

# A qualitative study with stroke survivors to understand how therapeutic alliance relates to self-management during community stroke rehabilitation.

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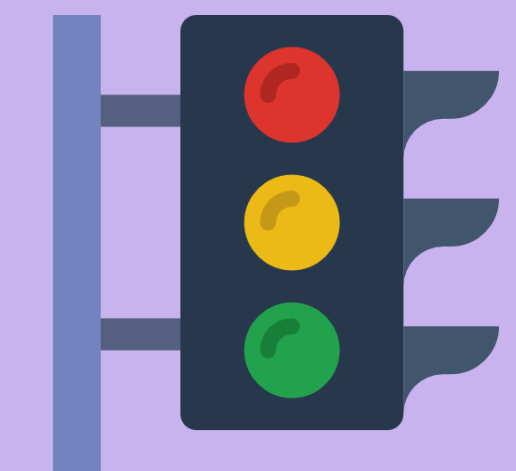


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1. What were the aims of this research?



(1) To understand how working relationships are developed in the community & whether they help or hinder self-management



(2) To identify the wider barriers & facilitators for self-management when community rehabilitation ends.

2. Why is this research important now?

**Self-management** is recommended in **clinical guidelines & policy documents** as a pathway to promote recovery after stroke.



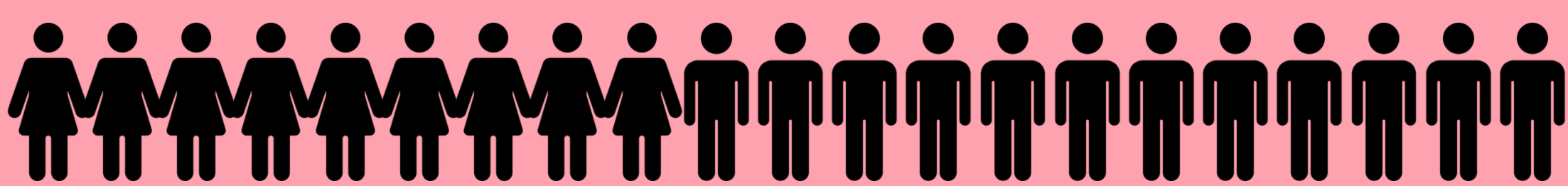
Stroke survivors must develop many **skills** to effectively self-manage, including **forming working relationships** with healthcare professionals.

This working relationship is not well understood & there is **no research** in relation to **stroke self-management**.



3. What did we do?

We spoke to **nine women & twelve men** at different stages of their stroke recovery.



We asked **how they developed working relationships with healthcare professionals at home** & recorded their answers.



A group of **seven people with lived experience of stroke** helped develop the interview questions.

We analysed the data by looking for **common themes**.



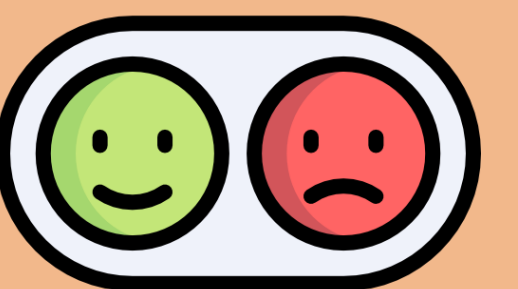
4. What did we find?

Two main themes & seven subthemes reflect the idea that **self-management is a long & personal journey**



Developing **trusting relationships** with healthcare professionals & focusing on **personal goals** helps stroke survivors manage their recovery.

Negative relationship experiences may lead to **withdrawal & avoidance seeking help** in the future.



Relationships with **family, friends, peers & wider organisations** can help self-management.



The **emotional trauma** of stroke & **changes to self-identity** are important but are often overlooked.

5. What are the key messages?

Understanding & **accepting a post-stroke identity** may have an important role in **self-management**

Future research focusing on **identity & self-management** may help support the **emotional needs** of stroke survivors.