

Ethics Grand Rounds

How 'expectations' operate and shape rehabilitation experiences and adaptation after brain injury

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Expectations are future-oriented beliefs about what 'will' and 'should' happen. In the context of rehabilitation, expectations relate to all aspects of the therapy process, including beliefs about what happens in therapy, the outcomes of therapy or for recovery in general, and roles and expectations of others (e.g., service providers). Misaligned expectations between individuals and the healthcare team contribute to a range of challenges, including communication breakdown, difficulty goal setting, reduced client engagement in rehabilitation, and potentially affects client, family and/or service provider wellbeing. This presentation will explore: 1) what is known about 'expectations' in the context of brain injury rehabilitation; 2) turning point processes evident in narratives of people with brain injury, and using case studies illustrate how changes in expectations and belief systems can arise through life experiences; and 3) strategies for discussing expectations such that conversations about therapy expectations can become more accessible.

*Physician attendees will be eligible to receive one Section 1 **Continuing Professional Development (CPD)** credit as certified by the Royal College of Physicians and Surgeons of Canada. Other attendees may qualify for professional development credits through their respective colleges, at the discretion of those colleges. Links for providing feedback and registering for credit certificates will be available live in the session.*

Registration link: https://ca01web.zoom.us/webinar/register/WN_91B3OGdSS2KqRSYv1gQT9g

All are welcome! Closed Captioning is available.

Please direct any inquiries to Jordan Wadden (jordan.wadden@unityhealth.to).