

Self-management support for elderly people post-stroke in Denmark – lessons from an embedded qualitative study

exemplified by

Experiences with the novel health professional led self-management intervention for elderly stroke survivors and professionals' perspectives



Presented by:

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Self-management support by mentors



Mentors



Intervention vs usual practice



Municipal rehabilitation (§140)

Hospitalised at
neurorehabilit
ation centre

Discharged to own home

Introduction
meeting
before
discharge

Municipal rehabilitation (§140)
integrated with facilitating
support

Supporting
meetings after
usual practice
ends

Methods



- Two quality studies

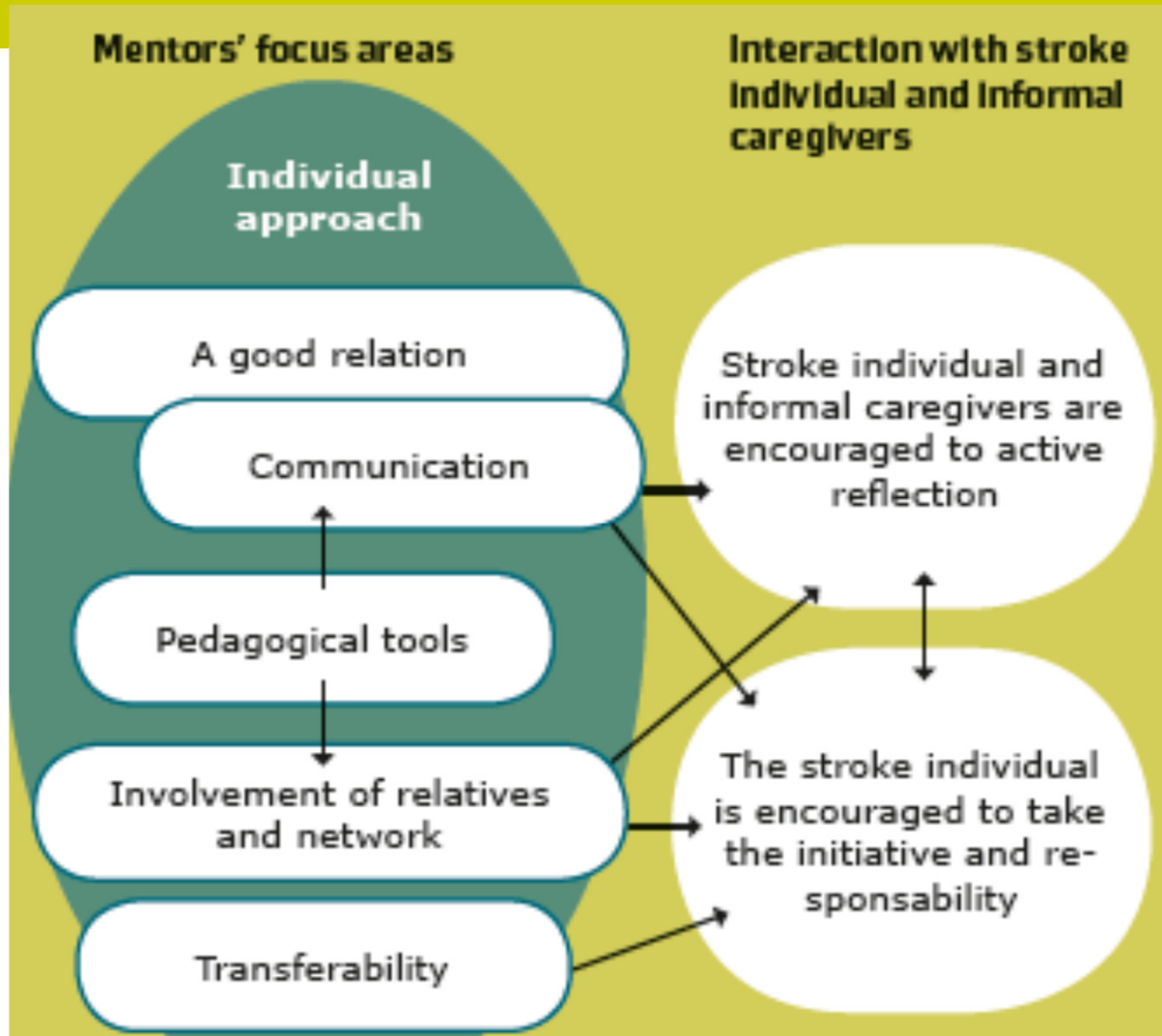
1) A feasibility study: **“Stroke - 65 Plus. Continued Active Life”**

