

NURSING WAYS TO INSPIRE HOPE

Literature review

Eva-Birgit Forsberg

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ABSTRACT

Tampereen ammattikorkeakoulu
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Nursing Ways to Inspire Hope
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The purpose of this Bachelor's thesis was to search for nursing ways to inspire hope in acute care patients. There was an abundance of general material found on the theme of hope, but research articles specifically on hope inspiration and hope maintenance in acute care were limited, especially from the nursing point of view. This theme of hope is in itself a fluctuating value throughout one's lifespan, and so it has been difficult to measure. And lastly, finding evidence based research results for hope promotion was challenging. The theoretical starting points for this literature review were the abstract concept of hope, and the concept of hope in critical care nursing.

The results showed that nursing attitudes can inspire and/or maintain hope levels in patients both positively and negatively. In nursing, communication between nurses, healthcare professionals and patients is important. Nurses' and other healthcare professionals' support given to patients in maintaining normal life inspire and/or maintain hope.

Conclusions suggest that hope is a fluctuating value throughout a person's life. Nurses have the ability to steer the direction of hope in a patient's life, and patients who embrace hope heal better. Some development suggestions for further research studies are to study hope levels and fluctuations in all age levels, hope inspiration in healthcare personnel, hope promotion in education, and hope promotion for the disabled.

TIIVISTELMÄ

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Opinnäytetyö aiheesta toivo sai alkunsa hoitotyön käsitteellisten mallien opiskelun aikana. Hoitotyötä voidaan toteuttaa niin monella eri tavalla, jotka kaikki ovat ”oikein”. Opettajankannustuksella tämä kirjallisuuskatsauksen teema tuli valituksi. Tämän opinnäytetyön tarkoitus oli etsiä hoitotyön tapoja joilla voi kasvattaa toivoa akuuttipotilaissa. Opinnäytetyö teemasta toivo oli haastavaa jäsenellä. Tälle työlle löytyi kyllä paljon tutkittua materiaalia teemasta toivo, mutta paljon vähemmän toivon inspiroimisesta hoitotyön näkökulmasta. Toivo arvona on vaihteleva käsite ihmiskaaren eri vaiheissa, ja näin sitä on joskus vaikea mitata. Lopuksi, tutkittua tietoa aiheesta toivo akuutti hoitotyössä löytyi niukasti. Lähtökohdat kirjallisuuskatsaukselle olivat käsite toivosta, ja toivo akuutti potilaiden hoitotyössä.

Tulokset kirjallisuuskatsaukselta viittaavat että hoitajat joko edistävät tai hankaloittavat toivon kasvua potilaissa. Ensisijaisen tärkeätä hoitotyössä on kommunikaatio hoitajien, hoitohenkilökunnan ja potilaiden välillä. Hoitajien ja muiden hoitohenkilökunnan tukitoimet potilaille normaalien elintapojen ylläpitämiseksi edistävät toivon kasvamista ja säilyttämistä.

Lopuksi, tämän opinnäytetyön kirjallisuuskatsaus osoittaa, että toivo on muuttuva arvo elämänkaaren aikana, ja hoitajat pystyvät vaikuttamaan toivon kasvuun. Potilaat, jotka ylläpitävät toivoa, paranevat paremmin. Lisätutkimuksia toivon teemoilta olisivat toivon määrän vaihtelut eri ikäryhmissä, toivon tuottaminen hoitohenkilökunnan kautta, toivon edistäminen opiskelussa, ja toivon tuottaminen/edistäminen kehitysvammaisille.

Key words: hope, acute nursing, nursing hope, hope in critical care nursing, nursing, hope in acute care nursing

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ABBREVIATIONS AND TERMS

CINAHL	Cumulative Index to Nursing and Allied Health Literature
HHI	Herth Hope Index
HS	Hope Scale
LOA	line of argument

1 INTRODUCTION

This Bachelor's thesis is a literature review on the subject of hope. This literature review examines a few primary research articles from multicultural settings from the viewpoint of inspiring hope in acute care nursing. Qualitative research articles on hope strategies in nursing were chosen. The purpose was to find out some ways of promoting health and well-being through inspiring hope in patients in acute care settings. The objective was to find some nursing ways to promote and or inspire hope in patients in acute and or critical care situations. Hope is an abstract concept which affects the outward physical being and the unseen inner being (Post-White 2003, 10). Patients in acute care settings are able to enjoy health and well-being quicker than those patients with little or no hope. Hope is an important topic for fostering and promoting patient health and well-being (Cutcliffe & Herth 2002c, 1191).

