

Proactive coping post stroke: the Restored4Stroke self-management study

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Proactive coping post stroke:
The Restore4Stroke Self-Management study

Nienke Tielemans

1. The Utrecht Proactive Coping Competence scale is a suitable instrument to assess proactive coping in stroke patients.
2. Stroke patients with less proactive coping strategies are at risk of lower psychosocial functioning.
3. Proactive coping and self-efficacy are different personal factors.
4. Proactive coping strategies are both difficult to learn and difficult to teach.
5. More research is needed on the effectiveness of self-management interventions aimed at teaching proactive coping strategies to stroke patients and partners.
6. Self-management is an umbrella term and needs specification when using it.
7. Good physical recovery is not a guarantee for an unaffected life post stroke.
8. The consequences of stroke never affect the life of only the stroke patient, but also the lives of relatives.
9. The Restore4Stroke Self-Management intervention should not be implemented in clinical practice.
10. Pick challenges big enough to matter, and small enough to win.
(Jonathan Kozol)