

Håb i rehabiliteringen af voksne med erhvervet hjerneskade

**Neurohabilitering
- Kbh**

Københavns Kommune

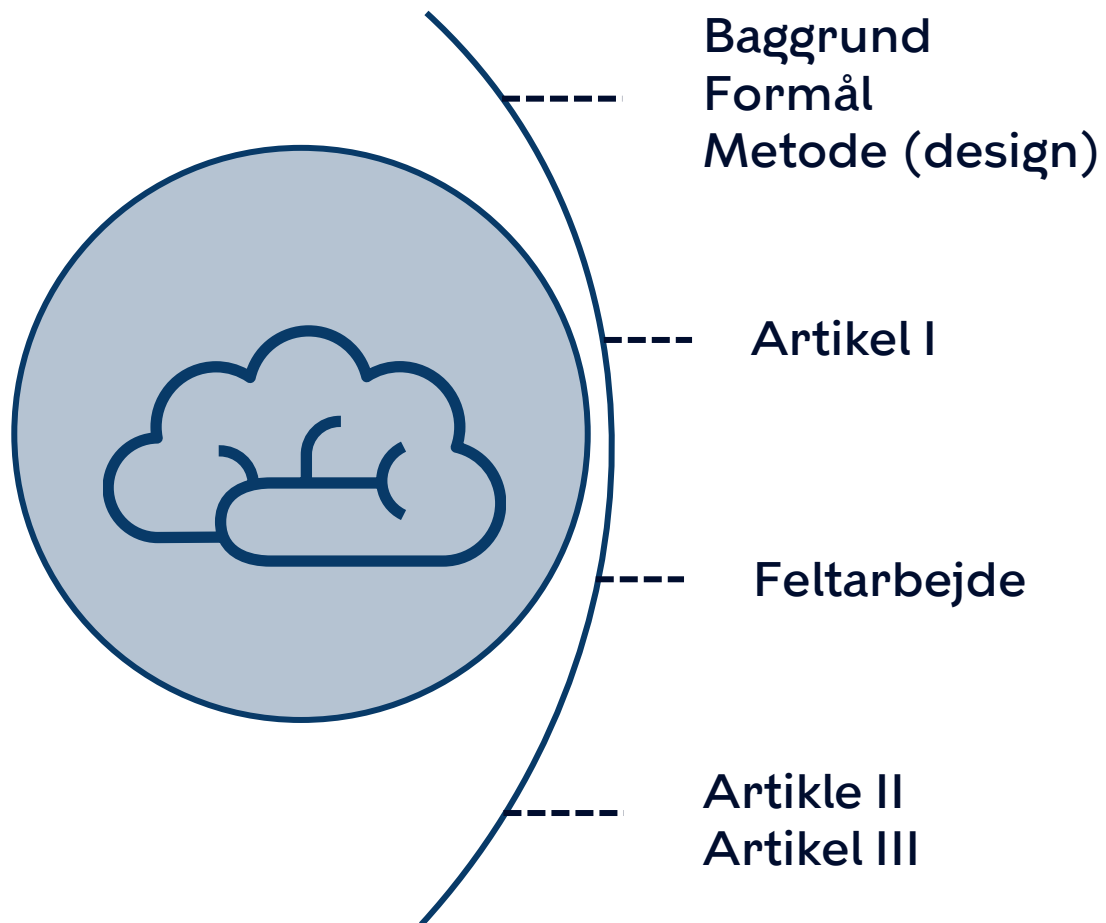


Det rehabiliteringspsykologiske område

- En tilgang og en paraplybetegnelse for en række psykosociale indsatser/interventioner
- At støtte sygdomsramte og pårørende i krise og overgange



