Patients’ Perceptions of Hope and Hope-Engendering Nurse Interventions
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Sigma Theta Tau International
43rd Biennial Convention
November 9, 2015
Las Vegas, Nevada
Disclosures

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Learner Objectives:

1. The learner will be able to identify patients’ perceptions of hope and hope-engendering nurse interventions.
2. The learner will be able to recognize the influence of hope-engendering nurse interventions on patients’ perception of hope during patient health/illness transitions.

No conflict of interest

Employer: Reading Hospital

Grant money received to support the conduct of the study from:

• Reading Hospital Internal Grant
• Sigma Theta Tau International Upsilon Zeta Chapter
• Sigma Theta Tau International Eta Beta Chapter
Introduction: Hope

Hope is a basic human need and central to the provision of nursing care (Turner & Stokes, 2006).

Hope may be challenged during health/illness event and hospitalization.

Patients’ experience of hope is subjective and revealed in different ways.

Hope is described and perceived by individuals differently:
- Poses challenges when studying
- Illustrative of need to define and utilize instruments that capture and measure the concept.
Hope

• Complex, multidimensional, dynamic concept

• Hope serves as protective factor, coping strategy, necessary for human life and growth; personal asset

• Intensity and nature varies with life events

• Research on hope, both qualitative and quantitative
  • Studies mostly Hospice and Cancer Patients
  • No studies acute care and affects of hope-engendering nurse interventions
Introduction: Hope

Hope is identified by the National League for Nursing (2015) as one of the core values for nursing.

• CARING: promoting health, healing, and hope in response to the human condition
• INTEGRITY: respecting the dignity and moral wholeness of every person without conditions or limitation
• DIVERSITY: affirming the uniqueness of and differences among persons, ideas, values, and ethnicities
• EXCELLENCE: co-creating and implementing transformative strategies with daring ingenuity

http://www.nln.org/about/core-values
Statement of the Problem

Hospitalized patients are:

• Acutely ill, in need of preparation for discharge

• Experiencing a health/illness transition

• Vulnerable

• In need of hope to adequately cope; for health promotion

• Affected by nurse/patient interaction; nurses play a role in the patient’s health/illness transition
Purposes of the Study

To explore:

• Patients’ perceptions of hope-engendering nurse interventions and its four attributes: experiential, relational, spiritual/transcendent, and rational thought

• Patients’ perception of hope and its three factors: cognitive-temporal, affective-behavioral, and interconnectedness

• The relationship between patients’ perceptions of hope-engendering nurse interventions and patients’ perceptions of hope
Research Questions #1 & 2

• What are patients’ perceptions of hope-engendering nurse interventions and the four attributes: experiential, relational, spiritual/transcendent, and rational thought as they experience a health/illness transition?

• What are patients’ perceptions of hope and its three factors: cognitive-temporal, affective-behavioral, and interconnectedness as they experience a health/illness transition?
Research Question #3 and Hypothesis #1

• What is the relationship between patients’ perceptions of hope-engendering nurse interventions and patients’ perceptions of hope?

• Hypothesis 1: There is a relationship between patients’ perceptions of hope-engendering nurse interventions and patients’ perceptions of hope.
Research Design

• A descriptive correlational research design using survey methodology.
Data Collection

- IRB approval obtained from 5 hospitals; and Widener University

- Patients:
  - In person
  - Paper and pencil questionnaires
  - Research Assistant at one hospital site
Instrumentation

- Patients:
  - Hope-Engendering Nurse Intervention – Patient Version (HENI – PT)
  - Herth Hope Index (Herth, 1992)
  - Demographic Questionnaire
Hope-Engendering Nurse Interventions (HENI) Instrument

• Hope-Engendering Nurse Interventions (HENI)
  • Nurses’ interventions that affect patients’ perceptions of hope
  • Studied interventions that assist patients to maintain or regain hope
• HENI Attributes: four sub-categories that constitute behaviors designed to promote patients’ feelings of hope for positive outcomes:
  • Experiential HENI Attributes
  • Relational HENI Attributes
  • Spiritual/Transcendent HENI Attributes
  • Rational Thought HENI Attributes
HENI-PT

