Psychosocial Wellness Program for Stroke Survivors

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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:

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

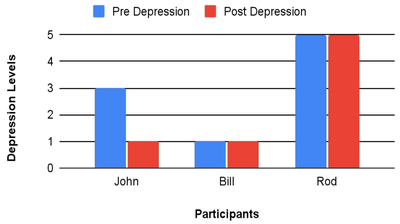
6-Week Wellness Program:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mental Imagery and Visualization	Progressive Muscular Relaxation	Diaphragmatic Breathing	Tai Chi	Autogenic Training	Cognitive Reframing

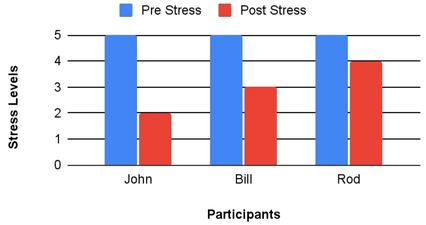
Project Outcomes

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

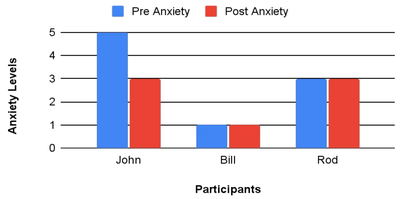
Depression Results



Stress Results



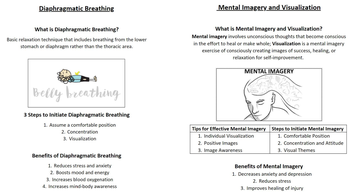
Anxiety Results



Scholarly Deliverables

Digital Copies

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



Diaphragmatic Breathing

What is Diaphragmatic Breathing?

Basic relaxation technique that includes breathing from the lower stomach or diaphragm rather than the thoracic area.

Belly breathing

3 Steps to Initiate Diaphragmatic Breathing

1. Assume a comfortable position
2. Concentration
3. Visualization

Benefits of Diaphragmatic Breathing

1. Reduces stress and anxiety
2. Boosts mood and energy
3. Increases blood oxygenation
4. Increases mind-body awareness

Mental Imagery and Visualization

What is Mental Imagery and Visualization?

Mental imagery involves unconscious thoughts that become conscious in the effort to heal or make whole; **Visualization** is a mental imagery exercise of consciously creating images of success, healing, or relaxation for self-improvement.

MENTAL IMAGERY

Tips for Effective Mental Imagery	Steps to Initiate Mental Imagery
1. Individual Visualization 2. Positive Images 3. Image Awareness	1. Comfortable Position 2. Concentration and Attitude 3. Visual Themes

Benefits of Mental Imagery

1. Decreases anxiety and depression
2. Reduces stress
3. Improves healing of injury

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