The author chose to investigate this topic in order to bring to light some nursing strategies which may be beneficial to patients. The viewpoint in particular is on promoting hope in patients in acute and or critical care nursing. Nurses are at close proximity to patients and may accelerate healing in patients by using hope promoting strategies and or interventions in their work (Smith & Kautz 2007, 379). Learning to work with hope promoting strategies enhances the quality of nursing (Turner & Stokes 2006, 370).

2 THEORETICAL STARTING POINTS

2.1 The concept of hope

Hope is an unseen abstract concept, and is difficult to measure. Hope is positive, changing, and needs future goals. Measurements have been developed which attempt to measure the levels of hope and hopelessness. The Herth Hope Index has been one often used measurement in many research studies on hope. (HHI developed by Kaye Herth.) Hope is an internal personal quality which may be seen in the person's actions (Cutcliffe & Herth 2002).

Hope is also connected with other virtues regarded as necessary for nursing. Some of these are 'caring' (Cutcliffe & Herth 2002), 'trust' (Turner & Stokes 2006), 'friendship' (Turner & Stokes 2006), and 'connections' (Turner & Stokes 2006) with other people. On even closer examination, hope is connected with the actual manner of nursing (Turner & Stokes 2006) as an 'ally in healing' (Post-White 2003). Cutcliffe and Herth (2002) mention hope as a 'coping resource'. Hope is understood to give meaning to life (Moore 2005), or taken to mean a 'possible positive outcome' (Verhaeghe et al 2007). Some research studies mention daily choices made to 'live in the present' as a form of maintaining hope (Wang 2000a; Moore 2005).

Hope is a shifting value in a human person's lifespan. When hope decreases in a patient's life, those in close proximity, such as nurses, are in a crucial position able to lift up the patients' spirits by raising hope levels (Smith & Kautz 2007).

2.1.1 Dictionary definitions of hope

The British Online Encyclopedia (query=hope) defines hope as "to cherish a desire with anticipation", while the Oxford English Dictionary (entry 88370) defines hope as "expectation of something desired". Both dictionary versions speak of hope as an abstract concept in the mind, having positive connotations, highly valued views, and having to do with the future.

2.2 The definition of acute or critical care nursing

Acute care is understood as care of patients with acute conditions or acute diseases. The Oxford English Dictionary (entry 20341) defines “acute” as “intense, pressing, urgent, bad, grave, serious, and desperate”. The adjective “critical” is similar. The Oxford English Dictionary (entry 44592) defines “critical care” as “specialized medical care for patients with acute life threatening conditions”.

2.2.1 Hope in critical and or acute care nursing

Often nurses working in critical and or acute care units use clinical pathways to document their patient’s health history and progress. Many of these forms have a section for psychological care, and or patient and or family education (Smeltzer et al. 2010, 2230 – 2240). Yet, many of the research studies note that there has been little research on the theme of hope in critical care settings (Cutcliffe & Herth 2002, 1195; Turner & Stokes 2006, 370).

Inspiring and / or increasing hope is one good way of increasing healing possibilities for patients. Hope promotes healing (Wang 2000a, 190; Post-White 2003, 11).

3 PURPOSE AND OBJECTIVE OF THE BACHELOR'S THESIS

The purpose of the Bachelor's thesis was to examine the concept of hope in order to promote patient health and well-being. This literature review aimed to investigate nursing methods used in hope promotion and / or hope inspiration found in qualitative studies. The study questions were: What is hope (in acute care)? and What are some nursing ways/interventions/ managements which inspire and/or maintain hope in patients especially in acute care settings?