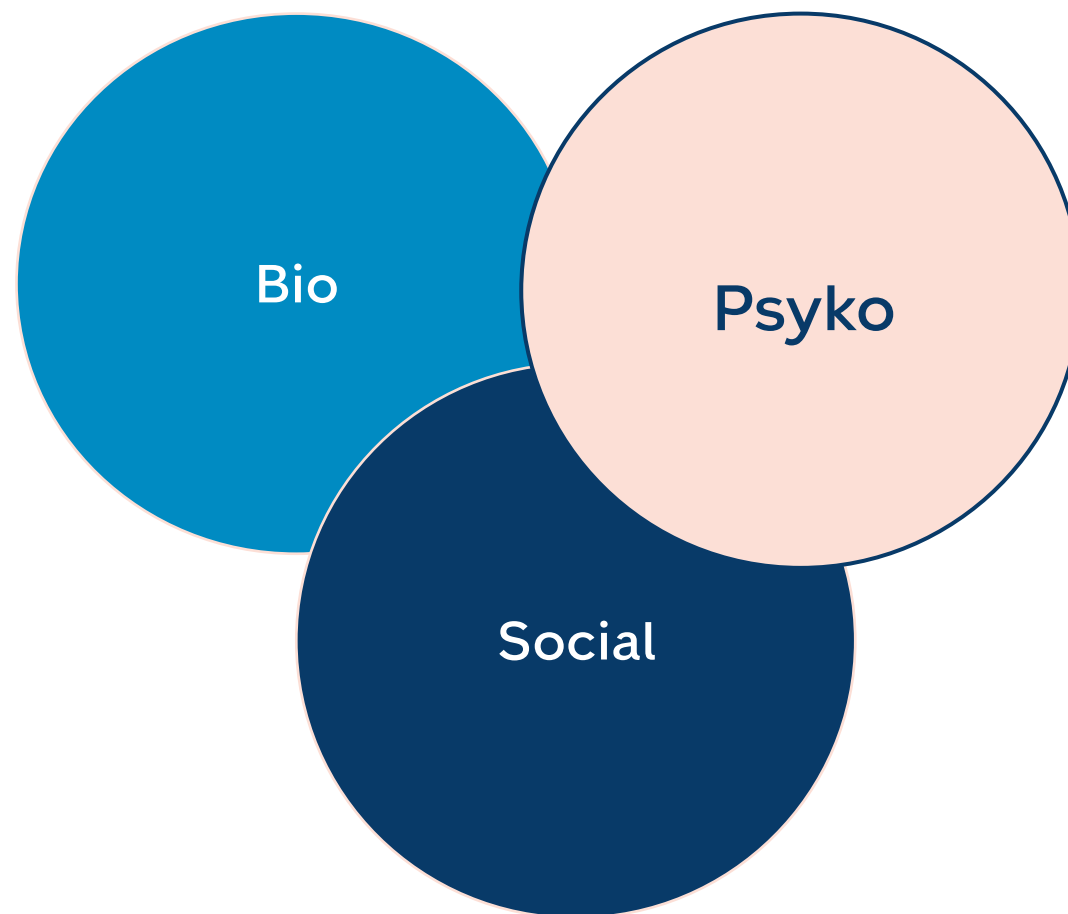
Agenda



Baggrund: Rehabiliteringsfeltet



Maribo T, Ibsen C, Thuesen J, Nielsen CV, Johansen JS, Vind AB (Red.). Hvidbog om rehabilitering, 1. udgave. Rehabiliteringsforum Danmark, Aarhus. 2022



Thøgersen, C.M.; Glintborg, C. & Hansen, T.G.B. (2023). BackUp For voksne med erhvervet hjerneskade. Aalborg Universitetsforlag.

Men hvad er håb?

- Ifølge Snyder et al. (2006), så er håb en målstyret kognitiv motivationsproces med fokus på særligt mål
- Ifølge Barnard (1995), så er håb ikke et motiv til at nå et bestemt mål, men en måde at opleve sig selv på i forhold til virkelighed og tid.



Formål

Dette ph.d.-
projekt har
til formål at:



- undersøge, hvordan håb udfolder sig i rehabiliteringen af mennesker med erhvervet hjerneskade
- få indsigt i, hvordan rehabiliteringsprofessionelle udforsker og støtter borgerens håb

Forskningsspørgsmål og metode

Forskningsspørgsmål	Metodologi
Hvordan opleves håb af mennesker med erhvervet hjerneskade (ABI), når de er i et rehabiliterings- og recovery forløb ifølge den internationale litteratur?	Et kvalitativt systematisk litteratur studie og tematisk syntese
Hvordan udfolder håb sig i rehabiliteringen af voksne med erhvervet hjerneskade?	1) Deltager observation (personer med erhvervet hjerneskade) 2) Semi-strukturerede interviews (personer med erhvervet hjerneskade)
Hvordan udforsker og støtter rehabiliteringsprofessionelle håb hos personer med erhvervet hjerneskade, og hvilke rehabiliteringskompetencer kræver det?	1) Fokusgruppe interviews 2) Individuelle interviews 3) Deltager observation

