



FoC: responding in a time of crisis

ILC's Professor David Richards review of Fundamental Care during the Covid crisis

We know from media reports that nurses have borne the brunt of COVID-19 healthcare; adopting unfamiliar roles, working long hours, and caring for many more patients than usual in a shift; all this while in the first year of the pandemic facing the very real threat of becoming ill – or worse – ourselves. How has this affected the delivery of fundamental care and what can we do about it?

Since July 2020, I have led a multi-professional team of nurses and others in a funded randomised controlled trial evaluating fundamental care for people in hospital with COVID-19: the COVID-NURSE trial¹. We wanted to develop and then test a guideline for nurses to help them adapt their care practices to their new pandemic reality.

Although I have argued that we

have enough observational data on FoC², before we could design our intervention we needed to know where the fault lines lay. We undertook a systematic review³ of this and past pandemics and surveyed UK nurses⁴. We asked what the deficits, barriers, and adaptations to physical, relational, and psychosocial fundamental care were. When our results came back, we were shocked, but not surprised.

The barriers were predictable. Wearing personal protective equipment was the largest, particularly on relational care but also psychosocial and physical care actions. Time, patient severity, staffing levels and new organisational procedures to control infection also came high up the list. Lack of knowledge and fear of catching COVID-19 were also cited.

The shocking part was around one third of survey respondents reported that, compared to other patients, care was worse for COVID-19 patients across all 15 care areas we asked about. Even worse, in six areas – mobility, establishing a relationship with nurses, talking and listening, non-verbal communication, communicating with patients' relatives and

significant others, emotional wellbeing anxiety and depression – the *majority* of nurses reported that care was worse for these patients.

The good news came in the final part of this work. To overcome these barriers, we found that nurses have problem-solved, and implemented far-reaching adaptations to their practice, have introduced novel communication and organisational innovations, and instigated mental health first aid for patients, relatives, and themselves as the 'sixth vital sign'. The list is inspiring and lengthy, particularly around communication, organisation, and emotional wellbeing.

We have taken these ideas, included other suggestions from patients and informal carers, and bundled them up into our 'COVID-NURSE guideline'. In December 2021, we completed recruitment of almost 1000 patients and nurses into the trial. Our data – a mix of quantitative outcomes and qualitative process information – will tell us how successful the guideline has been in terms of patient experience, patient safety, reducing missed care and bringing fundamentals of care into the vanguard of research in nursing. We will keep you posted!

See page 4 for references

**REGISTER NOW for the
ILC 2022 Annual International Conference**

13 & 14 June 2022, Oxford, UK



ILC Fundamentals of Care (FoC) Regional Networks

This year the ILC is focused on bringing local and national ILC members together by creating Regional Networks for stronger engagement to influence policy and practice.

The ILC is now opening a call for Members to self-nominate to join our Fundamentals of Care (FoC) Regional Networks.

The goal is to provide more platforms for those who are passionate about fundamental person-centred care to share ideas, learn together, and advocate locally, regionally, and internationally as a collective of professionals and committed organisations.

These ILC FoC Regional Networks will be supported by the ILC Project Team, and regionally by local FoC champions. The ILC FoC Regional Networks will initially be framed around three regions with common time zones to encourage communication and participation:

1. The Americas (North & South)
2. Europe, UK, Scandinavia, Middle East, Africa
3. Asia/Pacific (Australia, New Zealand, India, Northern and Southern Asia)

The ILC FoC Regional Networks will:

- Facilitate discussions and networking re FoC
- Produce locally relevant FoC resources
- Assist with language/ translation of key resources
- Explore the regional health system distinctions that are barriers or enablers for FoC
- Plan and conduct local events
- Arrange local professional development or training
- Host conference/seminar events

The ILC is calling for members to assist with forming each Regional Network. The Network Members

will launch these by hosting a virtual or face-to-face meeting in April or May 2022. The networks will be supported by the ILC Project Team with resource materials and promotion to members. We encourage all members in their respective region to join their network – and invite your colleagues to [join the ILC](#) to get involved.

A number of ILC Members have indicated via the ILC Member Survey in 2021 that they are keen to be a part of their ILC FoC Regional Network (and thank you, we'll be in touch) .

If you would like to be involved, please [register today](#) to be a part of this exciting new venture.

For more information view the [ILC FoC Regional Network Strategy document](#).