The objective of this thesis was to find out ways of promoting and / or inspiring hope in patients which can be useful for nursing and healthcare professionals. The specific point of view of this study is on promoting hope in acute care patients; yet, all patients feel that their sickness is acute at the onset of sickness

Nursing is a challenging profession, and nurses need to develop and maintain high quality standards. Nurses serve as key people in promoting or hindering hope in their patients. Knowing how to use hope promoting ways in work enhances the quality of nursing.

4 METHODOLOGY

4.1 Selection criteria

The Cumulative Index to Nursing and Allied Health Literature (CINAHL) was chosen as the database. The advanced Boolean meta-search was made for “nursing” and “hope in critical care nursing”, which produced 13090 hits. Next the above search was refined according to subject field with the term “hope”, which in turn decreased the number of hits to 125. Glancing through the list, there were still many abstracts from conventions and other irrelevant literature, so the search continued by refining the subject field for “nursing hope”. This produced 40 hits, from which critical care or medical-surgical nursing primary studies dated from the year 2000 onwards were selected for this literature review. The nursing point of view was the inclusion criteria. This search was retried in a similar manner using the words “nursing” and “hope in acute care nursing”, refined with the search word in the subject category for “hope” and “acute nursing”. Some research articles were found from this search as well. The inclusion and exclusion criteria were the same as at the beginning. Altogether seven articles were chosen for this study. This follows Polit and Beck’s (2012, 97) guidelines. The methodological matrix is in Appendix 1.

4.1.1 Ethical concerns and credibility

This Bachelor’s thesis did not have any interviews, human investigations or experiments. There was no need to ask permission for such procedures for this literature review. However, the applicable research studies which were chosen for this thesis did have a mention of permission asked for interviews with the legal age of participants being 18 years or older, The persons who were mentioned in case studies also gave their consent for the studies, and they had been given fictitious names to protect their human rights. Significant others and next of kin of terminally ill patients who were connected to these chosen studies had been contacted and had given their permission. Research studies were selected from different countries and different research traditions in order to provide better a non-biased view of the theme of hope (Polit & Beck 2012, 167-169.)

4.1.2 The conceptual model used in this Bachelor's thesis

After having read the articles, the main points were written down in single words. These were moved around in various ways until this conceptual model was formed. This model was used as a grid / research design in searching for the nursing ways to promote hope in patients. This allowed for a thematic analysis of the subject of hope in a common manner as the selected research studies used different research designs. The common factor among these, however, was that all studies were involved with hope promotion among patients in acute care settings. Questions from Polit and Beck's (2012, 120) table were used as a guideline in formulating this model, which is found in Appendix 2.

4.2 Analysis of research studies

“...we are inclined to see the use of multiple frameworks as a healthy part of the development of nursing science” (Polit & Beck 2012, 137).

Each research article was checked by using the conceptual model seen in Appendix 2 as a grid to answer the question of what are nursing interventions / ways used by nurses to inspire or maintain hope in patients in acute care settings? This unified result was then summarized. This allowed for a method to summarize researches from different research traditions into a unified comparison. Selected research studies which used middle-range theories on the theme of hope were those by Cutcliffe & Herth (2002), Turner & Stokes (2006), and Verhaeghe et al (2007). The research study by Wang (2000a) used a macro theory called Parse's Theory of Human Becoming. Smith and Kautz's (2007) research was a case study. The selected study by Post-White (2003) was a journal article citing patient interviews.

Areas of importance for this Bachelor's thesis in the conceptual model were defined in bold boxes. Relationships between varying factors influencing inspiration or pro-

motion of hope are not used in this thesis. They are shown here to provide a better overview of the total picture.

4.2.1 Trustworthiness

Transparency was achieved by two ways. Firstly, the Bachelor's thesis was supervised and peer reviewed from time to time. Secondly, the decisive steps in formulating the thesis question, results, comparison, and analysis have been recorded in this Bachelor's thesis, and may be seen in the Appendices (Polit & Beck 2012, 596.)

Using the conceptual model, results of ways in which nursing interventions positively affect the inspiration of hope in patients were listed from each research. Hope inspiring nursing interventions which were mentioned over three times received headings. These headings were termed 'listening to patients', 'talking to /asking patients', 'being positive', 'using humour with patients', 'being friendly to patients', 'being present with patients', 'accepting the patient/ in a dignified manner', 'giving information/choices to the patient', 'future plan making', and 'supporting the patient to...'. Pain management was mentioned directly in one research, and indirectly in another research. These headings were then grouped, as seen in Appendix 4.