ARTIKLER

Artikel I

Hope as experienced by people with acquired brain injury in a rehabilitation—or recovery process: a qualitative systematic review and thematic synthesis

Artikel II

Sensing Hope Time: Temporal and Sensorial Dimensions in Rehabilitation Transformative Journeys in Denmark

Artikel III

Relational Rehabilitation: Strategies and Competencies necessary for responding to hope in dynamic form

TIDSSKRIFTER

Udgivet Open Access i Frontiers in Rehabilitation Sciences (Disability, Rehabilitation and Inclusion). *Part of the Research Topic Vol II: Person-Centred Rehabilitation – Theory, Practice and Research*. Co-author Chalotte Glintborg

Submittet til Culture, Medicine and Psychiatry (Springer). Co-author Lone Grøn

Indsendes til Disability and Rehabilitation (Taylor & Francis) or Clinical Rehabilitation (Sage). Co-author Andries Baart, Femmianne Bredewold & Chalotte Glintborg.

Artikel I - Formål



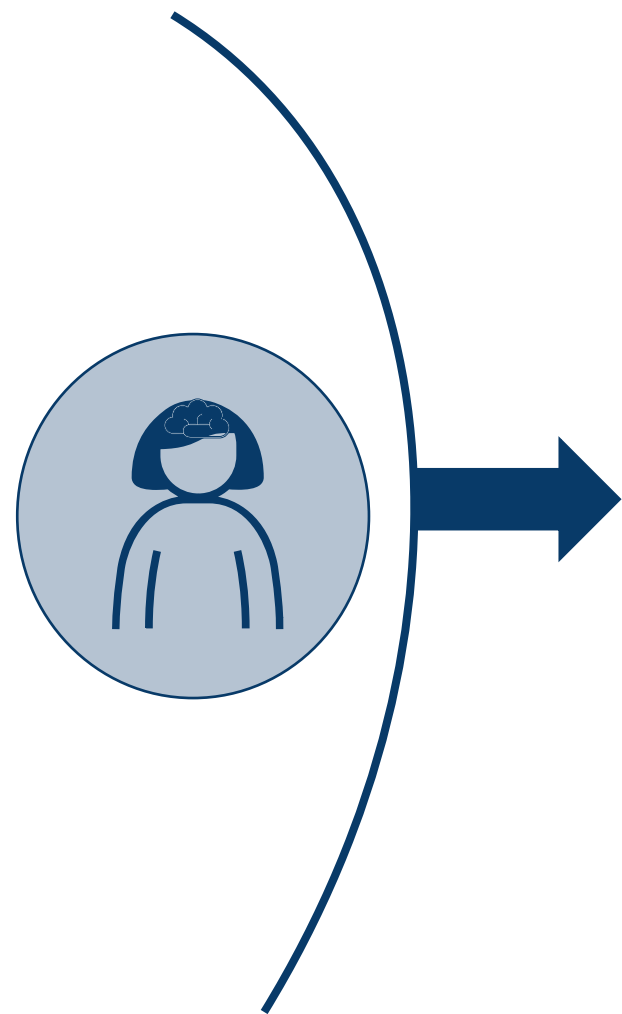
Analytical themes		Sub-themes		
1)	Hope a two folded phenomenon	Hope as a driving force	Hope as a source of despair	
2)	Time & temporality	Living one day at a time	A fixed future in later stages of the rehabilitation process?	Self, identity and desirable futures
3)	Progress, goals and visibility	Progress intertwined with hope and facilitated by rehabilitation professionals	Goals to make progress visible	Goals based on personal wishes
4)	The alliance, a balancing act requiring good communication skills	Hope promoting relationships	Keeping hope on a leash	Professional competences

Feltarbejde

- ▶ Pilot-periode ultimo oktober til ultimo december 2022
- ▶ Tilpasning af feltarbejde
- ▶ Fortsat feltarbejde 1. januar - 1. juli 2023 og igen 1. maj til 1. september 2024

