Inspiring Hope:

Integrating the Caritas Processes into Stroke Patient & Family Education

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Stroke education is required by The Joint Commission & The Commission on Accreditation for Rehabilitation Facilities (CARF) for patients at Kaiser Foundation Rehabilitation Center. An opening for a new way of teaching was created & the director engaged a former patient/stroke survivor/teacher & staff nurse to develop a new curriculum. The goal of the curriculum was to teach the required content, but also to incorporate the 10 caritas processes.

Use creative scientific problem-solving methods for caring decision making

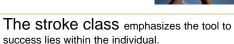




Nursing staff identified:

- It was important to incorporate patient input & key lessons from the rehabilitation team.
- Many patients & families were asking similar questions about stroke.
- Patients and families were struggling with similar challenges in finding the motivation to work hard.
- The patients who had seen the hope inspiring video, What Now? Sharing Brain Recovery Lessons by Alison Shapiro seemed to improve faster & demonstrated better adjustment to the challenge of recovering from a stroke.
- The prior stroke education class provided patients good information on stroke but did not meet the emotional or spiritual needs of the patients.

Hope in a medical culture



The facilitator recognizes the *frustration & fear* that comes with the uncertainty, timeliness & degree of recovery.

The facilitator emphasizes:

- Most recovery takes place over time.
- Focus on learning as much as possible from the rehabilitation team as one phase in the ongoing journey of stroke rehabilitation.

The facilitator inquires:

- What do patients love in life?
- What brings them joy?

The goal is to find meaning & purpose in the new paradigm.

The class recognizes & offers ways to ease pain & suffering from a stroke.

It is authentic care that incorporates what is important to the individual patient, while nurturing their growth & recovery.

Information is provided in a caring healing environment that allows the presenter to connect to individuals & help empower them to recover.

Open to mystery and allow miracles to enter

Hope – "A Feeling of Trust"

Teaching Hope

- ♦Authentic presence
- ♦ Modeling self-awareness
- ♦Celebrating wholeness♦Recognizing our capacity to heal ♦Loving-kindness
 - ♦Demonstrating self-compassion
- ♦By example
- ♦Trusting ourselves

Was the information presented important to



■ Definitely ■ Somewhat Not at all

you?

Response to patient and family members' concerns

- Despair
- Patient engagement
- Turning towards ourselves
- Opening our hearts

♦Need for Information **♦Overwhelm**

∳Fear

Listen to the Voice of Our Patients:

Witnessing the effect of **Hope**



"We must have courage & talk to our own self that we can do it. Don't give up."