Verification of the research studies, as recommended by Polit and Beck (2012, 596) was done by checking reference material used in the research studies. Cutcliffe and Herth's (2002) as well as Moore's (2005) articles were double blind peer reviewed, the others were peer reviewed. In noting nursing ways to promote hope from the research articles, the untested strategies mentioned by Turner and Stokes (2006, 364) were all prior to the year 2000, and were not included in this Bachelor's thesis, although it is interesting that these are very similar to those mentioned here. This is mentioned in order to provide a better case for evidence based practice for nursing procedures. Miller's (1985, 1989, 1991) articles were used as references for Turner and Stokes' (2006) studies in this negative sense, and Miller's (1989, 1991) articles were referred to in Cutcliffe and Herth's (2002) and Verhaeghe et al's (2007) researches. Smith and Kautz (2007) used Miller's (2000) newer research article. Interesting facts may be seen from Table 2 in Appendix 5. Post-White's (2003) and Moore's (2005) articles did not have Miller's research studies as references at all, but

they did include Cutcliffe and Herth's (2002) studies. After the year 2005 Cutcliffe's and or Herth's researches were not used as reference material any longer in this small sample. However, Miller's work was still used as reference material even in the newer studies.

Reflexivity has been continuous self-scrutiny during this Bachelor's thesis (Polit & Beck 2012, 587). In the beginning the theme of hope appeared as an easy enticing topic for research. In time, the thematic analysis produced numerous new thought paths, and there was a danger to enlarge the Bachelor's thesis too greatly. This can be seen in the conceptual model used for this Bachelor's thesis. The challenging work of sticking to the topic has served well in finding nursing ways to inspire hope in patients. These ways have been applied in critical care situations, and hopefully will be of benefit many others also.

4.2.2 Results

After the research articles had been selected on the basis of the theme 'hope' in acute care settings, they were read to find the nursing viewpoint. The conceptual model, found in Appendix 2, was then formed. The areas of the conceptual model which were necessary in order to answer the questions of this study were darkened in bold frames. Then the articles were read and the nursing interventions were noted down from each article. These may be seen in Appendix 3. Similar strategies were found several times in the articles. These were then combined logically into larger groups, and may be seen in Appendix 4. These larger groups are described and compared below according to Polit and Beck's (2012, 689 - 690) guidelines.

Nursing ways used to promote hope in acute care which occurred more than three times in the research articles were noted down and given headings. This line of argument (LOA) is based on repetitive occurrence and usage of hope promotion methods, even in differing research study designs. These results suggest that the most effective way of promoting hope in patients is through the nurses' attitudes and manner of working instead of medical interventions. Medical assistance and care given to patients through efficient pain management was mentioned by Wang (2000a) and by Smith and Kautz (2007).

Using the same LOA, hope was inspired and or promoted by nursing attitudes and ways of working. The nurses' presence with the patient was combined with 'building trust' as the criteria for building trust was prolonged presence with the patient (Wang 2000a; Cutcliffe & Herth 2002; Turner & Stokes 2006). The nurses attitude of being friendly with patients (Cutcliffe & Herth 2002; Moore 2005; Smith & Kautz 2007) was mentioned separately from nurses' acceptance of patients /and in a dignified manner (Wang 2000a; Cutcliffe & Herth 2002; Smith & Kautz 2007). Having a positive outlook on life is clearly hope inspiring to patients (Cutcliffe & Herth 2002; Post-White 2003; Turner & Stokes 2006). Nurses' happiness in joking and using humour while working was clearly stated as hope inspiring (Cutcliffe & Herth 2002; Smith & Kautz 2007) and could be inferred from the text in Turner and Stokes' (2006) article.

