

Exploring the caring incorporating yoga program in promoting physical recovery of stroke patients in acute phase

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Abstract

Background: Currently, caring science integrating cultural practices become an important health resources to get positive health outcomes for hospitalized acute ill patients. Yoga, a cultural practice, has power to bring multiple physical improvements among strokes. However, there is dearth of study on application of caring incorporating yoga for promoting physical recovery among stroke patients particular in the acute phase.

Purpose: The study aimed to analyze the experiences of the participants (nurses, patients and family members) focusing on their roles and perceived perception of power of caring incorporating yoga to promote physical recovery among stroke patients during the acute phase.

Design: The study is a part of an action research entitled "Development of a Caring Model Incorporating Yoga for Promoting Physical Recovery and Wisdom of People Living with Stroke".

Methods: Semi-structured interviews were conducted to collect data in a university hospital, Nepal. An inductive content analysis approach was used for data analysis.

Findings: The emerged themes from qualitative data were 1) caring as a tool to enhance trusted relationship, and capacity of stroke during acute phase; 2) yoga as a practical and powerful tool for physical recovery of stroke during acute phase; and 3) perceived physical recovery as a result of the caring incorporating yoga intervention.

Conclusion: Physical recovery was successfully achieved by the application of caring incorporating yoga among stroke patients in the acute phase.

Clinical Relevance: This study suggests that nurses can successfully facilitate early physical recovery of stroke patients using yoga during their acute phase. While yoga is well accepted by the Hindu stroke patients as it is culturally congruent with their sociocultural background and effective for

physical recovery and healing the whole person.



Biography:

Kalpna Paudel is PHD candidate at Maharajgunj Nursing Campus, Institute of Medicine, Tribhuvan University; Kathmandu Nepal. He started his research on Adult Nursing during his Ph.D.

Speaker Publications:

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