

# Addressing Psychosocial Care and Cultivating Hope - Everyone Has a Role

O C T O B E R 2 0 1 8

## Communiqué

### Background

The impact of stroke extends beyond the medical, physical, and cognitive aspects of one's life. Based on *Quality-Based Procedures: Clinical Handbook for Stroke (Acute and Postacute) survivors and caregivers should have their individual psychosocial and support needs reviewed on a regular basis.* Further, literature suggests a comprehensive, collaborative, interprofessional approach to psychosocial care can have a positive impact on patient recovery and outcomes.

Patient and Family Advisors in Toronto have articulated the need for hopeful care and that engagement, respect, and rapport are critical to building hope. Hope is not about having the answers, nor is it about full recovery. Hope is about possibilities, regardless of how it turns out. Research suggests there is no such thing as false hope and that hope can in fact influence recovery.

The integration of psychosocial well-being into post-stroke care represents a paradigm shift in how our healthcare system operates and how we can expand the boundaries of each team member's role. Literature states that psychosocial care often falls to select professionals (eg. social worker, occupational therapist), while others are ill-equipped to comfortably address the psychological and social issues post stroke. The key to cultivating hope and psychosocial well-being starts with communication and developing trusting relationships between patients and providers.

### Action

A Community of Practice comprised of clinicians, educators, system leaders and patient advisors have begun developing a multi-modal evidence-informed educational and knowledge translation program to build understanding of hopeful care and enhance healthcare providers' ability to support the psychosocial needs of those recovering from stroke. This work is in alignment with the Community's shared vision of: *Improving the life experience of persons with stroke and their families by engaging and listening to them, collaborating, communicating across the system, and creating flexible, transparent, seamless care.*

### Opportunity

Members of the Community of Practice welcome the opportunity to present your team with an update on progress made in the development of the program. Over the course of the 20 minute presentation, we will:

- ⇒ Share the learning objectives and format of the program
- ⇒ Provide a brief overview of expected outcomes and what would be required of your team
- ⇒ Discuss how this program can work for your team
- ⇒ Answer any other questions you may have

### Next Steps

If you're interested in arranging a local site visit please contact Jocelyne McKellar at [Jocelyne.mckellar@uhn.ca](mailto:Jocelyne.mckellar@uhn.ca) or 416-603-5800 ext. 3693