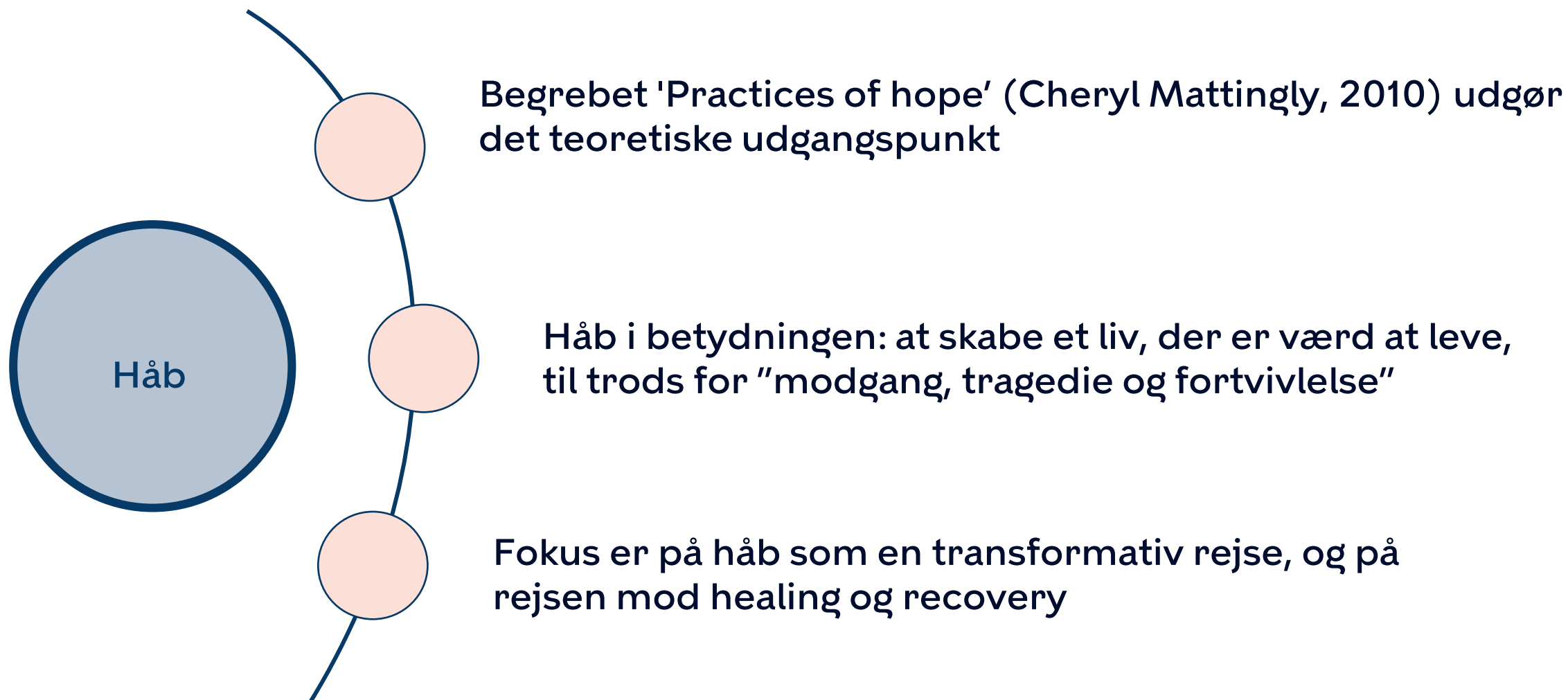


Artikel II - Formål



At udforske 'The Lived Experience of Hope', hos personer med erhvervet hjerneskade og deres håbs relaterede praksisser, som de engagerer sig i under deres rehabilitering og recovery forløb.

Teoretisk ramme (artikel II)