Continuing with the already mentioned LOA, another important manner of promoting and or inspiring hope was communication between patients and nurses and other healthcare personnel. One basic factor of good communication is listening. Nurses need to take time to listen to their patients (Cutcliffe & Herth 2002; Moore 2005; Turner & Stokes 2006). In addition, all researched articles stated that nurses need to ask questions and talk to patients (Wang 2000a; Cutcliffe & Herth 2002; Post-White 2003; Moore 2005; Turner & Stokes 2006; Smith & Kautz 2007). This promotes and inspires hope. Nurses' discussions with patients should include both giving information and / or choices to patients (Smith & Kautz 2007; Turner & Stokes 2006; Verhaeghe et al 2007), as well as conversations covering future plans and goals of the patients (Wang 2000a; Cutcliffe & Herth 2002; Post-White 2003; Moore 2005; Smith & Kautz 2007). Verhaeghe et al's (2007) whole research differed from the others in that it concentrated on the flow of information between healthcare personnel and the next of kin of the patients, as the patients were coma patients. Hope inspiration in this research article measured hope in the next of kin instead of the patients themselves.

Finally, in this LOA of hope promotion, it was important for nurses to support their patients in several ways. These were seemingly similar to opening up avenues of communication. Three research articles advocated nurses to support their patients to open up and talk (Wang 2000a; Cutcliffe & Herth 2002; Moore 2005). Studies showed that nurses need to support their patients to talk specifically about the subject

of hope (Wang 2000a; Smith & Kautz 2007), and about the meaning of life (Wang 2000a; Cutcliffe & Herth 2002). Nurses can also support their patients in acute care to attempt to find goals in life (Post-White 2003). These ways may seem overwhelming for nurses caring for critically sick patients. Nurses can also support patients by actively finding other healthcare personnel to assist in hope promotion and or hope inspiration by allowing patients to participate in religious activities [*on the premises*] (Wang 2000a; Cutcliffe & Herth 2002; Post-White 2003; Smith & Kautz 2007). Nurses need to remember to promote hope inspiration in their patients by engaging the patients' next of kin in the caring process. Critically ill patients may need nurses' support in social interaction with their loved ones (Wang 2000a; Cutcliffe & Herth 2002; Post-White 2003; Verhaeghe et al 2007).

Results can be found in the results matrix in Appendix 3. These have been grouped according to larger group headings in Table 1 in Appendix 4 for the analysis and interpretive stage of the process of hope in this Bachelor's thesis.

4.2.1 Discussion and Comparison

Results indicate that nurses' way of working and or personality have a large impact on the patient. Nurses' presence, acceptance of the patient, showing the patient his/her dignity, being friendly with the patient, having a positive outlook on life and being able to use humour were the key points necessary for maintaining and or inspiring hope in patients in acute care situations.

Communication between nurses and patients was an important factor in inspiring hope in patients. This includes listening to the patient, talking with the patient, asking the patient questions about various subjects including hope, giving information on the course of the sickness and explanations as to what is taking place, and making plans together with the patient for the future (Wang 2000a; Cutcliffe & Herth 2002; Post-White 2003; Moore 2005; Turner & Stokes 2006; Smith & Kautz 2007.)

Research study results showed that nurses need to support and encourage patients in daring to live a normal life. Activities which inspire and / or maintain hope in pa-

tients but need support and encouragement from nurses in acute care situations were talking, discussions on the meaning of life and the subject of hope, participation in religious activities, searching for goals in life, and maintenance of social contacts with family and loved ones (Wang 2000a; Cutcliffe & Herth 2002; Post-White 2003; Moore 2005; Smith & Kautz 2007; Verhaeghe et al. 2007.)

The results showed only one medical intervention which inspired and / or maintained hope in patients. This was effective pain management. This was stated directly by Smith & Kautz (2007) and indirectly by Wang (2000a).

Similarities in the research articles were the acute care settings of patients, and the same theme, that of hope inspiration. All research articles were qualitative. Similar results emerged from the research studies, although they were written in different countries at different times. Most of the research articles cited Miller (1989, 1991, 2000) in their references, as can be seen in Table 2 in Appendix 5.

Differences in the research articles were the methods of study designs, the country of origin, the year when the studies were conducted (the studies ranged from the year 2000 to the year 2007), and the nursing theories behind the writing. Important to note is that only the nursing interventions were selected for this Bachelor's thesis. From this fact, it can be inferred that all other factors in life promote or hinder hope promotion in the patients' lives as may be seen in the conceptual model.

