

## **Nursing Research Teaches Caregivers**

Patient recovery is improved in home by equipping and training caregivers

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### **Transcript**

[Haase] I think one of the major things we do in nursing research is to identify ways that we can help people to adjust to whatever their illness situation is. Whether it's an acute situation or chronic situation, people need a lot of help to adjust to learn what they need to do to stay well or to get well. So we do interventions in schools. we do interventions in hospitals to help people to deal with having cancer, having to going through stem-cell transplant. That's kind of some of the stuff I do. We're in such a variety of places - in hospitals working, doing research to find better ways keep people safe in those environments. When patients go home from the hospital, it's really important for us to also be paying attention to their caregivers: their parents or older adults or even older adults helping them to learn how to take care of their patient, their loved ones.

One of the things about science, you get answers to questions, but they always generate more questions. What's really fun is when you're involving students in that process, they are generating questions that they just take off and go on.

I was always interested in how people adjust well to having a chronic illness. So that's where I started. Interested in pediatrics. How do children and their families who are doing well, do well?

If I could understand a little bit about those families that are doing well, that would be the model for those that are having a lot of trouble adjusting. I've always focused on the positive health. What are people doing well so I understand what we need to do to strengthen those other families in those areas that they're having trouble adjusting.

I've lived a a lot of different places, and I'll tell you, we find Indianapolis as good and better than many of those places.