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「Family Nursing Interventions : The Way to  
Reduce and Alleviate Suffering」

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## ABSTRACT

Family Nursing Interventions: The Way to Reduce and Alleviate Suffering

The goal and obligation of nurses involved in the care of families experiencing serious illness is to reduce, diminish, alleviate, or heal suffering. Suffering *is* the illness experience! Suffering may be experienced in many forms: emotional, physical, and spiritual. The alleviation of suffering has always been the cornerstone of nursing but it is not routinely brought forth in our conversations with family members. Too infrequently, nurses do not have conversations about the suffering that is experienced by family members coping with serious chronic or life-threatening illness. Family members' as well as health professionals' beliefs can hinder or enhance the possibilities for reducing suffering. If suffering is the center of nurses' clinical work with families, what family nursing interventions would be the most useful to assist families? What does current nursing research presently indicate about family nursing interventions that could contribute to the alleviation of suffering? What further research needs to be done? Perhaps the most difficult questions for family nursing researchers are: "Can the profound experience of suffering be researched? Can research contribute to further suffering?"