Limitations of this Bachelor's thesis were studies including only patients in critical care situations, the small number of research articles examined for this Bachelor's thesis, and the English language. The theme of hope inspiration and the central prominence of nursing were added factors in limiting research studies.

In the view of these findings, it can be seen that nursing rests heavily on the nurses' personal characteristics and / or ways of working with both people and medical interventions. Nurses should pay particular attention to practical skills in communicating with patients, as this is a great area for promoting hope. The validity of these findings is good. One example may be mentioned again from Turner and Stokes' (2006, 364) research where untested strategies to inspire and promote hope in pa-

tients were listed. These were similar to those tested strategies listed in this Bachelor's thesis.

Practical applications for nursing from this thesis show the importance of nurses' traits, personality, and ways of working in stressful situations such as acute care. Hope inspirations and hope promotion rest heavily on healthcare personnel. Nurses need to support patients in inspiring hope, but also need to cooperate in teamwork with patients, next of kin, and colleagues to maximize continued hope inspiration in each healthcare unit (Polit & Beck 2012, 666).

The ethics analysis of this Bachelor's thesis has been examined in the analysis section of this study. Trustworthiness and the validity of methods used for this literature research have been placed in the discussion and comparison section of this paper.

5 CONCLUSION

This Bachelor's thesis began with the search for nursing ways to inspire and or promote hope in patients in acute care situations. Several small interventions or ways of nursing were found to affect the promotion or inspiration of hope in patients. Results may be viewed in Appendix 2. As the results were grouped together, three main categories emerged. These were the nurses' attitudes and ways of working with patients, the flow and importance of two-way communication between patients and healthcare professionals, and the nurses' support given to patients in participation of social activities of their own desire.

This Bachelor's thesis on hope also found out that hope is a fluctuating value in everyone's life, and it touches and changes lives along its path. Hope includes the virtuous qualities of nursing such as caring, friendship, trust, and empathy. Hope is positive and aims towards the future, and can be internal and unseen, and or externally seen through actions. Having hope gives meaning to life. Having hope in the profession of nursing is a vital asset for every nurse. Hope has power to assist in healing, and for this reason nurses should attempt to inspire and promote this quality in their patients. Hope would be gladly accepted by other healthcare personnel, and promoting the 'choice of living in hope today' (Wang 2000a, 190) might assist patients in quicker healing.

Development ideas for further research are hope promotion in various age groups of patients and hope inspiration and promotion among healthcare personnel. Hope promotion in education and hope promotion in caring for the disabled are areas of research with few studies so far.

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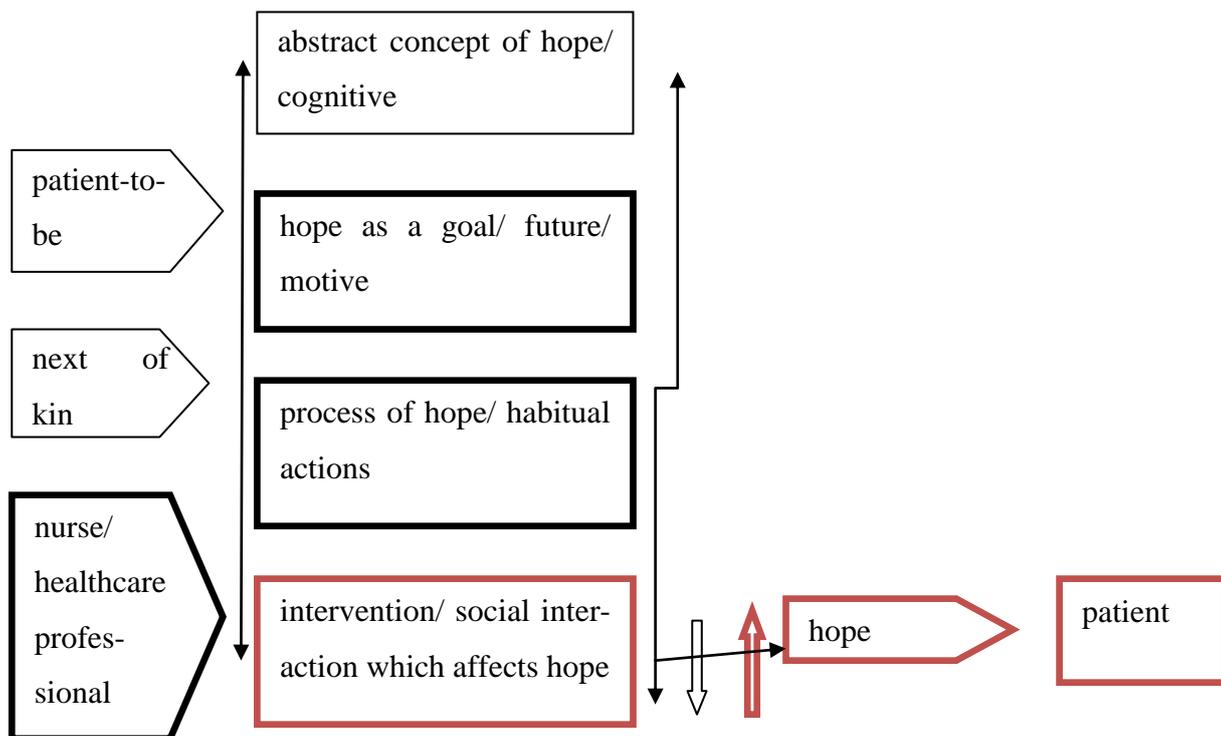
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APPENDICES