- Experiential HENI
  - Provide comfort/pain relief
- Relational HENI
  - Assists patients to select and mobilize community resources (social support, network, support groups, volunteer assistance)
- Spiritual/Transcendent HENI
  - Initiate referrals to clergy/spiritual counselors as requested
- Rational Thought HENI
  - Assist patients to develop and review achievable goals (set goals, make plans, write them down, get started one step at a time)
Herth Hope Index (HHI) (Herth, 1992)

Three Subscales

• Cognitive-Temporal
  • I have a positive outlook toward life
  • I have short and/or long range goals

• Affective-Behavioral
  • I can see possibilities in the midst of difficulties
  • I feel my life has value and worth

• Interconnectedness
  • I have a faith that gives me comfort
  • I have a deep inner strength
Sample and Setting

• Convenience sample of patients ($n = 97$)
  • A priori power analysis computed
  • Power was met

• Setting:
  • Five acute care hospitals in northeast Pennsylvania
  • Magnet Hospital: 56.2% No; 43.8% Yes
  • May through June 2013
Description of Patient Participants ($n = 97$)

- Age: 22 – 90 (Mean = 63.12)
- Gender: 57.3% female; 42.7% male
- Racial/Ethnic: 95.3% White; 4.7% Black
- Highest Education: 52.9% HS
- Employed: 60.2% no
- Multiple health issues
- Admission:
  - Unplanned 93.5%
  - Emergency 87.1%
Data Analysis, Findings, & Conclusions

• Descriptive Statistics (RQ #1, #2)
  • Measures of central tendency
  • Measures of variability
  • Frequencies

• RQ #1: HENI – PT scores were low
  • Mean score 358.07 (possible range midpoint 572)

• RQ #2: HHI patient scores were high
  • Mean score 41.92 (possible range midpoint 30)
Data Analysis, Findings, & Conclusions

- Pearson’s Correlation (RQ #3)
  - RQ #3 / H1: There was a statistically significant correlation between HENI – PT and HHI; however, the correlation only explained 7% of the variance in patients’ hope scores
    - $r = .27; p = .008$
Significance for Science and Research

• Creation of a new instrument to measure patients’ perceptions of hope-engendering nurse interventions.

• Further exploration of the concept of hope using the Herth Hope Index (HHI) (Herth, 1992) in patients transitioning through a health/illness situation in a medical-surgical acute care setting.

• Explored the relationship between patients’ perceptions of nurses’ hope-engendering interventions and patients’ perceptions of hope.
Significance for Practice

• Nurses are in an optimal position to influence patients’ health-illness transitions on their progression towards well-being and healing.

• Nurses are in a position to engender patients’ hope.

• Nurses’ can influence how patients’ experience transition, healthy or unhealthy (Meleis, 2010).

• Patients’ perceptions of the relationship between hope-engendering nurse interventions and hope requires further exploration and suggests a need for nursing education and role modeling of hope-promoting interventions.
Limitations

• Convenience sample, northeast region, limits generalizability.
• Interviews at bedside may have biased patients’ responses.
• Study design, being cross-sectional, may not have adequately reflected the nurse-patient interactions over time.
• Data collection limited to the first three days of hospitalization may have been insufficient time for patients to recognize nurse hope-engendering interventions.
Recommendations for Future Research

• Conduct a study in a different health care setting, a long-term care setting, or hospice setting; with a more diverse sample of patients.

• Conduct a study considering additional measures, for example, length of stay, patient satisfaction, and patient sources of well-being.

• Modify the instrument to ask about frequency and relevancy or importance.
Concluding Remarks

• Patients expect nurses to offer hope through their interactions.
• Hope is not a thing nurses do but a way of interacting with patients.
• Caring behaviors are a vehicle to instilling hope.
Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.

Margaret Mead
Questions?

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Special Thank You Research Study Support

• Grants:
  • Reading Hospital Internal Grant
  • Sigma Theta Tau International Upsilon Zeta Chapter
  • Sigma Theta Tau International Eta Beta Chapter
Special Thank You Research Study Support

- Widener University Faculty
  - Dissertation Committee Members
    - Drs. Jean Klein, Lois Ryan Allen, and Barbara Patterson
  - Dissertation Readers
    - Drs. Mary Baumberger-Henry and Pamela Williams
- Dr. Kaye Herth
- Reading Hospital
  - Mary Agnew, Barbara Romig, Sharon House, Debbie Phillips, and Many Others
References