CALL FOR ABSTRACTS:

Submit your Abstract by 7 FEBRUARY 2022!

You can submit ONLINE or BY EMAIL

Like to become an ILC Member: Join today!



How to create an FoC Network that WORKS !

In 2019 ILC Steering Committee Member, Mette Grønkjær, along with fellow ILC Members Ingrid Poulsen, Tove Lindhardt and their Danish cohorts established a Danish FoC Network as it became apparent that sharing FoC information and resources was imperative to unpinning fundamental care across a range of platforms in Denmark.

With 50 members initially, the Danish FoC network has now tripled with members from the fields of clinical practice, education, leadership and research.

In setting up this network members established the aim, vision and mission:

- The aim of the network is to be a driving force in the dissemination of knowledge on and implementation of FoC in Denmark
- The vision is that FoC is an established and accepted frame for nursing in clinical practice, education, leadership and research in Denmark within the next 5 years and that collaborations on FoC have been established
- The mission is to create a platform and a forum for collaboration on FoC nationally and internationally – in order to achieve the aim and vision.

They also have an operational strategies that underpins their network:

- To gather and disseminate knowledge on FoC initiatives in Denmark
- To seek consensus of the FoC frame – content, focus and goals in a Danish context
- To establish working groups in each of the fields of clinical practice.



With this network the steering group is responsible for coordinating the working groups and invite to half-yearly seminars. Participation is through expression of interest to the steering group or members.

We asked Mette what the impacts have been since the group was established:

“Our experiences so far have been really positive. Members are enthusiastic and embracing a joint commitment to improve care. The network has been a great environment for sharing ideas and empowering members. We are finding our members are often sought as presenters nationally, so it has been a great investment of time and energy for them, as well as advancing Fundamental Care across Denmark.”

The work that Denmark has done at a local and national level will shape and influence a broader regional activity in Fundamentals of Care across the three proposed regions of the ILC FoC Regional Networks.



We would like to thank Camille Savoie, RN, PhD (c) and Sylvie Rey, RN, PhD (c) for contributing a new resource in both French and English to the ILC:

NEW Resource - Scoping review of Fundamental Care: Results

In this ILC Resource Camille Savoie, RN, PhD (c) and Sylvie Rey, RN, PhD (c) aim to present the results of a scoping review related to the Fundamentals of care. View the ILC Resource: [Scoping review of Fundamental Care: Results.](#)



ILC Members focus on Fundamental Care in Quebec

We are very proud to announce to the ILC Community that a [2-day seminar on Fundamentals of Care \(FOC\) will be held in May 2022, in Quebec City \(Canada\). It will be part of a big 1-week congress on scientific knowledge organized by the ACFAS that is the French-Canadian Association for the Advancement of Science \(Association canadienne-française pour l'avancement des sciences\).](#)

This congress is organized for all French-speaking countries. As far as we know, this FoC seminar will be the first one in the world to be presented in French.

Our program is rich and varied. The first day will be dedicated to the three dimensions of the FoC Framework. In the morning, we will focus particularly on the relationship and integration of care from a cohesive research and clinical practice perspective. Different projects increasing the health and quality of life of elderly people with health problems and their families will be presented.

In the afternoon, we will address the context of care and more particularly innovative physical environments and telenursing for elderly people.

During the second day, we will talk about the different roles of nurses regarding the FoC and depending on their level of practice as well as their specific contributions to the interdisciplinary collaboration. In the afternoon, we will discuss the best public health strategies to respond to fundamental needs in catastrophic situations.

We will write an elaborated summary to present the main points of our conference to the ILC Community. Stay tuned!

Warmly, ILC Members Sylvie Rey, Camille Savoie and Clémence

References for Page 1 Article: FoC: responding in a time of crisis

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ILC Pets get the best Fundamental Care

ILC SC Member Getty Huisman de -Waal has an unusual chicken, called Pien.

"Pien is very special among our pets. Because she is blind, she can't find her food by herself and if we don't help her, the other chickens will have eaten everything and she will starve. So, three times a day, we will pick her up and give her some water and food. In between, she looks very happy, she walks through our

entire garden and picks all the good stuff out of the grass.

Sometimes she is extra lucky - she has the privilege to come with us on vacation if possible; together with our dog she enjoys lying on a pillow and she loves all the attention."

Thanks Getty—we love the wonderful ILC Pet Stories!

Submit your story and photo to [ILC Support!](#)