Appendix 1. The Conceptual model for hope used in this Bachelor's thesis



Appendix 2. Methodological matrix

Authors, Pub. Yr.	Journal + No.	Sample size	Study design	What is hope?
Cutcliffe, J. R. & Herth, K. A. 2002	Br J Nurs Oct 10-23 11 (18) Canada	2 case studies	hermeneutic	-internal + external -maintain /inspire hope -coping resource -personal future -hope + caring -hope + help
Moore, S.L. 2005	J Psychiatr Ment Health Nurs Feb 12 (1) Canada	1 case study	journal article	-‘choose’ hope -possible hope -meaning/ purpose in life -power of hope
Post-White, J. 2003	Creative Nursing 9 (1) U.S.A.	32 patient interviews	qualitative	-ally in healing + health promotion
Smith, A.D. & Kautz, D.D. 2007	Medsurg Nursing Dec 16 (6) U.S.A.	1 case study	qualitative/journal article	-doesn’t need evidence -nurses influence +/- -nurse can increase possibilities
Turner, S. & Stokes, L. 2006	J Adv Nurs Nov 56 (4) Australia	14 nurse interviews	Gadamerian hermeneutic method	- trust - -connections - -friendship - -manner of nursing
Verhaeghe, S.T.L. et al. 2007	J Clin Nurs Aug 16 (8) Belgium	22 family members’ interviews	grounded theory	-possible positive outcome
Wang, C.H. 2000a	Medsurg Nurs Aug 9(4) U.S.A.	1 case study	qualitative	-choice made to live in the present

Appendix 3. Results matrix

Authors & Pub year	Journal	Results
Cutcliffe & Herth (2002)	Br J Nurs	<p>Nurses can promote hope by -</p> <ul style="list-style-type: none"> -accepting the patient -being a friend to the patient -listening to the patient -having a positive attitude -using humour -being present -making future plans with the patient -encouraging conversations with patients -supporting patients' participation in religious activities -asking family to take part in patients' care -supporting the patient to find meaning in life
Moore (2005)	J Psychiatr Ment Health Nurs	<ul style="list-style-type: none"> -talking with patients -talking with patients about hope -listening to patients -being friendly with the patients -searching for one's personal hope -making hope kits -lending or borrowing hope
Post-White (2003)	Creative Nurs	<ul style="list-style-type: none"> -asking family and friends to help support the patient -support patients in using spiritual interventions -ask patients what brings them hope -together with the patient set goals -support the patient in achieving his/her goals -having a positive view of life
Smith & Kautz (2007)	Medsurg Nurs	<ul style="list-style-type: none"> -maintaining the patients' dignity -providing effective pain management -being friendly with the patient -explaining the reasons for medical interventions + procedures -allowing spiritual needs to be met -asking the patient about his/her well-being -using humour -working purposefully -promoting hope for the moment
Turner & Stokes (2006)	J Adv Nurs	<ul style="list-style-type: none"> - talking with patients -giving choices to patients -having a positive outlook on life -listening to patients -building trust with the patients -giving encouragement to the patients
Verhaeghe et al (2007)	J Clin Nurs	<ul style="list-style-type: none"> -providing daily information on the patients' state to the significant others -giving information to the significant others on how they may assist the patient
Wang (2000a)	Medsurg Nurs	<ul style="list-style-type: none"> -caring for the patient -being present with the patient -asking the patient about his/her hopes and plans -documenting the patients' wishes -encouraging patient contacts with significant others, family, friends, God -(pain management) (not stated, but may be inferred)

