



Nova Scotia
ABI NETWORK



Lunch & Learn

Walking Two Roads:
Balancing Hope and Reality in Rehab

Presented By:
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January 24, 2024

LAND ACKNOWLEDGEMENT

Nova Scotia Health is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People, and we acknowledge them as the past, present, and future caretakers of this land. We also acknowledge the contributions African Nova Scotians have made to our community.

May this acknowledgment demonstrate a commitment to working to dismantle ongoing legacies of oppression and inequities and recognize the current and future contributions of Indigenous and African Canadian communities in Nova Scotia.



PRIVACY NOTICE

This session is being recorded and a link to the recording will be made available to Network members.

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Walking Two Roads: Balancing Hope & Reality in Rehab

From the Waiting Room Revolution Podcast
Podcast Creators: Drs. Hsien Seow & Sammy Winemaker
Presented by Dr. Clair Barefoot

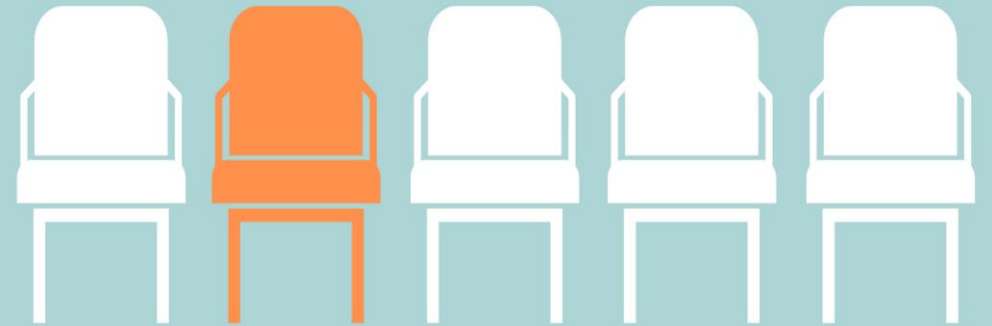
Trigger Warning

- Some discussion about serious illness, death, and dying.
- Staff Resource Handout

Origins of the Waiting Room Revolution

- Drs. Hsien Seow: Health Researcher
- Sammy Winemaker: Palliative Care Doctor
- *Why didn't anyone tell me sooner?*
- <https://www.waitingroomrevolution.com/>

The Waiting Room REVOLUTION



Dr. Samantha Winemaker & Dr. Hsien Seow

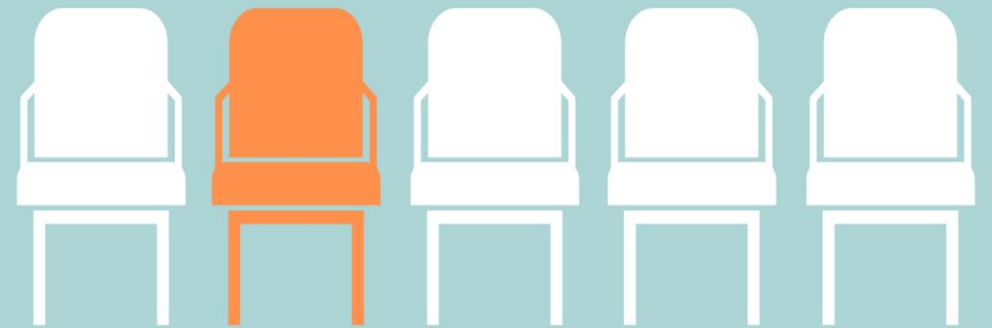
Origins of the Waiting Room Revolution

- “In the know healthcare journey”
- Serious illness: not get better over time and will shorten someone’s life

**Evidence-based concepts from ACT & DBT*

**This application has not been specifically studied*

The Waiting Room REVOLUTION



Dr. Samantha Winemaker & Dr. Hsien Seow



7 keys to be prepared and hopeful when facing serious illness



1. WALK 2 ROADS

Hope for the best and prepare for different outcomes



2. ZOOM OUT

Understand the big picture trajectory of your illness



3. KNOW YOUR STYLE

Recognize your strategies for coping and facing challenges



4. CUSTOMIZE YOUR ORDER

Tailor the care plan to your preferences



5. EXPECT RIPPLE EFFECTS

Prepare for the family's parallel journey



6. TAG, YOU'RE IT

Play a central role in connecting the dots



7. INVITE YOURSELF

Initiate conversations about what to expect

SUBSCRIBE TO THE PODCAST HERE:
WAITINGROOMREVOLUTION.COM

HOSTED BY **DR. SAMANTHA WINEMAKER** AND **DR. HSIEN SEOW**

WALK TWO ROADS

The Writing Room
REVOLUTION



S1 Episode 2

Walking Two Roads

- *“Hope for the best & Plan for the Rest”*
- **Hope:** Cure, regain all/some function, less pain, time with family, regain a hobby, weekend pass
- **The rest:** Plan for right now; consider a future where things aren't as you want.

(Seow & Winemaker, 2021)



Walking Two Roads

- Both roads evolve with the illness or injury journey

(Seow & Winemaker, 2021)



Walking Two Roads

- “Hope” and “The Rest” are based in reality
- Miracles happen!
- People get “stuck” when reality isn’t well balanced

(Seow & Winemaker, 2021)



Walking Two Roads

- Promoting a flexible approach to illness/injury
- Doesn't have to be 50/50

(Seow & Winemaker, 2021)



What Patients need from Us

- Information based in reality
- Check for misunderstandings
- Provide a framework for patients (i.e., walking two roads when we discuss diagnoses, treatments, discharge plans)
- How does the patient want to walk their illness/injury journey?

(Seow & Winemaker, 2021)



What we need from patients

- “People die as they have lived”
- Identify someone to walk two roads

(Seow & Winemaker, 2021)



Sandra

- What road is Sandra focused on?
- What are some of the benefits of this perspective?
- What might be some of the struggles?



Ralph

- What road is Ralph focused on?
- What are some of the benefits of this perspective?
- What might be some of the struggles?



Hailey

- What road is Hailey focused on?
- What are some of the benefits of this perspective?
- What might be some of the struggles?



Questions

Comments

Discussion

(Seow & Winemaker, 2021)



References

Seow, H., & Winemaker, S. (2021). Walk Two Roads [Season 1, Episode 2]. In The Waiting Room Revolution.

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