

Titel:

**SELF-MANAGEMENT DEVELOPS THROUGH DOING OF EVERYDAY  
ACTIVITIES**

**Narrative-in-action as new approach in qualitative research**

Einleitung:

To manage social roles and life in general is a challenging part of self-management post-stroke. This study explored how stroke survivors acted as role managers with their spouses and how they gave meaning to their self-management post-stroke in the context of everyday activities.

Methode:

The study followed the 'narrative-in-action' methodology. Two stroke survivors with a first time stroke living at home with a spouse were included. Data were generated through participant observations at their own environment at 3, 6, 9, 15 and 21 months post-discharge. The narrative analysis focused on the actions of participants.

Ergebnisse:

'Situated doing' was central in stroke survivors' development of self-management and their sense of being in charge of everyday life. The 'doing', daily activities, can be understood as an arena where role management and a meaningful live is negotiated and co-constructed with others. 'Doing' provided stroke survivors with an arena to explore, experience and develop self-management and co-management and the feeling of being in charge. Everyday activities gave stroke survivors and their spouses insight into stroke survivors' capacities in daily situations. This was sometimes empowering, and other times conflicting when a spouse had negative perceptions of the abilities of the stroke survivors.

Diskussion/Conclusio:

The narratives-in-action approach, observing persons in everyday situations provides researchers and professionals with concrete pictures of persons' performance in daily activities. Moreover, it helps to unravel and further understand the process of doing in daily situations. It showed how the 'doing' as arena to negotiate in daily life can support persons in changing processes.

In the presentation, the application of the new approach 'narrative-in-action' and its philosophical underpinning will be explained as well as possibilities to apply this approach in research. Moreover, the application of this innovative approach with different client groups

will be discussed, for example the pros and cons when applying this with people with cognitive problems.

Quellen:

1. Satink, T., Josephsson, S., Zajec, J., Cup, E.H.C., de Swart, B.J.M., Nijhuis-van der Sanden, M.W.G. (2016). Negotiating Role Management through Everyday Activities: Narratives in Action of Two Stroke Survivors and Their Spouses. *Disabil Rehabil* Dec;38(24):2354-64. doi: 10.3109/09638288
2. Satink, T. (2016). What about self-management post-stroke? Challenges for stroke survivors, spouses and professionals. Doctoral Thesis. Enschede: Ipskamp Printing.