Objective: To describe the underlying social psychological mechanisms and processes expected to increase or maintain self-management behavior from the perspectives of stroke survivors, informal caregivers and mentors

2) An evaluation study of stroke survivors’ and informal caregivers’ experiences of the intervention

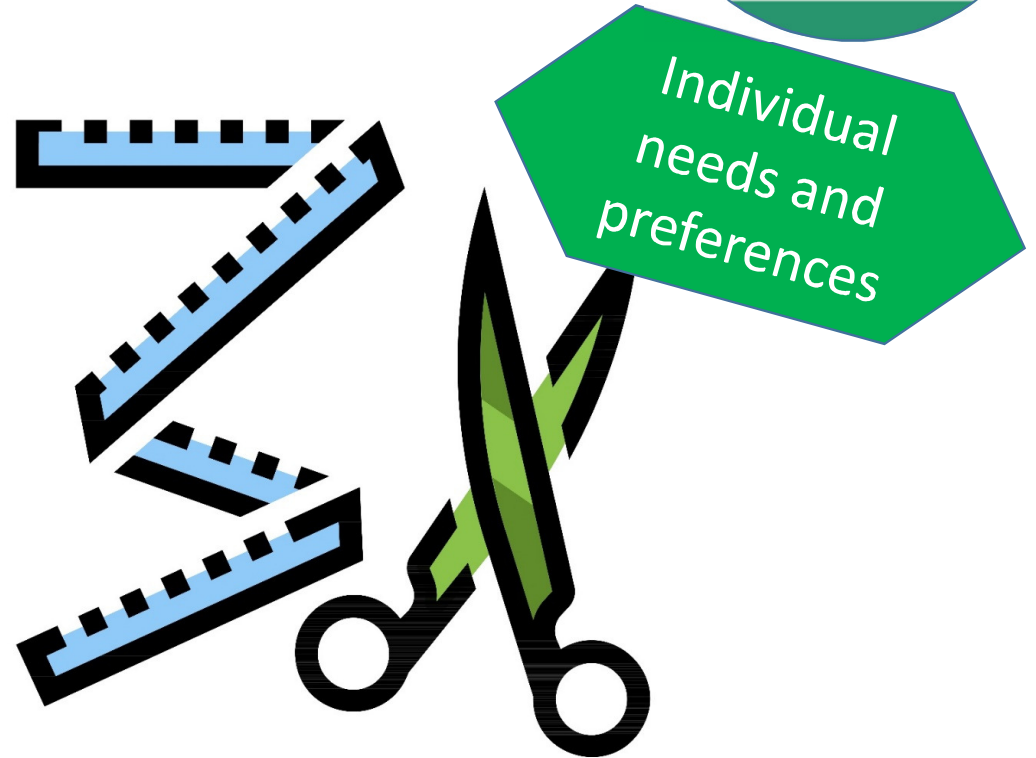
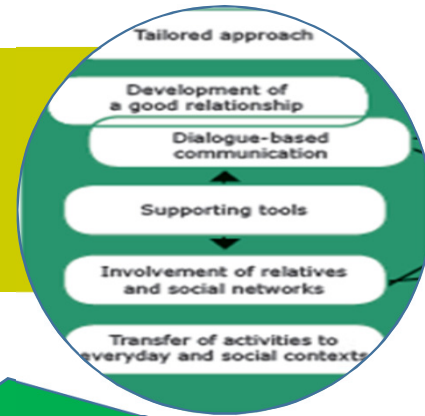
- semi-structured interviews
- analyzed using qualitative phenomenological approach by Giorgi and Kvale & Brinkmann

Results of feasibility study



Sorensen,S.L.;
Pedersen,S.K.S.; Pallesen,H.;
Social psychological
mechanisms and processes in
a novel, health professional-
led, self-management
intervention for older stroke
individuals: a synthesis and
phenomenological study.
BMC Health Serv.Res., 2019,
19, 1, 320-019-4150-x

Social psychological mechanism: Tailored approach



Social psychological mechanism: PRACTICE Methods to "conduct" a tailored approach



