

Hope Inspiring Strategies: Implications for the Clinical Nurse Specialist
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Objectives

- Define the concept of hope.
- Describe hope inspiring strategies.
- Discuss application of hope inspiring strategies in practice, education, and research.

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Fun Facts

- 102 cities in the United States (US) have Hope in their name
 - Hope, KY; Hope, TX; Hope, RI; etc.
- *Hope* was ranked the 231st most popular name for girls born in 2011 in the US, down from its peak ranking of No. 144 in 1999.
- There are 41 synonyms for the word hope.
 - Desire, belief, expectancy, etc.
- 121 celebrities have the last name Hope.
 - Bob Hope, Courtney Hope, Hilary Hope, etc.



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Hope

- A multidimensional dynamic life force characterized by a confident yet certain expectation of achieving good which is realistically possible and personally significant (Dufault and Martocchio,1985).
- An energized mental state characterized by an action-oriented, positive expectation that the present situation is temporary (Herth, 1989).

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Critical Care Nurses Thoughts on the Definition of Hope

- Qualitative study conducted with 14 critical care nurses:
 - Driving force – moves you forward
 - Something to believe in – work toward
 - Focus
 - Possibility of good
 - Preferred probability
 - Multidimensional
 - Spiritual dimension

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Hope – Can it Stand Alone?



- Herth (1989) uses a Coping Process Nursing Model developed by herself to conceptualize the relationship between hope, coping, and other variables, in patients with cancer.
- Turner and Stokes (2006), in a qualitative study involving 14 nurses caring for older adults, found that these strategies were sometimes not unique to hope promotion but rather, a part of caring, presence, holistic nursing, and therapeutic nursing practices.

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Hope and Nurses

- Nurses can be a source for inspiring hope in patients and families but they must assess the different spheres of hope and be aware of hope as multidimensional (Dufault and Martocchio, 1985).



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Hope Inspiring Strategies – Review of the Literature (ROL)

- Holt (2001), in a systematic review, found the following nursing actions:
 - social support, professional support, spiritual or religious activities, reliance on inner resources, and goal setting.
- Davidson and colleagues (2007) developed a framework called Maintaining Hope in Transition for heart failure patients which included
 - acknowledging the changing life circumstances, restructure reality, deal with vulnerability, achieve normalization, and resolve uncertainty.

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Hope Inspiring Strategies - ROL

- Cutliffe and Grant (2001) developed a conceptual framework for hope that included
 - inspiration, encompassing humanistics, knowledge, and relationships.
- Nurses' existential presence, appreciation of personhood, professionalism, celebration of life, and discussion of consequences of disease (Klotz, 2010).
- Nurse presence, along with listening, and other caring behaviors (Pipe, Kelly, LeBrun, Schmidt, Atherton, & Robinson, 2008).

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Hope Inspiring Strategies - ROL

- In a review of the literature on hope-inspiring strategies applicable to rehabilitation nursing, Kautz and Van Horn (2009) concluded that most strategies could fit under the overarching theme of promoting family dignity.
- Specific hope-inspiring strategies such as a mid-life decision workshop, creative arts program, computer program, and a Hope Intervention Program have been studied mainly in oncology populations (Lichwala, 2014; Rawl et al., 2002; Herth, 2000; Herth, 2001).

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Hope Inspiring Strategies - ROL

- Illuminate hope to critically ill patients through 1) communication including conversation, physical touching, and involving the family, 2) religion - inspiring them to pray, and 3) compliance and restrictions (DaSilva & Henricson, 2013).

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