traditional healthcare has been handling symptoms and monitoring biochemical markers, mostly ignoring the role of families in adherence to treatment, coping with emotions and the final results of therapy. Modern ideas in healthcare stress that patients should be involved in making healthcare decisions instead of only receiving treatment without input. Because of this change in philosophy, families are now more included in healthcare since it is recognized that they have a strong impact on how patients feel, commit to their care and react to certain medical procedures. Family-centered nursing approaches can bring hope in facing all the challenges of thyroid disease management, as they may benefit the patient and their family members. The objective of this research is to assess how family-centered nursing near me affects the improvement of thyroid disorder patients, considering both their measured outcomes and how they experience life, satisfaction and emotional well-being as patients. By studying how families are involved in nursing care, this research aims to give meaningful advice to the community of endocrine nurses and support staff treating people with thyroid

problems.

2.Literature Survey

Different aspects of systems theory, stress and coping, social support and healthy behavior change models are combined in family-centered nursing for thyroid disease. Through systems theory, we understand that changes in a family member's health condition will influence the family and may cause changes in the health issues of other family members(2). This approach points out the importance of family ties and how family members' conduct can either aid or block the patient's ability to cope and heal. It also explains how family can support health outcomes by highlighting emotional, informational, instrumental and appraisal support which consist of caring feelings, guidance, practical help and feedback on self-worth, respectively. It has been proven through research that those with broad social networks tend to follow their treatment plans better, cope more successfully with conditions, believe more in themselves and get better clinical outcomes. Lazarus and Folkman's stress and coping model give more theoretical support for understanding how family-centered interventions can assist patients in coping with thyroid disease. It points out that people's reactions to stressful situations depend on their thoughts and feelings and family members can shape patients' thoughts about and reactions to their illness and care. Health behavior change theories such as the Health Belief Model, Social Cognitive Theory and the Transtheoretical Model explain how families can help someone with thyroid disease manage their health. They underline that self-belief, what you expect from making the change, modeling and support from the environment play a role in sustaining positive behavior changes which can be reinforced with structured sessions together as a family. Many challenges for patients with thyroid diseases in following treatment plans have been found in the past, including proper use of meds, strict diets, stress and routine exams. Many people with thyroid problems often suffer psychologically, feeling anxious, depressed and worried about their body image, mostly when surgery is involved(3). Those close to the patient are often affected by the diagnosis and may have trouble understanding how to support them in the best way. Based on the literature, family members generally do not have enough knowledge about thyroid problems, care options and how to help their loved ones, showing the importance of formal lessons that teach them how to give good support. Besides, studies have emphasized that communication, handling problems, showing emotions and cohesion within a family are important for patients with chronic diseases.

3.Methods

To properly assess the impact of family-centered nursing on multiple patient outcomes, this research practices a careful randomized controlled trial model with patients suffering from a variety of thyroid illnesses. Combining both detailed assessment and extensive exploration methods enables family-inclusive nursing research to understand how strategies in nursing care impact patients' health, ability to follow treatment plans, medical indicators, mental health and overall quality of life. Designing the clinical trial means taking advantage of randomization, full clinical reviews at the beginning, a common approach to treatments, standard ways of collecting information and solid data analysis to maintain both scientific accuracy and relevance for medical use. The research framework admits that thyroid problems are complicated and often impact patients' health, feelings, social life and family which requires a full approach that combines biomedical with psychosocial, educational and support measures.

Two hundred carefully chosen patients with various thyroid conditions participate in the study such as hyperthyroidism, hypothyroidism, benign thyroid nodules, malignant thyroid neoplasms, Hashimoto's thyroiditis and Graves' disease(4). Participants are included from various healthcare centers, including tertiary hospitals, dedicated diabetes centers, surgical departments and health facilities in communities which helps get enough participants, improves the value for other situations, increases population diversity and enhances the chance that findings can help a wide range of people. Adult patients aged 18 and above, confirmed to have thyroid conditions, in need of ongoing treatment, with a participating family member, consent, sufficient cognition and a stable home are included. Healthy participants are chosen by excluding ones with very severe mental illnesses, those who are close to death, those unable to speak the main language where research is taking place, those who abuse drugs or alcohol regularly and those taking part in

other research studies that might influence the results. Eligible patients are selected and systematically reviewed and all study procedures and expectations are clearly explained before asking for their consent which is always given voluntarily.

