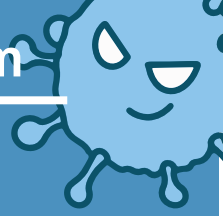




How to help parents protect their child from

Respiratory Syncytial Virus

An Educational Guide for Nurses



Primary Learning Needs & Nursing Diagnosis Awareness

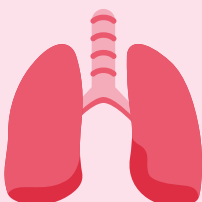
- Cross national study conducted by Mortensen and Harrod-Lui (2022), parental awareness and knowledge of rsv was examined. Their findings demonstrated that in contrast to well established childhood diseases like common cold or influenza, RSV was the least well known.
- **Nursing diagnosis:** It can be identified that there is a parental knowledge deficit regarding the severity of RSV and the identifiable signs and symptom
- A deficiency in awareness and knowledge of RSV is momentous considering the disease can progress promptly to life threatening lower respiratory tract infections.

Health Literacy

- Health literacy refers to the patient's ability to access, find and understand reliable health resources in order to make informed decision on their health
- Canada is a multicultural country with many diverse languages so healthcare can seem daunting and wrong resources may be accessed
- **Nursing diagnosis:** Low health literacy related to language barriers, difficulty understanding medical terminology, and access to reliable resources
- Health literacy is imperative to accessing and finding appropriate resources when sick children are experiencing RSV in order to access the right help

Prevention

- Treatment options for RSV are limited and prevention of the virus remains the most effective strategy to combat the virus
- General unawareness of RSV; parents do not know the appropriate prevention techniques
- **Nursing diagnosis:** there is a knowledge deficit within the parents related to how the virus is transmitted and what prevention techniques need to be taught to their children
- Prevention strategies are necessary to curve the numbers and prevent RSV from occurring in young children



Learning Goals Awareness

- One of our primary goals with our tool is to empower parents with knowledge about Respiratory Syncytial Virus (RSV), enabling them to proficiently recognize the early signs and symptoms of RSV in their children
- By enhancing their understanding and increasing awareness of RSV, we aim to prevent the life-threatening complications associated with late diagnosis of the disease
- We aim to do this by describing the signs and symptoms, consequences of the untreated RSV, and relevant statistics to highlight the severity of the disease
- An important factor we will consider is the different cultural backgrounds parents may come from and we will avoid unnecessary medical jargon to ensure all parents are able to easily interrupt the interventions of our tool
- We will keep the information short and succinct to inform them on the critical information but not overwhelm the parents

Health Literacy

- Another goal our tool aims to achieve is that patients are effectively able to locate reliable resources regarding their child's signs and symptoms regardless of their geographical location and spoken languages
- One consideration with this was the amount of people in rural communities in Canada who do not have access to physical access to healthcare and are not able to acquire the right help and resources
- Another consideration, was the amount of individuals and families that struggle to read complex healthcare articles and studies regarding their child's symptoms, therefore we made the website easy to understand with no fancy medical jargon and easy to understand information
- Our tool also includes reliable resources parents can use to access further reliable care for their child

Prevention

- Prevention is immensely important with preventing rsv from occurring in children and there are relatively easy guidelines to follow
- Our goal is to Improve knowledge with appropriate techniques to mitigate the chances of the child contracting RSV (vaccines, hand washing, coughing in arm)
- Our website acknowledges that parents may not know these simple prevention techniques such as frequent hand hygiene and social distancing such as avoiding high crowded areas
- We have taken into consideration that as an effective means to teach the parents our website will include a video on the proper techniques of hand washing so the parents feel
- In light of the covid-19 pandemic, rates of rsv have exceptionally lowered through the use of extensive hand hygiene and distancing measures (Messina et al., 2022)

Who needs to know?

The primary audience for this communication comprises parents and guardians, individuals who play a pivotal role in the well-being of children. Specifically, we aim to provide crucial information regarding the **Respiratory Syncytial Virus (RSV)**, a prevalent respiratory infection that can affect infants and young children. By addressing parents and guardians directly, we aim to empower them with knowledge about RSV, including its symptoms, prevention strategies, and the importance of early detection. Recognizing the influential position parents and guardians hold in the lives of children, this communication seeks to create awareness and foster proactive measures to safeguard the health and well-being of the younger members of our community.

Strategies

- Websites can be used to distribute information to the public. Most people have access to cell phones and computers, enabling them to access information on the Internet (citation) readily
- Strategies for implementing our teaching tool include providing QR codes in primary care clinics and public health units so parents can be given the code when they see the nurse or doctor with their child
- The website can also be integrated into Google so that when people search "All about RSV," the algorithm will bring up the website
- The website can also be available on social media platforms that the general population can access. In 2023, 33.1 million people used at least one social media platform (Statista, 2024)

Rationale

- Educating patients is critical in nursing to provide equitable healthcare (Timmers et al., 2020). Nurses use various teaching tools to reach patients from different socioeconomic backgrounds. Our teaching tool aims to empower our target population (parents/guardians) to recognize the signs and symptoms of RSV and provide the appropriate care at home
- In addition, the teaching tool will provide parents and guardians with the necessary knowledge to triage their children and assist them in determining whether to take their children to the emergency department
- During the COVID-19 pandemic, parents' experiences and information needs revealed essential knowledge gaps and highlighted areas that needed to be addressed to support parents during the pandemic period and beyond (Hartling et al., 2024)
- A population goal is to develop a website to promote health literacy so people can access high-quality, evidence-based information
- Our website is a teaching tool that can help people navigate complex health systems and conditions impacting healthcare delivery and outcomes (Seidel et al., 2023)
- As stated by Hartling (2024), parents want information directly related to the decisions they need to make for their children and credible, tailored resources that support decision-making in transparent, concise, plain language formats
- Some factors considered when developing the teaching tool are knowledge deficit related to RSV and viral transmission, dynamic socioeconomic status, health literacy, and cultural and language barriers

Learning Needs

- When educating parents on the prevention of RSV, nurses need to consider the learning needs connected to each individual family's strengths and shortcomings
- In order to address these learning needs of diverse families, we must consider the universality of the resources and materials that the families are provided with
- Education levels vary greatly among families, so the resource should be in simple language with little scientific language in order for optimal understanding and comprehension to occur
- Lastly, we must recognize that language and cultural barriers exist in health care, and make the resource available in multiple languages (e.g., Mandarin, Spanish, Punjabi, etc.)

Social Determinants of Health & Barriers

- The **Social Determinants of Health** describe how one's economic and social status can determine health outcomes and predispositions
- Through this, there are proposed barriers that can affect one's health status and overall wellbeing
- Access to Health Care is a general area for those who are either unable or unwilling to access medical services in their community
- Being able to access reliable health resources can make a massive difference in the timing of care and symptom management/treatment

Evaluation

- This teaching tool allows people to access high-quality information and increase their health literacy
- Our teaching tool is a website that informs parents and guardians about RSV and guides them about treatments at home and when to bring their child to the hospital when experiencing severe respiratory symptoms
- A strength is that it provides parents and guardians with access to high-quality, evidence-informed knowledge at the ready. They can access information at the tap of a button on their mobile device, tablet, or computer. They can also access the website from social media platforms
- A weakness is that not every person has access to technology such as cell phones or computers and may not have access to the internet. This impedes the amount of evidence-informed knowledge that a parent or guardian can access regarding RSV care
- Another point is that the website only provides a guide for RSV; it does not replace the parent or guardian's decision-making regarding the care their child receives