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#### DCE Sites

Sunset Manor & Victoria Care Center are Meraki Rehab Partner facilities

Mission & Philosophy Statement

"Make a positive difference in one's physical, mental, and psychosocial well-being through genuine partnerships led by our values."

Both skilled nursing facilities provide multiple services to residents and families

# Summary of Needs

- Wellness program following COVID-19 guidelines
- Caregiver training and education
- Patient communication difficulty due to aphasia

#### Literature Review

- Rehabilitation settings overly focused on ADLs and home independence (Wenzel et al., 2021)
- Stroke survivors reported psychosocial needs not met (Faux et al., 2018; Wenzel et al., 2021)
- Limited time with clients and mental health not effectively addressed (Bayley et al., 2012)

# Learning Objectives

- 1. Facilitated a 6-week evidence based psychosocial wellness program for stroke survivors
- 2. Evaluated the effectiveness of the 6-week psychosocial wellness program
- 3. Developed advanced clinical practice skills

# Program Description

#### Capstone Focus:

Program Development

#### Program Objectives:

- . Promote participant self-efficacy in wellness techniques
- 2. Learn how to self-manage symptoms
- 3. Decrease depression, anxiety, and/or stress

#### 6-Week Wellness Program:



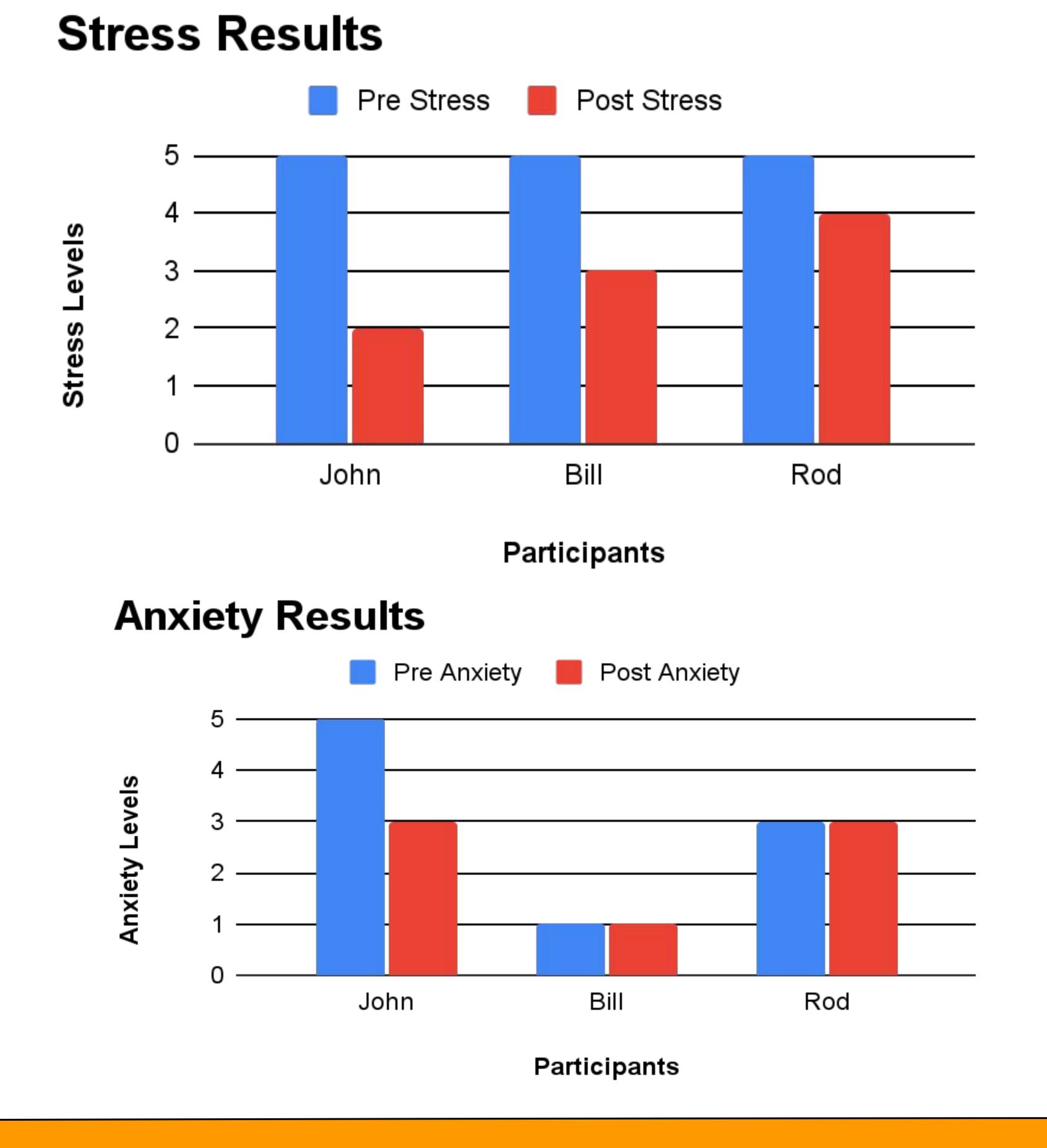


HEALTHY FOOD	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
HEALIHY LIFESTYLE	Mental	Progressive	Diaphragmatic	Tai Chi	Autogenic	Cognitive
SPORT	Imagery and	Muscular	Breathing		Training	Reframing
PORT	Visualization	Relaxation				

### Project Outcomes

- Effective in decreasing stress
- 40% decrease in anxiety
- 20% decrease in depression

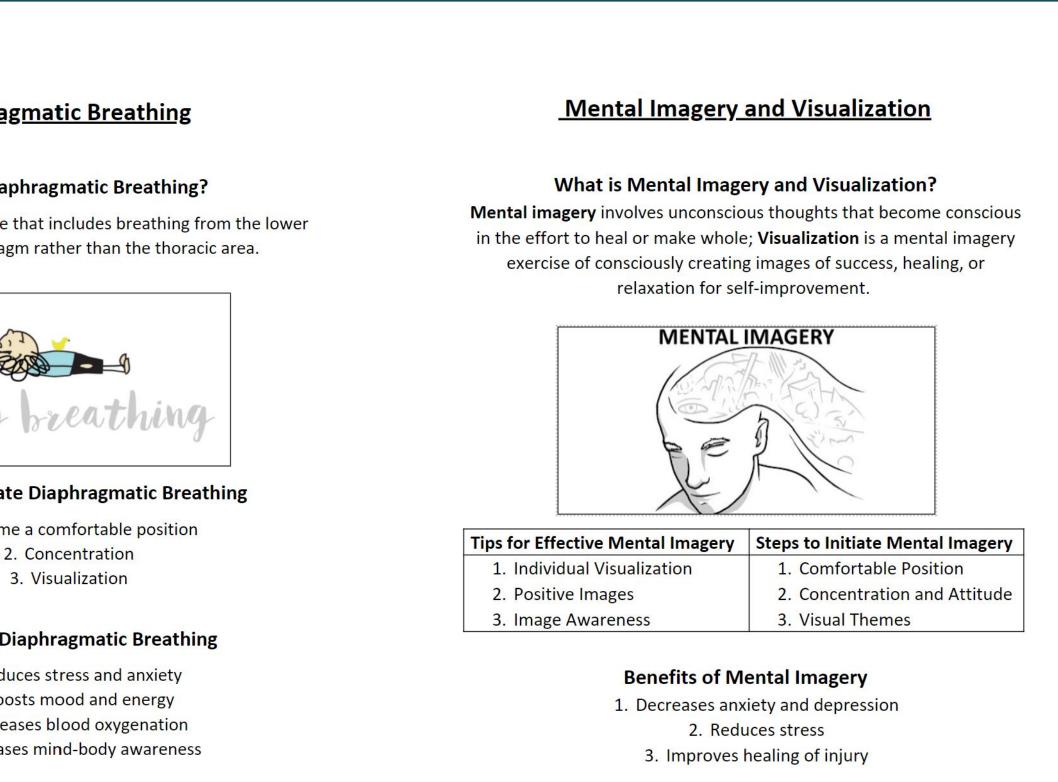
# Depression Results Pre Depression Post Depression **Participants**



# Scholarly Deliverables

#### **Digital Copies**

- Weekly group schedule
- Group protocols
- 6 educational handouts
- Recruitment speech
- Consent form
- Pre-post questionnaire
- Satisfaction survey



# Discussion/Implications

- Participants experienced multiple post-stroke symptoms
- Psychosocial needs not addressed post-stroke
- Wellness program effective in reducing stress
- Little to no change in depression and anxiety levels
- Brings awareness to mental health and advocate for holistic recovery

#### Limitations

- Small sample size
- Cognitive impairments

#### Conclusion

- Psychosocial wellness program can be beneficial for clients who experience high stress
- A holistic approach to recovery is beneficial to promote occupational participation and better health outcomes

References Available Upon Request