Development and Implementation of a Hope Intervention Program

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Key Points . . .

➤ Participants in the Hope Intervention Program (HIP) indicated that the program positively affected the rebuilding and maintenance of their hope.

➤ Participant evaluation of each session, based on the Hope Process Framework (Experiential, Spiritual or Transcendent, Rational Thought, and Relational Attributes of Hope), was most helpful and spread fairly evenly across the sessions. All sessions were helpful.

➤ HIP supports the strategic role that nurses play in implementing research-based strategies designed to engender and maintain hope in their clients and to prevent hopelessness.

Theoretical Basis for Intervention Strategies

The development of an intervention program designed to enhance hope must be based on an in-depth understanding of hope and hope-enhancing strategies identified through research.

Delineating Hope

Over the past two decades, hope has gained significant recognition in its potential as a healing force (Farran et al., 1995; Gottschalk, Fronczek, & Buchsbaum, 1993); its importance in coping specifically during times of loss, suffering, and uncertainty (Morse & Penrod, 1999; Urrhart, 1999; Zabalegui, 1999); and its value in enhancing quality of life (Anderson & Burckhardt, 1999; Post-White, Cersonsky, & Kreitzer, 1996; Rustoen & Hanestad, 1998). Countering hopelessness is recognized as critical in alleviating painful despair, mobilizing psychic energy needed for healing, creating an expectation for enjoying a positive future, and preventing self-invitation to physical decline and death (Ringdal, 1995; Wake & Miller, 1992). Studies of people with recurrent cancer (Ballard, Green, McCaa, & Logsdon, 1997; Mahon, Cella, & Donovan, 1990; Yates, 1993) found that hope is an orientation toward the future that needs to be maintained regardless of the future’s uncertainty. Hope, according to Farran et al. (1995), “constitutes an essential experience for the human condition that functions as...