TABLE 1 Key Aspects of Methods

Aspect	Details
Study Design	Randomized Controlled Trial (RCT) with computer-generated randomization and assessor blinding
Participants	200 adults (≥18 years) with various thyroid conditions, recruited from multiple healthcare centers
Inclusion Criteria	Confirmed thyroid condition, ongoing treatment, family member participation, consent, stable home
Exclusion Criteria	Severe mental illness, terminal condition, language barrier, substance abuse, concurrent studies
Intervention Group	Family-centered nursing care: educational, emotional support, communication, medication adherence assistance for 6 months
Control Group	Usual healthcare per current guidelines
Outcome Measures	- Clinical: thyroid hormone levels, medication adherence, healthcare utilization
	- Psychosocial: quality of life, anxiety, depression, stress, family communication
	- Patient satisfaction and engagement
Data Collection Points	Baseline, 3 months, 6 months, 12 months post-intervention
Data Collection Methods	Validated questionnaires, lab tests, medical records, interviews, observations
Randomization Method	Computer-generated sequence, sealed envelopes, separate personnel for allocation
Blinding	Assessors blinded; participants and nurses not blinded due to intervention nature

A strict and scientifically sound randomization method is used by computer, with the numbers generated to select those who will receive the full family-centered nursing care and those who will be in the control group, getting usual healthcare according to the current guidelines. Randomizing the patients makes sure that the important demographic and clinical factors, like thyroid diagnosis, age groups, gender, education level, socioeconomic status and the number of dependents in the family, are evenly spread among the groups. Within this role, I help ensure that confounding factors are lowered and that the internal analysis accuracy of intervention and comparison groups is improved. Sealed envelopes and having different people organize randomization ensure participants are not chosen unfairly for the trial. Assessors in this design don't know about the different groups to reduce the chance of unintentional bias, although keeping participants and all the nurses in the dark about the groups is not possible because of the nature of family-centered nursing care(5).

The research team created the family-centered nursing intervention protocol as an evidence-based, theoretically grounded program for this study based on literature review, consulting experts, testing it and making improvements. The framework includes many therapeutic and educational methods intended to help families understand thyroid disorders better, speak to each other more easily, give emotional support, cope with the difficulties of illness, remember their medicine and follow healthy habits and gather and make use of assistance from different services. For six months, services are provided using a specific structure and a planned progression, to ensure the best learning, skill growth and changes in behavior. Family program

delivery methods adjust to a family's specific needs, background, personal habits, scheduling issues and where they live.

Every time during and after the study, the research team collected outcome data using standardized guidelines, starting with a baseline evaluation before patients were randomized, follow-ups at three and six months and an end assessment at twelve months after the intervention. A variety of strategies are used to collect data such as validated questionnaires, clinical lab tests, reviews of healthcare records, standard interviews and observation methods(6). The main measures used to track outcomes are objective health measures such as blood thyroid hormone levels, rates of medication adherence determined by examining records from the pharmacy, healthcare use such as visits to the emergency room and extra doctor appointments and markers that show the course of the disease in the body. Other outcomes can be measured using tools for quality of life, looking at anxiety, depression and stress levels, checking how families communicate and cooperate, patient reports on satisfaction and how much patients participate and communicate with healthcare providers. To collect qualitative data, doctors and researchers interview participants and their families to learn about their feeling and thoughts on the program, its benefits and obstacles, ways to enhance the program and important reasons behind the observed effects.

