

Changing the Landscape: Supporting Hope and Psychosocial Care

MAY 2019

Communiqué

Healthcare providers have recognized the need to focus on supporting psychological and social needs after stroke to optimize recovery and outcomes. Collectively, they identified that:

- ⇒ psychosocial care requires a team approach where the whole team views psychosocial care as a priority;
- ⇒ the language they use can impact hope;
- ⇒ patient and family engagement affects hope and outcomes; and
- ⇒ they need to continue to build skills in therapeutic communication, establishing rapport and goal setting that is meaningful to and led by persons with stroke.



“Communication within the inter-professional team and across the system is essential for optimal psychosocial support—coming to conversations together as a team from a mindset of being curious about each others’ perspectives.”

Furthermore, persons with stroke and caregivers identified that addressing psychosocial health and well-being and supporting hope are critical to their recovery. They emphasized the importance of focusing on the whole person and their emotional journey, providing peer support, ensuring healthcare providers support them in their own meaningful goal setting, and to *“actively engage us in conversations about hope and recovery and what to expect in our journey through the system.”*



“allow the person to come to their own realization about the goals they have identified and set for themselves.”

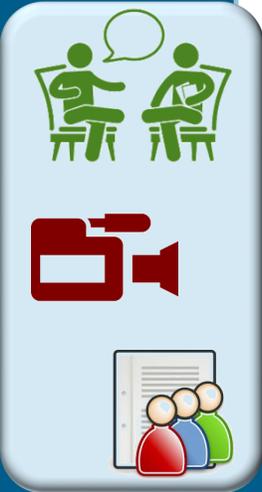
“everyone on the team has a duty to offer hope to motivate self-recovery’.

An evidence-informed, multi-modal education and knowledge translation program to enhance psychosocial care is in development in response to these needs. It builds on and aligns with work currently implemented in Toronto’s stroke system (e.g. Peers Fostering Hope, Essential Professional Conversations, Guide for Stroke Recovery, Cognitive Orientation to Occupational Performance®, Canadian Occupational Performance Measure®, etc) and seeks to advance stroke best practices, influence practice change and is included in the Toronto Stroke Networks’ [Standards of Care](#).

Work in development

Work is underway to advance the development, implementation and evaluation of this program.

- E-learning modules are in the final stages of development:
 1. Introductory module: Prioritizing the patient experience: A recovery-oriented and psychosocial approach to stroke care
 2. Interprofessional collaborative care: A critical ingredient in delivering optimal psychosocial care
 3. Self-care for healthcare providers
 4. Impact of stroke on psychosocial health and well-being



- 5. Co-creating hope
- 6. Strategies to support psychosocial health and well-being

- Also in development:
 - ◇ Train the Trainer program for facilitators
 - ◇ Experiential learning opportunities for stroke teams, supporting the practical application of skills
 - ◇ Tips, tools and strategies for implementation and knowledge translation
 - ◇ Evaluation framework
- Patient and Family Advisors have lent us their voices and shared key messages in video clips that will be embedded within the program.
- Ten 'road show' presentations provided to 3 acute care and 7 inpatient and/or out-patient rehab teams providing an overview of the program.

Updated Timeline



Next Steps



- Site facilitators will be contacted in the coming month to clarify their role, discuss supports available and the implementation process.
- Five expressions of interest and commitment letters have been received to date. It is not too late to submit your letter. Please send to Gail Avinoam at gail.avinoam@uhn.ca by the end of May.

“There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow”. Orison Swett Marden