Identify
occupation

OCCUPATION

Areas of
importance

HVOR MEGET BETYDER DE NÆRE
FOR MIG

Flemming møller

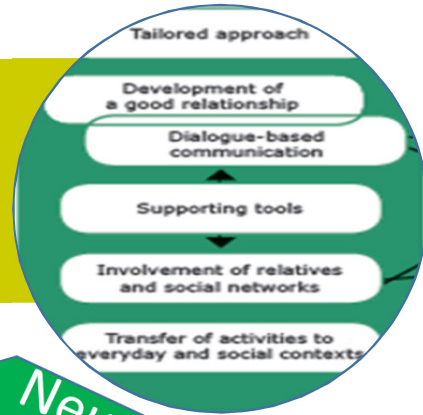
	MEGET	---	---	LIDT
HJEM				X
NÆRE PÅRØRENDE	X			
FYSISK AKTIVITET	X			
VENNER		X		
JOB			X	
HOBBY			X	

SÆT ET KRYDS PÅ LINIEN UD FOR HVERT EMNE -
MOD VENSTRE, HVIS EMNET BETYDER MEGET FOR
DIG OG MOD HØJRE, HVIS EMNET ER MINDRE
VIGTIGT

Mirroring



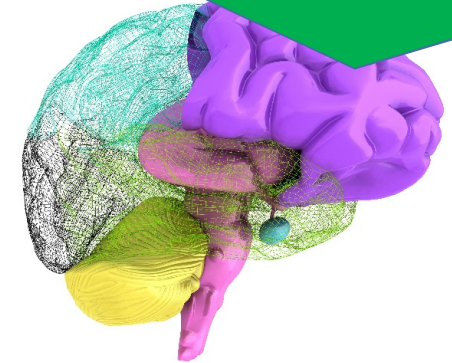
Social psychological mechanism: Development of a good relationship



Personality,
following up,
encouraging



Neurological
knowledge and
experience
important

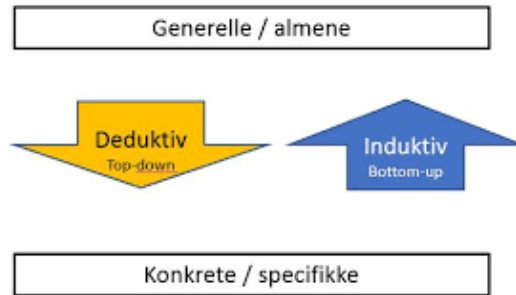


Social psychological mechanism: PRACTICE

Methods of developing a good relationship

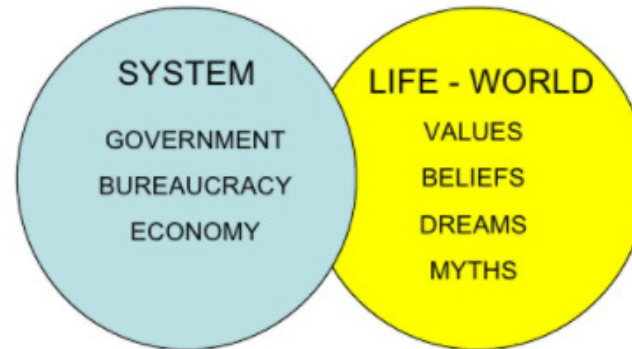


The inductive approach



An authentic relationship

System-world / lifeworld

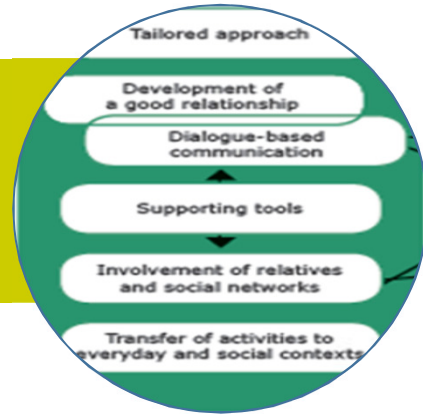


HABERMAS 1984

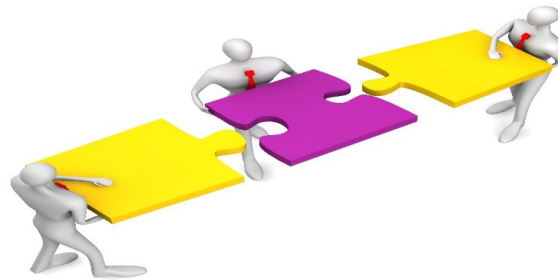
AUTHENTIC



Social psychological mechanism: Dialogue-based communication



involved in decision making, psychological support, increased self-efficacy



Social psychological mechanism: PRACTICE
Methods to practice dialogue-based communication



