

Introduction:

Conversational rehabilitation is a term used to describe the intervention of coaching patients to self-direct and self-guide their rehabilitation.



Method:

Sixty-five professionals across the stroke pathway completed a CPD accredited, 2-year, practical, training programme, to upskill them to deliver conversational rehabilitation coaching.

Patients were coached during everyday interactions and therapy sessions in how to unlock the 8 keys to recovery which included, mindset, social connections, time, identity, spirituality, environment, physical health, and emotional awareness.

Level 3 coaching was provided remotely for patients by trained external therapists.

Patients with cognitive and behavioural needs still accessed psychology via the previous model. Alongside coaching, therapists utilise a variety of tools and techniques including breathing, meditations, visualisations, mental rehearsal, and remote wellbeing groups to help patients to self-manage their condition.

Conversational Rehabilitation

Result:

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All patients reduced their levels of depression and anxiety significantly, length of stay reduced, especially for those identified as level 2 and 3 psychological need, patient satisfaction remained high, and more patients achieved their goals.

Conclusion:

This model seamlessly shows that conversational rehabilitation coaching can improve patient outcomes significantly and is safe, feasible and effective for the MDT to deliver.