

Abstract

Background and aim: Transferring patients from intensive care units (ICU) to general units may have many negative consequences. Liaison nurse services are used to overcome this challenge in some countries. The present study was conducted to determine the effect of the ICU's liaison nurse services on patients' vital signs and transfer anxiety.

Method: In this randomized controlled trial conducted in 2020-2022, 60 transferable patients from two ICUs of Shahid Rahimi Hospital at Khorramabad were selected based on the inclusion criteria and allocated into two control groups (number = 30) and intervention (number = 30) by the stratified random method. The control group received usual care. From the time of the doctor's discharge order until 6 hours after transfer to the general ward, the intervention group received liaison nurse services in 4 areas, including patient support and care, staff training, family support, and ward evaluation. The Spielberger's anxiety scale (stat) was used to measure anxiety, and the checklist of vital signs before and after the transfer was used. After collecting data and entering them into SPSS software version 21, descriptive statistics of mean, standard deviation, frequency, and relative frequency and inferential statistics, including paired t-test, one-way variance analysis, covariance analysis, and generalized linear model with cumulative logit link function, were used. And the results were reported at a significance level of 5%.

Findings: There were no significant differences between the two groups regarding demographic and clinical variables. There was no statistically significant difference between the two groups regarding the mean score of changes in vital signs after the intervention. The two groups had a statistically significant difference in anxiety levels ($P=0.043$, $df=1$, $\chi^2=4.094$), so the relative chance of higher anxiety levels in the intervention group decreased by 68.2% compared to the control group ($CI=0.101-0.964$, $P=0.043$, $OR=0.312$).

Conclusion: The results of the present study confirmed the effectiveness of the intervention on patient transfer anxiety, but due to the ineffectiveness of the intervention on vital signs, it is necessary to conduct more studies with a larger sample size.

Keywords: Transfer anxiety, Liaison nurse, Vital signs, Patient, Intensive Care Unit