

Poster OG19:

Addressing Spiritual Health and Wellbeing post-stroke in the context of COVID-19 using WELLHEAD

Mumby K. (New Pathways)

Introduction: The COVID-19 pandemic brings well-publicised consequences for mental health, likely to be amplified post-stroke particularly in those who have communication deficits (a known feature in those who have had COVID-19). The parallel impact on spiritual health and wellbeing has been neglected, despite being amenable to scientific study (such as standardised assessments and randomised controlled trials of CBT with religious components). Aspiring to person-centred and holistic rehabilitation requires a psycho-socio-spiritual model. In the context of COVID-19, goal-setting that takes account of spiritual needs is important for long-term recovery. A spirituality toolkit called WELLHEAD, suitable for adoption by AHPs, was designed, developed and tested for feasibility to fill this vacuum.

Method: Using life review of 'meaning and purpose' encapsulating spiritual health and wellbeing, WELLHEAD offers communication-friendly assessment and intervention suitable for telehealth, incorporating patient-centred goals and outcome measures about spirituality irrespective of religious background and viewpoint. Feasibility research evaluated WELLHEAD with a convenience sample including six diverse people with aphasia post-stroke, giving 20 hours of video interviews and feedback, subject to qualitative thematic analysis in NVivo 11, combined with numerical scores from self-assessment and standardised testing (SHALOM, Fisher).

Results: The acceptability, accessibility and impact of WELLHEAD was demonstrated, including alignment with SHALOM. Shared reflection and practical goal-setting was feasible and considered valuable. Additional preliminary investigations with older people without aphasia confirms WELLHEAD's wider application including telehealth.

Conclusion: Excellent scope for adopting WELLHEAD exists within health and care services, for use by AHPs, members of chaplaincy teams and trained volunteers as part of goal-setting and evaluation.