

Utilizing the Concept of Rehabilitation to Assist in Caring for a Stroke Survivor Experiencing Feelings of Hopelessness

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Background and Objective

This study describes an elderly individual who experiences limb weakness due to a stroke, which hinders their ability to perform daily activities independently, necessitating assistance from others. The sudden deterioration in health has led to a sense of hopelessness about future life, thereby affecting the effectiveness of treatment and rehabilitation.

Methods/Intervention

The nursing period was from May 20 to June 07, 2020. Data was collected through direct observation and discussions to conduct a comprehensive assessment based on Gordon's 11-item functional assessment. It was found that the patient had health issues such as reduced physical activity and feelings of hopelessness. By applying the concept of rehabilitation and engaging in interdisciplinary collaboration, the individual's daily routines were integrated with the rehabilitation plan to maximize the rehabilitation period and preserve physical function. Family members were encouraged to participate and were guided in relevant caregiving techniques to minimize the psychological impact on the individual, enhance rehabilitation motivation, and improve effectiveness.

Results

Through interdisciplinary collaboration and strong family support, the individual was able to confront and successfully implement the rehabilitation plan. They progressed from being bedridden to using a wheelchair and did not experience complications such as muscle contractures or pressure injuries. Eventually, the condition stabilized, and they were discharged smoothly, achieving successful home care.

Conclusions/Lessons Learned

The individual initially resisted treatment due to the sense of hopelessness brought on by disability following the stroke. Through a positive therapeutic relationship and interdisciplinary collaboration, tailored rehabilitation plans have enhanced the quality-of-life post-stroke.

Relevance to HPH

Complications arising from a stroke can result in extended hospital stays or higher mortality rates. Adopting holistic nursing practices to promote physical and psychological well-being is essential for improving the quality of life after illness and reducing healthcare burdens. This approach aligns with the health promotion ethos of HPH.

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