

Exploring integrated caring model with yoga in physical recovery of Stroke patients in acute phase

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Background: Currently, caring science integrating cultural practices has become an important health resource to get positive health outcomes for hospitalized acutely ill patients. Yoga, a cultural practice, has the power to bring multiple physical improvements among chronic stroke patients. The purpose of the study is to explore the experiences of participants focusing on their roles and perceptions regarding using caring incorporating yoga program to promote physical recovery among stroke patients during the acute phase.

Methods: The present study formed as a part of action research that was designed to develop a caring model incorporating yoga program for promoting physical recovery of people living with stroke. This paper is based on qualitative phenomenological approach to explore the experiences of the participants using caring incorporating yoga program among stroke. Purposeful sample was used to select the participants of 16 nurses, 16 stroke patients and their family caregivers. Data was collected by focus group discussions and in-depth interviews using open ended interview guideline and continues until data saturation in a neurology ward of a university hospital, Nepal. An inductive content analysis approach was used for data analysis.

Results: Three main themes and 9 sub-themes were emerged from the qualitative data in terms of experiences of the participants on the program. The three main themes included "caring as a tool to develop trusting relationship: an embarking step for recovery of stroke patients in the acute phase"; "yoga as a practical and powerful tool for physical recovery of stroke patients during the acute phase"; and "perceived physical recovery as a result of the caring incorporating yoga program".

Conclusions. The findings of the study show that nurses could successfully facilitate early physical recovery of stroke patients using caring incorporating yoga program during their acute phase. As yoga is well accepted by Hindu stroke patients due to its being culturally congruent with their socio-cultural background, it may be effective for physical recovery and healing of the whole person.

Biography

Kalpana Paudel has completed her PhD in Nursing Science from Prince of Songkhla University, Thailand. She is the Assistant professor of Tribhuvan University, Nepal. She has a number of scientific paper publication and presentation. She has 26 years of working experiences in nursing both in education and clinical site.

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