

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



Hope

in a medical culture



Nursing staff identified:

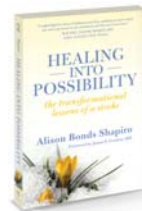
- It was important to incorporate patient input & key lessons from the rehabilitation team.
- Many patients & families were asking similar questions about stroke.
- Patients and families were struggling with similar challenges in finding the motivation to work hard.
- The patients who had seen the hope 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.

Open to mystery and allow miracles to enter

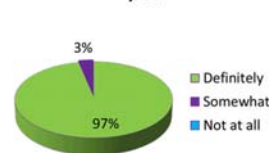
Hope – “A Feeling of Trust”

Teaching Hope

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



Was the information
presented important to
you?



Response to patient and family members' concerns

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

✧ Fear
✧ Need for Information
✧ Overwhelm

Listen to the Voice of Our Patients:

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

Witnessing the effect of Hope