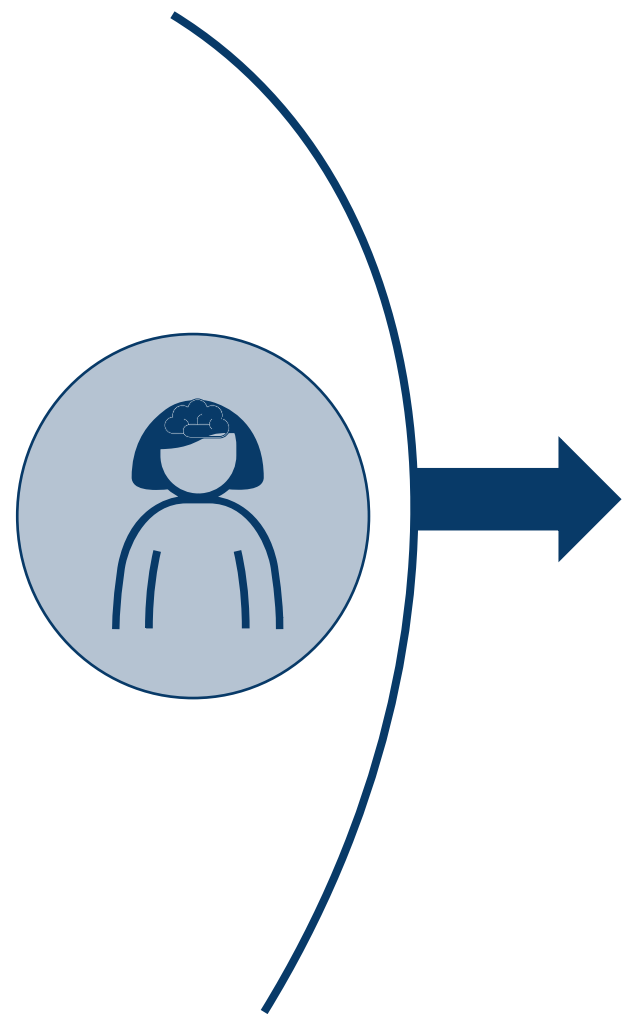
Artikel III

Artikel III tager afsæt i det fjerde analytiske tema, som fremkom i vores litteraturstudie, og som omhandler:

- relationen mellem personen med erhvervet hjerneskade og den rehabiliteringsprofessionelle
- og de kompetencer eller kvaliteter det kalder på

