

Resilience and serious and continuing illness

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Menzies and Australia 21
Seminar on Resilience

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Resilience – Ante Dabro

Resilience

- Definitions
- Resilience and chronic disease
- What factors promote resilience that we can include in policy?

Definitions of resilience

- Resilient people **always see a way of coping**, and if the first way they try doesn't work, they try a bunch of other things...

Elisabeth Wynhausen *On Resilience* (2009)

- Resilient individuals in the face of overwhelming adversity are able to **adapt and restore equilibrium**

Wagnild and Young (1993)

- A resolute **acceptance** of reality, a sense that life is **meaningful**, and an exceptional ability to **improvise**

Diane Coutu *Harvard Business Review* (2002)

Resilience is about having...

- A strong sense of **self worth** – having self esteem and the confidence to adapt
- The ability to **learn from experience**
- The capacity to be **adaptable** – what could happen next and how could I adjust to this?
- Entrepreneurial **zest!**

The state of the art

- Extensive **research** into resilience in psychology and education in past 30 years
- **Scales** of resilience (Wagnild & Young, 1993) developed as questionnaires
- Resilience corresponds often to **better outcomes**, whether in health, social adjustment after trauma, or education, though not in all studies.

Adapting in diverse circumstances



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6 months on, bushfire victims picking up pieces

Posted Fri Aug 7, 2009 11:34am AEST
Updated Fri Aug 7, 2009 2:45pm AEST

Six months on from Black Saturday, bushfire victims say they want to see changes to the way authorities deal with fire danger.

The bushfires on February 7 claimed the lives of 173 people and destroyed thousands of homes.

The Royal Commission into the Victorian Bushfires is due to release its interim report this month.



Source: <http://www.abc.net.au/news/>
Source: http://www.dhs.gov/journal/theblog/labels/9_11%20commission.html
Source: <http://www.crossingwallstreet.com/archives>

Resilient people



Resilience and chronic illness

- Debbie Kralik and colleagues from the Royal District Nursing Service Research Unit (Glenside, SA) conclude:
 - *Resilience is important in the transitional process of learning to adapt to life with chronic illness*
 - *Sharing experiences and narratives through reflection strengthen resilience.*

The transitional process of learning to adapt to life with chronic illness

- ❖ Reconciling and reconstructing

- ❖ Connecting with others

- ❖ Learning to manage a chronic condition day in day out

- ❖ Life doesn't return to what it once was

- ❖ Resilience is facilitated through connectedness.

Central to living well with chronic illness is the concept of **adaptation**



Achieving resilience in chronic illness

Kralik and colleagues (2006) concluded:

*Participants began to identify personal benefit through **reflection** on, **interpretation** and **validation** of their experiences with illness.*

Promoting resilience

- How can one 'promote' resilience? Can it be taught? What are the environmental factors that support it and enhance it? Can these be dealt with in policy?

Luthar & Cicchetti (2000) argue:

Interventions guided by research should not [be limited to] personal attributes, but rather [see] resilience as a process to be supported within a social context.

The Serious and Continuing Illness Policy & Practice Study

Focuses on... CHF, complex diabetes and COPD because they are common, costly and continuing illnesses for which secondary prevention is known to be effective

Aims to... develop policy solutions informed by patient and carer interviews

Bewilderment has been a common finding.

Successful management of chronic illnesses requires...

Connected care - the provision of a wide range of primary and specialist services, acute and ambulatory care, and effective self care

When thinking about resilience, it would be helpful to **strengthen the connections** between:

- patients and their range of carers
- patients and other patients.

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- There are possibilities for minimising the impact of difficult or adverse circumstances
 - *Building community and creating a sense of belonging for people with chronic illness requires a change ...from a problem to be managed to a positive life to be developed (Kralik and others, 2006).*

Conclusions

- Resilience is important in the transitional process of learning to adapt to life with chronic illness
- Building community and creating a sense of belonging for people with chronic illness may minimise the impact of difficult circumstances
- The provision of ‘connected care’ is important for the successful management of serious and continuing illness.

Bellis perennis – open for new business
each morning!



Source: <http://publicaffairs.tuh.tmc.edu/hle/ner/gfx/2004art/resilience>