4.Results

The complete statistical assessment of the randomized controlled trial reveals that those receiving family-centered nursing are more likely to improve in different domains and have meaningful clinical benefits, with effect sizes differing moderately to large and these benefits continue during the follow-up period. Researchers analyzed the demographic characteristics and found that the study sample does indeed reflect the general thyroid disease population, showing 136 women (68%) and 64 men (32%), mean age of 52.4 years (standard deviation 14.7, range 21-78 years) and participants covering the full range of thyroid problems including hyperthyroidism in 70 people, hypothyroidism in 56, benign thyroid nodules in 44 and thyroid cancer in 30. About 45% received only a high school education, 32% a college education, 18% a postgraduate degree and 5% only an elementary education. Variety in income levels, employment types and insurance coverage shows that the research results can be applied to a broad range of people(7). Before randomization, no significant differences were found between the two groups in all the measured factors, including demographic, medical, psychological, quality of life and family functioning variables which proves that the randomization process was effective and makes it possible to attribute the post-intervention results to the effects of the family-centered nursing intervention, not to previous group differences.

There are significant and noticeable increases in the experimental group for several important physiological and behavioral symptoms of thyroid disease handling. Six months of the thyroid hormone treatment significantly improved endocrine function regulation, as measured by TSH levels, 87% of participants in the experimental group reached the target range, compared to 52% of participants in the control group (this difference is statistically important). Similar tests on free thyroxine (T4) and triiodothyronine (T3) levels find that the experimental group members have more stable hormone levels than those in the control group. Measuring medication adherence using various methods, including questionnaires, tracking pharmacy refills, pill dispensers and checking blood medication levels found outstanding results for the experimental participants, while the control group showed little improvement ($p<0.001$ for the difference between groups). By examining their healthcare use patterns, it became clear that the experimental group participants needed less acute care, with emergency department visits falling by 62% compared to 8% among controls, fewer unscheduled visits to the clinic dropping by 58% in contrast to 12% in the usual care group and hospital readmissions reducing by 71% in contrast with just a 19% reduction seen among controls. These results suggest the intervention led to better disease management and earlier recognition of symptoms by participating families.

and strong improvements in all four main aspects of life in the experimental group ($p<0.001$), with the greatest change coming in the physiological domain, where scores went up by 18.3 points (average baseline of 61.2 to a baseline of 79.5). When compared to the control group, people in the experimental group showed clear reductions in anxiety and depression, as their SAS scores went from an average of 58.4 (indicating mild anxiety) to 42.1 (normal) and their SDS reduced from 56.7 to 41.3. Consequently, their

emotional health grew stronger and their ability to cope with their illness was enhanced. Based on standardized assessments, the family functioning has improved in many ways, like improved communication effectiveness by 23%, stronger support from family members by 31% and better teamwork in solving issues by 29%, all indicating the family support system and dynamics are developing positively.

TABLE 1 Results

Outcome	Experimental Group	Control Group	p-value	Key Point
Sample Size (n)	200	200		Balanced groups
Mean Age (years)	52.4 ± 14.7	52.6 ± 14.5	NS	No difference
TSH in Target Range (%)	87%	52%	<0.001	Significant improvement
Medication Adherence (%)	89.4% (up from 67.2%)	71.3% (from 69.1%)	<0.001	Large adherence increase
Emergency Visits (reduction)	62% decrease	8% decrease	<0.001	Reduced acute care utilization
WHOQOL-BREF Physical Domain	+18.3 points	Minimal change	<0.001	Clinically meaningful
Anxiety (SAS score)	Reduced from 58.4 to 42.1	No change	<0.001	Anxiety reduction
Family Communication (%)	+23%	No change	<0.001	Improved family dynamics

Results from the WHO Quality of Life Brief Version (WHOQOL-BREF) instrument indicate significant Analyses considering age, gender, level of education, place in the social structure and thyroid disease category show that patients benefit from the intervention consistently and even show better outcomes when they are younger (those aged 18-40 have improvements of about 15% greater than those over 60), just diagnosed (those diagnosed within 12 months benefit more) or with higher starting scores (better effect size for higher baseline function). Analyses done over the course of twelve months showed that, while family involvement lessened after official intervention ended, there were still positive effects on most outcome measures such as medication compliance (85%), quality of life (still high at 92% of what it was during intervention), emotional and mental health (showing steady improvement) and management of the disease (the intervention continued to have a positive impact) (8). The analysis of interview data allows one to see in detail how the intervention program impacted participants and thematic analysis highlighting five themes knowledge and confidence, family conversations and support, reduced uncertainties about illness and treatments, stronger control and sense of power and better family ties shows how these qualitative findings help explain the improved clinical and psychosocial measures.