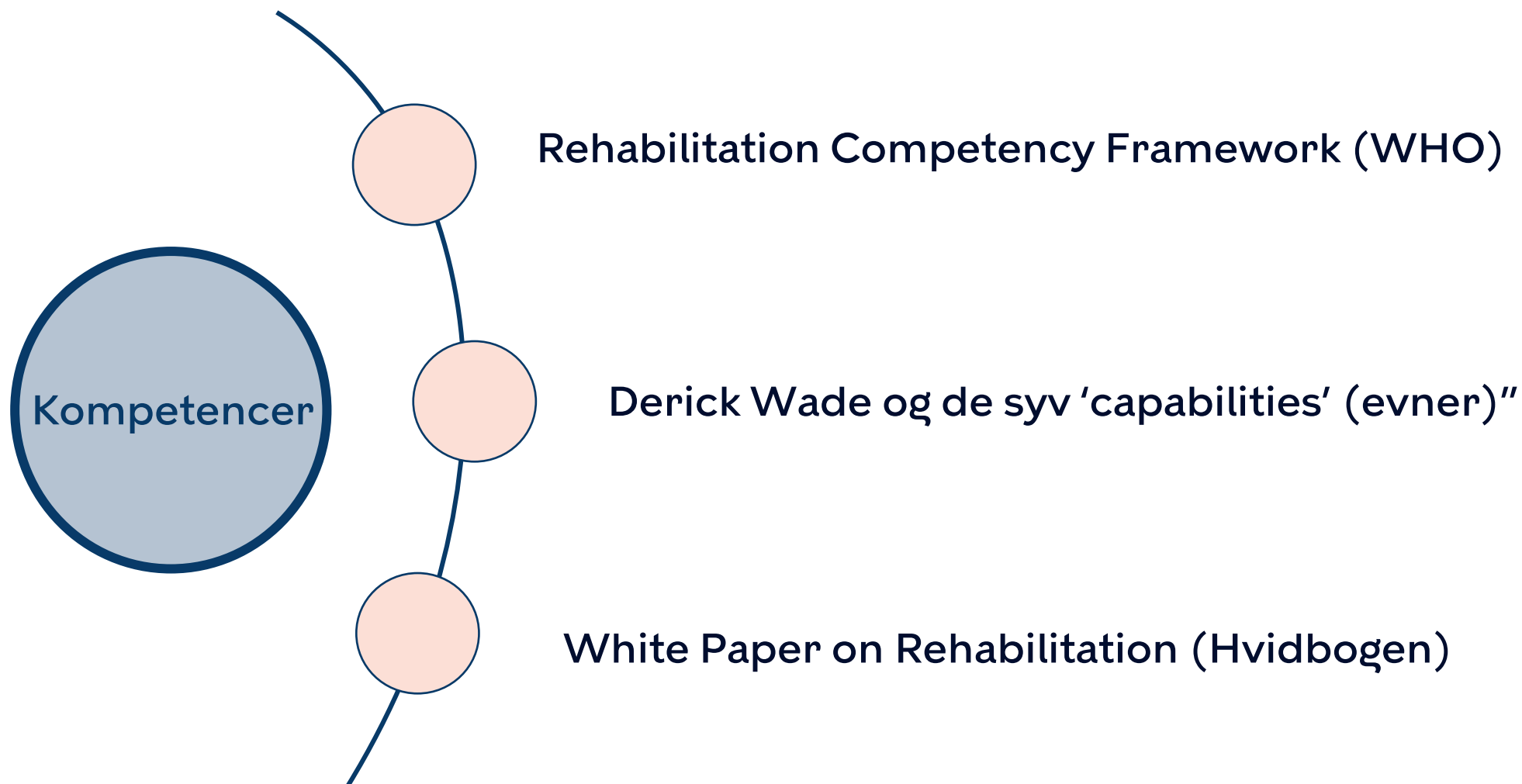


Artikel III - Formål

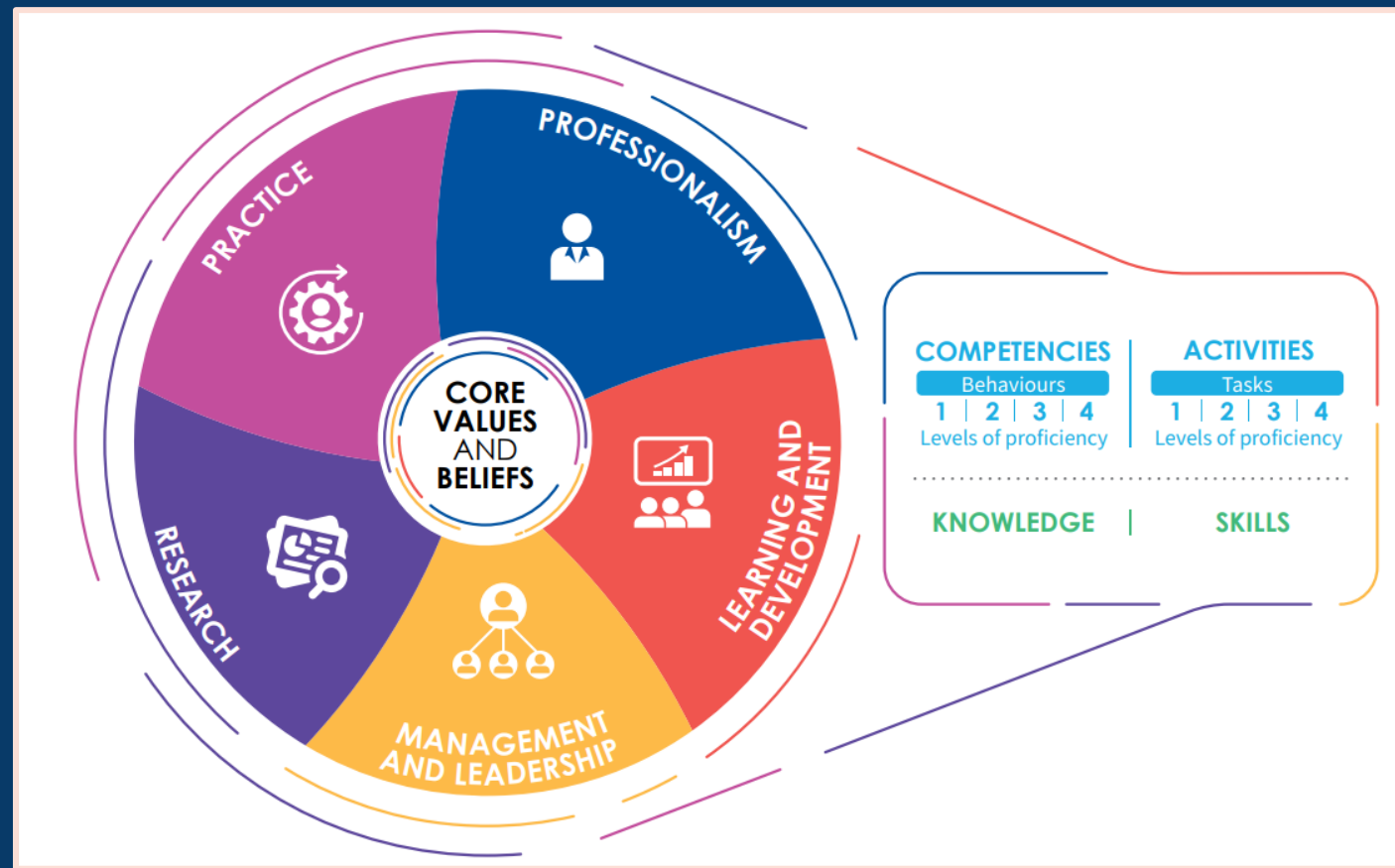


Formålet med artikel III er at undersøge og udforske hvilke kompetencer eller kvaliteter, der er nødvendige for at de rehabiliteringsprofessionelle kan understøtte og udforske håb hos den enkelte person med erhvervet hjerneskade.

