The Inpatient Experience: Maintaining Hope

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With thanks for contributions from our expert carer
Talk Map

• The context of the inpatient experience
• Hope: why is it vital?
• Involving expert patients to increase hope
• The role of hope in the recovery journey
• Maintaining hope from the perspective of psychiatry
• The perspective of an expert carer
Our Context

• Ellern Mede is a National Specialist Inpatient Unit (CAMHS Tier 4) service; 8-18 year olds
• High ratio of staff to patients
• Patients with very severe and complex disorders
• Approx. half of patients admitted under Section or Sectioned during admission
• Maudsley Model, Motivational Enhancement therapy

• Family therapy, cognitive behavioural therapy, psychotherapy, art therapy, cognitive remediation therapy
The Inpatient Experience

• Admission may not be the patient’s personal choice; high degree of ambivalence (Geller et al., 2001; Vansteenkiste et al., 2005)

• Emotionally overwhelmed on arrival: especially adolescents and first admission (Koruth et al., 2012)

• May be accompanied by a sense of relief (Tiller et al., 1993)

• Poor physical condition

• Breakdown of social relationships
System Coming Together

- Patient themselves
- Family as a vital recovery resource (Le Grange et al., 2010)
- Recovery without professional help uncommon (Woods, 2004) – patients report professionals are a source of support (Hope et al., 2003)
- Education system
- Peers (Van Ommen et al., 2009)
So, how do we keep hope alive?

• First of all we need to know what we’re talking about...
Hope: A Definition

Snyder, Irving & Anderson (1991):

“a positive **motivational state** based on an interactively derived sense of successful (a) agency (goal-directed energy) and (b) pathways (planning to meet goals)”
What is Hope?

Bandura (1998):

“Unless people **believe** that they can produce desired effects by their actions, they have little incentive to act”
Why is Hope Important?

• Patients report fluctuating between being determined and committed to recovery and losing all hope (Lindgren et al., 2014)
• Hope is seen as a key aspect in recovery from severe and enduring illness (Deegan, 1988)
• Glassman et al., (2013): Motivation to change inspires hope and hope inspires motivation to change
Keeping Hope Alive

- The role of other patients’ success
- The perspective of young people
- A psychiatrist’s perspective
- An expert carer’s perspective
The Role of Previous Patients’ Successes

• We invite past service users and young ambassadors to talk to patients about their experiences of recovery
• We obtain permission from patients being discharged to share an excerpt of their story with current patients – focus on what worked
• An opportunity to ask questions and take different perspectives
• Carer’s support groups
Feedback from Patients

Helped me to remain hopeful as someone else had managed it and I thought maybe I can too.

When I heard their story, I thought if they can do it, maybe I can – I felt a bit more confident after that and started to think more about recovery.

I liked to hear from someone with similar experiences to me, someone who had been through it and survived.

This made me feel more realistic – they pointed out the good and bad in their experience when I had only focused on the bad. I felt more hopeful after this.
Recovery Research

• Most recovery research focuses on adults/looks at people whose illness was several years ago

• Our project is interviewing young adults who had an episode of an eating disorder as an adolescent and were able to fight the illness

• We are still recruiting: please contact us if you can help: nina.gotua@ellernmede.org

• Key theme: importance of having and giving hope
Preliminary Findings

• Young people spoke of importance of regaining functioning in remaining hopeful
• Support from others and positive routines offered hope
• Role of holding onto hope
• Inspiring others to share hope
Quotations from Participants

• On Illness and Recovery:
  “I felt like I was locked in a room (..) and finding the key to open the door was a great thing. I think the key to open the door was finding out what I was doing wrong, why I was doing it, what was the reason, what were the triggers”
  “I’m actually proud that I’ve come a long way. It’s a long, long journey of highs and lows, tears and laughter (...) and I can see myself actually going around and helping other people by sharing my experiences of recovery.”
Support and Managing Change

• “[friend said] to me there is going to be hard times and there is going to be some good times but you have to get through”.

• “Knowing someone in recovery would’ve really helped (..) that would have given me a lot of hope”.

• “the small steps [towards recovery] felt like big steps at the time, but [I could] get into that routine”.
Having and Giving Hope

• “I want to use some of the experiences to help other people and I want to tackle stigma against mental health.”
• “The advice I want to give is don’t lose hope.”
• “To realise there is hope even though it can seem very far away”.
• [Illness] is this dark room because obviously it’s a dark place and it’s got this light coming through so that’s the hope”.

Working with Hope as a Key Theme in Recovery
Hopelessness: An Interpersonal and Emotional Response to the Eating Disorder
Sloth Metaphor

• Sloths are known to be loving animals
• However, they move slowly and appear apathetic and inactive
• Gripping onto the branches

Depleted
Flat
Unsure
Losing motivation
Experiences of Maintaining Hope from a Psychiatric Perspective

• Skills of perseverance and patience.
• Carry the hope and inspire hope in the patient hoping that they one day they will be able to have hope for themselves.
• Look after oneself in order to look after others.
• Looking at the bigger picture – reflecting on the need to find out what hope means for each patient and how this functions to improve the quality of life for patients.
• The psychiatric outcome may be anywhere between a full recovery to a balance between the patient’s own life and their illness however with the intention of never giving up on full recovery perhaps achievable at a later stage.
hope
Lindgren et al., (2014)

“Effective care should therefore strive to strengthen people’s beliefs in their own abilities, instil hope for recovery and... bolster self-efficacy”

Arguably, where the illness is so severe that hospitalisation is considered, this takes the whole village to achieve......
Thank You

• How do you keep hope alive?

Contacting us: ellernmede.org