Open and
reflective
questioning



THE
UNKNOWN



Be
prepared to
be
surprised

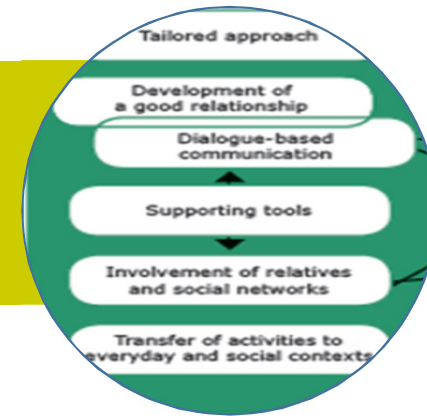
Silence



Follow the
affective
track



Social psychological mechanism: Involvement of relatives and social networks



Involvement to
reduce dependence
and prevent
loneliness



Co-motivators, co-mentor



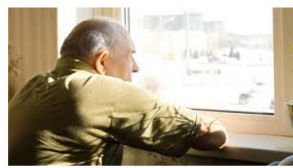
Social psychological mechanism: PRACTICE

How can you involve relatives and the social network

A change in paradigm

Identify how the caregiver wants to collaborate

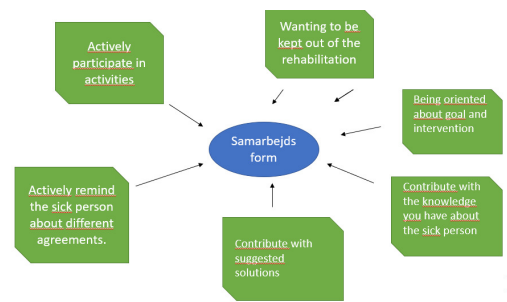
Network card



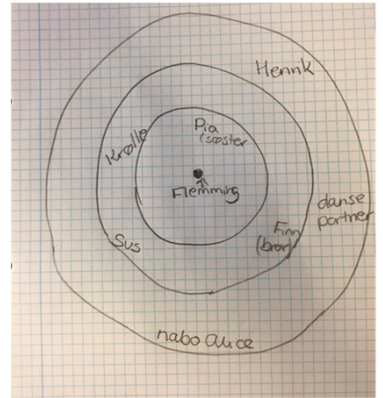
The longest time i your own life!



Longest time in each others life!



Udarb. Aarhus Kommunes Neurocenter 2016



Social psychological mechanism: Transfer of activities to everyday and social contexts



More fun



More active lifestyle

Social psychological mechanism: PRACTICE
How to transfer activities to everyday and social contexts