Rehabiliterings kompetencer



The Rehabilitation Competency Framework



Rehabilitation Competency Framework, Geneva, 12 September 2019. Geneva: World Health Organization; 2020. Licence: CC BY-NC-SA 3.0 IGO.

The seven Capabilities by Wade

- 1 Use the biopsychosocial model of illness in all areas of practice
- 2 Develop a rehabilitation plan for the patient
- 3 Work as a full and equal member of any multidisciplinary team
- 4 Work across organizational and geographic boundaries, collaborating with other professionals and teams
- 5 Recognize, accept and manage uncertainty and complexity, ...
- 6 Support the common, generic rehabilitation interventions
- 7 Use profession specific expertise to help the patient and assist team processes

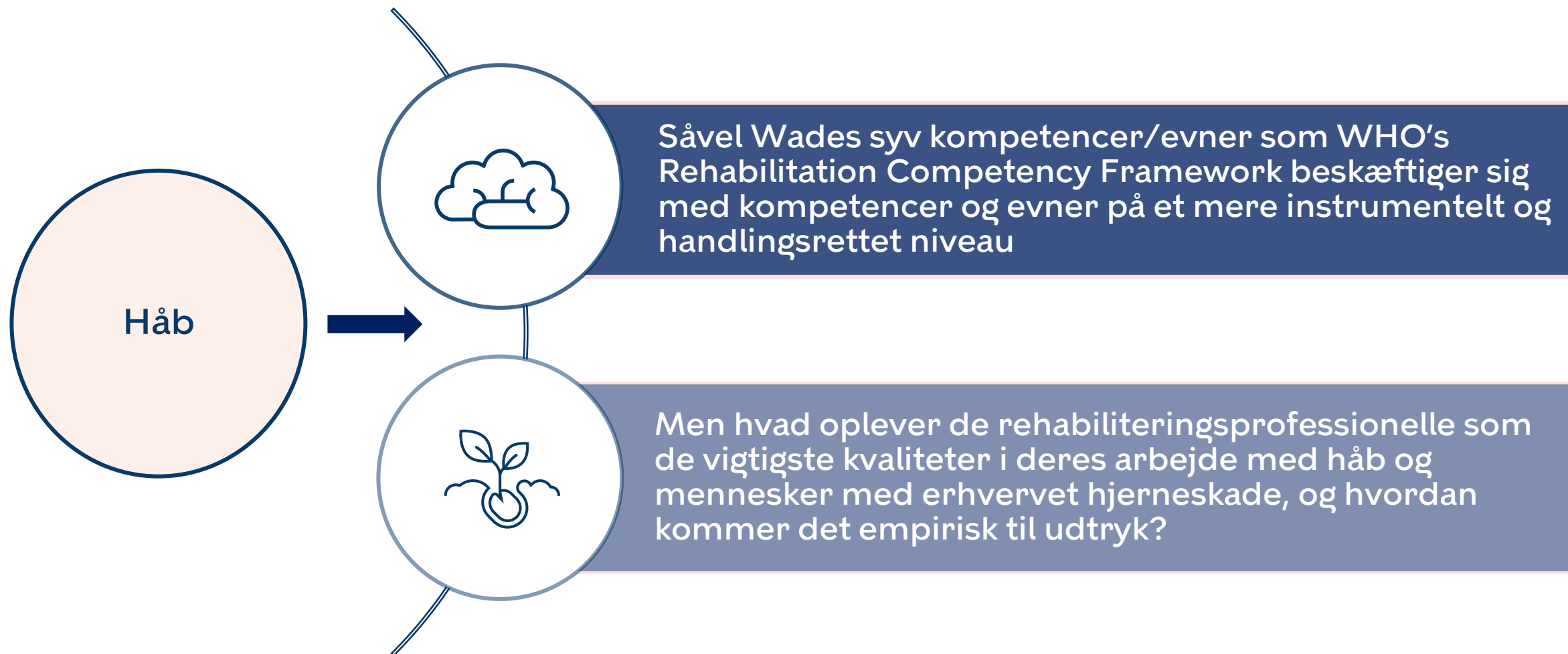
"So I feel that I make use of my professional skills when hope is there, when the ball seems to be rolling, and then as soon as hope seems to be punctured a little, or there is a standstill in the process, then it is time for me to draw [...] on myself as a person. I have to know, okay, this is a person who is having a hard time, and if I were in this situation myself, it would be hard for me too. So, it becomes such a mixture of the professional and the personal [competences] that you make use of"