Appendix 4. Table of nursing ways used to promote hope

Table 1: Headings of nursing ways used over three times in the research studies

<p>-being present / trust with patients (Cutcliffe & Herth 2002; Turner & Stokes 2006; Wang 2000a)</p> <p>-being friendly to patients (Cutcliffe & Herth 2002; Moore 2005; Smith & Kautz 2007)</p> <p>-being positive (Cutcliffe & Herth 2002; Post-White 2003; Turner & Stokes 2006)</p> <p>-using humour with patients (Cutcliffe & Herth 2002; Smith & Kautz 2007; Turner & Stokes 2006 indirectly inferred)</p> <p>-accepting patients / in a dignified manner (Cutcliffe & Herth 2002; Smith & Kautz 2007; Wang 2000a)</p>	nursing attitude and way of working
<p>-listening to patients (Cutcliffe & Herth 2002; Moore 2005; Turner & Stokes 2006)</p> <p>-talking to /asking patients (Cutcliffe & Herth 2002; Moore 2005; Post-White 2003; Smith & Kautz 2007; Turner & Stokes 2006; Wang 2000a)</p> <p>-giving info/choices to patients (Smith & Kautz 2007; Turner & Stokes 2006; Verhaeghe et al 2007)</p> <p>-future plan making (Cutcliffe & Herth 2002; Moore 2005; Post-White 2003; Smith & Kautz 2007; Wang 2000a)</p>	communication between nurses and patients
<p>-supporting the patient to – talk (Cutcliffe & Herth 2002; Moore 2005; Wang 2000a)</p> <p>-supporting the patient to – discuss life’s meaning (Cutcliffe & Herth 2002; Wang 2000a)</p> <p>-supporting the patient to – find goals in life (Post-White 2003)</p> <p>-supporting the patient to- enjoy religious activities (Cutcliffe & Herth 2002; Post-White 2003; Smith & Kautz 2007; Wang 2000a)</p> <p>-supporting the patient to- discuss the subject of hope (Smith & Kautz 2007; Wang 2000a)</p> <p>-supporting the patient to- social interaction w/ family & others (Cutcliffe & Herth 2002; Post-White 2003; Verhaeghe et al 2007; Wang 2000a)</p>	supporting the patient to-...
<p>-maintaining effective pain management (Smith & Kautz 2007; Wang 2000a)</p>	medical assistance and care

Appendix 5. Table showing common references cited in the selected research articles

Table 2: Showing common references in the research articles

YEAR	AUTHOR ED	CIT-	Wang	Cutcliffe & Herth	Post- White,J	Moore, SL	Turner & Stokes	Verhaeghe	Smith & Kautz
-2000	Miller		1991	1983 1989 1991			1985 1989 1991	1989 1991	2000
2000	Wang		1999			2000b			
-2000+	Herth		1992 1995		2002 et al	1990a 1990b	1989, 1990, 1993, 1996 2000, 2001, 2005 2002 et al		
-2000+	Cutcliffe			1996 1997	2002 et al	1995 1996 2001 et al 2004	1995 1996 2001 et al 2002 et al		
2003	Post-White, J				1991 1996 et al				
2005	Moore, SL					1997 2000 et al			
2006	Turner & Stokes						2000 2003 2004 2005		
2006	Verhaeghe et al							2005 2007	
2007	Smith & Kautz								Rasin + Kautz 2007