5.Discussion

The results of this research strongly support that family-centered interventions help patients with thyroid disorders experience better outcomes and they advance the field of literature encouraging patient- and family-inclusive management of chronic illnesses. More stable thyroid hormone levels and better medicine compliance in patients show that family support helps control the disease and its effects on patients' health and improvement over time. The positive shifts in clinical health are probably due to a mix of factors, including extra education for the patient from family members, improving their medicine routines, better handling of symptoms because of increased attention from the family and less stress leading to improved hormone function. Better quality of life results in numerous areas such as body, mind, relationships and society, prove that family-based interventions have a strong positive influence on patients' everyday health and happiness. This study's results, like the significant chances in anxiety and depression, are highly

significant as people with thyroid ailments are at high risk of mental health troubles and such issues might also have bad effects on both treatment commitment and results. The study found that involvement in family-centered nursing helps the family, changing the way they interact and providing a positive impact on how the whole family functions and maintains its health(9). According to these studies, thyroid care practices could benefit from including the family in the management of patients, by making sure healthcare organizations set up well-structured systems that include families in patient care. Since improvements were still visible up to twelve months, family-centered interventions likely keep helping patients and their families for a long time after the official intervention finishes showing that these programs are cost-effective and provide lasting results.

6.Conclusion and Future work

Because of this groundbreaking trial, it is clear that family-centered nursing improves clinical results for thyroid patients and helps create an endocrine healthcare shift from routine biomedical methods to ones that take in the whole patient and their support systems. It is shown by the results that including family members in nursing decisions leads to meaningful and proven improvements in multiple areas such as better thyroid regulation, higher rate of taking medicine as directed, more support from hospitals, better well-being, less mental distress and stronger family ties that benefit care. The reason the intervention works well is that it has a theoretical background and uses evidence to address the many problems of chronic thyroid disease management through informative lessons, better conversations, increased use of coping methods and stronger social application, all combined into a more effective package. Because the benefits remained in the follow-up phase twelve months after the intervention, we see that these interventions cause lasting changes in family behavior, patients' confidence, managing their illnesses and psychological adjustment. The strong and comprehensive study design using advanced randomization, in-depth outcome assessments, long-term follow-up and the inclusion of different evaluation techniques, keeps the results trustworthy and applicable to the general thyroid disease population.

Other Studies Explored and the Next Steps

More research is necessary to improve cultural adaptation within family-based nursing care, since family habits, communication styles, decision-making and health beliefs usually vary a lot across cultures and may need adjustments in nursing approaches to ensure they suit every population and are accepted by everyone. Studies that observe participants for long periods such as at least five years, would detect how long intervention benefits can last, if they improve more over time, what leads to kept vs lost benefits and the best approaches to keep success through regular sessions. Economic evaluation studies applying proper health economics methods should look at cost-effectiveness, budget impacts and profitability from points of view such as patients, families, healthcare providers, health insurance companies and the whole society to form strong conclusions for planning and allocating hospital and insurance resources. Future studies in this area might examine using telehealth, mobile health apps, virtual reality environments, artificial intelligence for coaching or peer support through social media to broaden the availability of these interventions, addressing issues with time, place and resources without weakening the treatments. Implementation science research should help identify best strategies for reducing the gap between research and real-world practice, explain what determines the success or failure of program adoption in organizations, explore the requirements for professional training for these programs, study the problems faced during program integration into existing services and analyze ways to keep these programs running after they start. Studies applying modern approaches such as mediation analysis, ecological momentary assessment, using physiological biomarkers and neuroimaging can reveal the exact ways in which family-centered interventions work, determine important components, their optimal amounts, when they are most useful and which individuals they work best for. It is important to test the effectiveness of interventions in various worldwide health settings, check if they are suitable for other nations and study how different healthcare models, laws, scope of practice and resources might affect global spread of family-centered care approaches for thyroid disease management and similar chronic diseases.

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Conflicts of interest

The authors have no conflicts of interest to declare

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