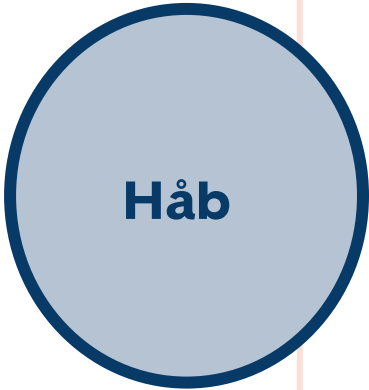
Rehabilitation professional

"[...] it is something that I don't feel is part of my education with these broad things [...]. I feel that it could have been made more knowledge-based. One could well have had some more training, specifically to relate to these humane things. Of course, there is something you come up with (yourself), but I think it can be difficult[...]. It could be nice if there had been some more training in relation to the psycho-social parts (of the rehabilitation), to prepare us as professionals. Not that all has to be professional, not that you have to stand and say: "Well, but I know that or a scale, if you say something like this, then you feel like that". But just so you get some tools in your backpack, that could be beneficial in this profession because there is such a large social and psychological burden.... It takes up mental capacity ("det fylder"). I think so"

Rehabilitation professional

Foreløbige resultater

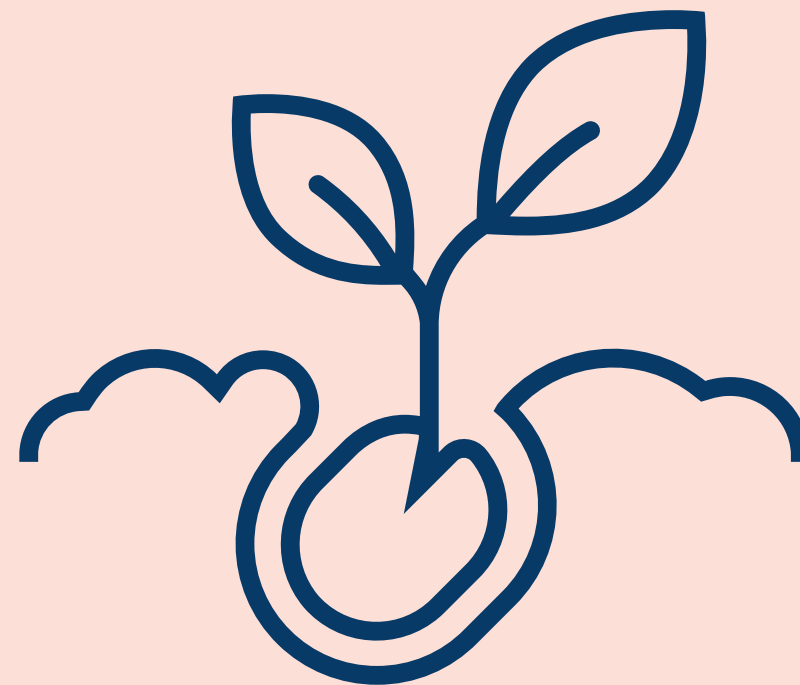




Håb

Foreløbige resultater

- Vores forståelse af håb som koncept bør udvides, således at flere aspekter af håb inkluderes, herunder den eksistentielle del. Først derved kan vi tilbyde helhedsorienteret rehabilitering baseret på en bio-psyko-social tilgang
- Såfremt eksisterende rammeværk og modeller ift. kompetencer, færdigheder og kvaliteter hos rehabiliteringsprofessionelle skal afspejle en bio-psyko-social tilgang, bør de eksisterende modeller udvides, så også de kompetencer og kvaliteter, der er nødvendige for at understøtte den psyko-sociale del af rehabiliteringen er repræsenteret



TAK for jeres opmærksomhed !

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