Be there



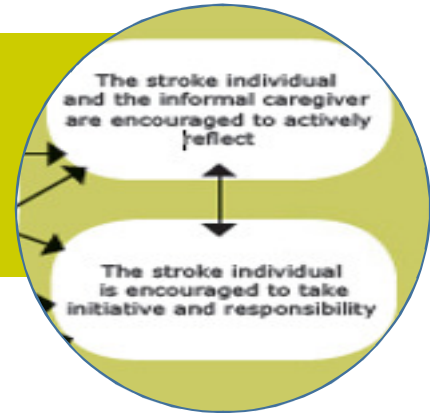
Experience



Back in society



Interaction processes



Social psychological process: PRACTICE

How to support the interaction process



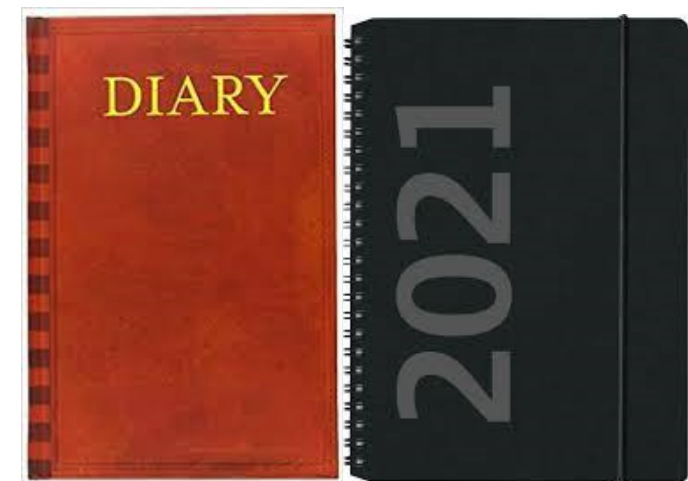
Communication and dialogue

Using a logbook

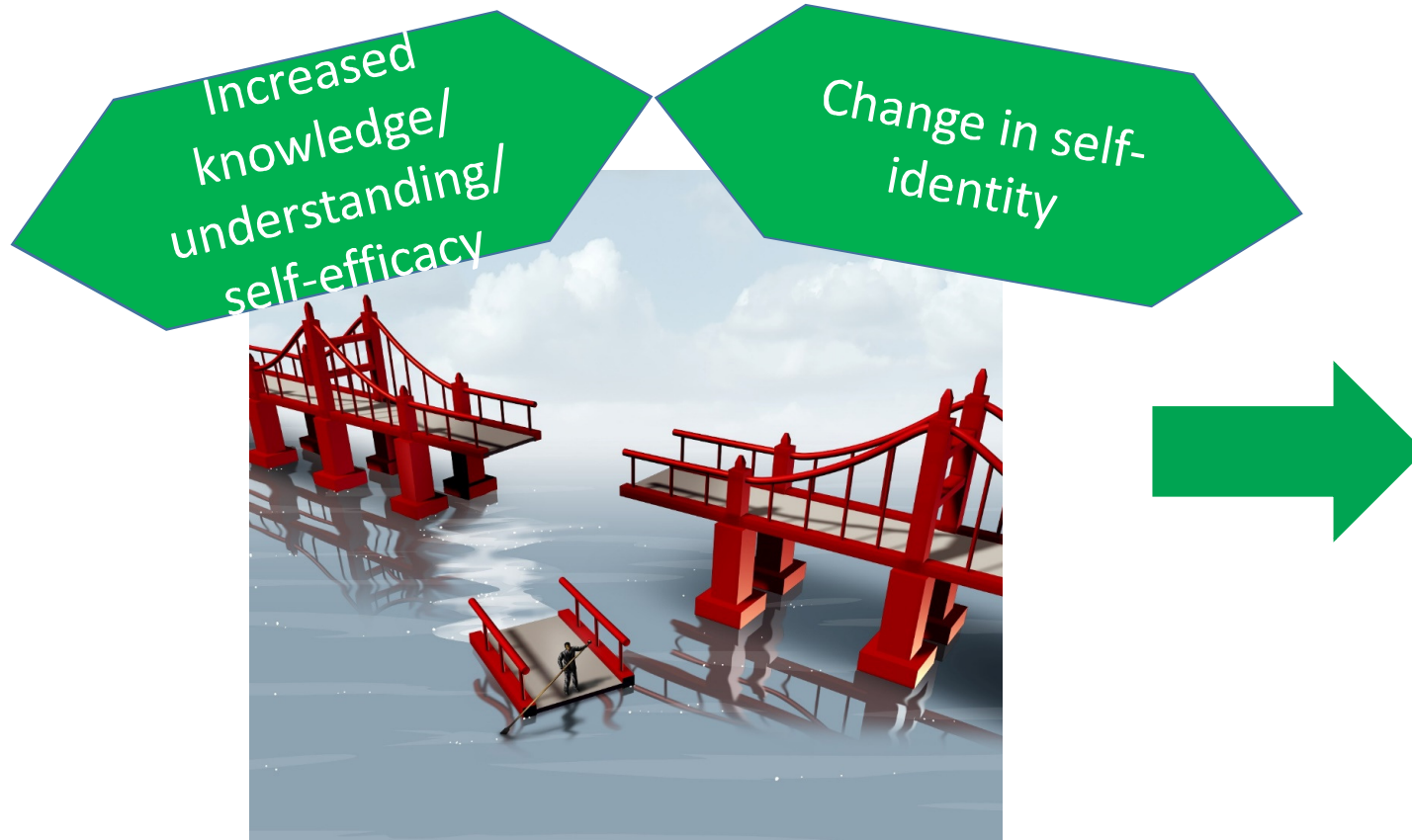
Using a diary/calendar



Flemming
Mentormøde d: 27-7-18
På mødet har vi talt om
- smerter v. knæskallen, som hindrer løb.
• C - noter.
- stopper på Hjemstadscenter 17. sept.
- Vi har aftalt følgende:
- Skal gøre sig tanker om mulige aktiviteter fremadrettet
- orientere sig om følgende tilbud
- Folkemusikkens hus
• Klæstergadecentret: Skate, dans og kællespisning
- "rejseforening"
Næste mentormøde d: 10.8.18 kl ca 13,15



Changing and learning processes – self-management



Increase or
resume
meaningful
lifestyle
(self-
management
behavior)

PRACTICE: Our experience in relation to this study



Change of
mindset
doing
rehabilitation



Resource
focused



Still a part
of society



Video



Thank You

- Contact: Hannpall@rm.dk