A Metaphor Analysis of Patients’ Experiences with Holistic Nurse Coaching

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Background

• Every day, millions of people with chronic conditions struggle to manage their symptoms, implement their self-care plan, and maintain the highest possible quality of life. Half of our US population have at least one chronic disease causing pain and suffering.

• Holistic nurse coaches have the skills and expertise to empower patients with chronic conditions to engage in wellness behaviors, make behavioral changes, and facilitate their ability to cope with health challenges.

Aim and Objective of the Study

• The purpose of this study was to examine the metaphors used by patients with chronic conditions to describe their experiences with holistic nurse coaching.

Why are Metaphor Analyses so Helpful in Understanding Patient Experiences?

• Metaphor is one of our most important tools for trying to comprehend partially what cannot be comprehended totally: our feelings, aesthetic experiences, moral practices, and spiritual awareness.

• Invitation to “See It Like This”
Methods

A secondary analysis was conducted from the primary data set of a phenomenological study of the experience of holistic nurse coaching for 15 patients with chronic conditions. 5 nationally board-certified holistic nurse coaches from Wisdom of the Whole Coaching Academy who had 60 hours of coaching education identified potential participants.

The type of secondary qualitative analysis approach used was analytical expansion. Metaphorical Identification Procedure was used to analyze the corpus of 115 pages of typed transcription.

Primary Study

• Eight theme clusters emerged when the formulated meanings were organized into categories: (1) Seeking Guidance to Navigate Life's Challenges, (2) Entering a Safe Sacred Place, (3) Feeling Empowered and Accountable, (4) Developing Strategies to Access Different Ways of Knowing, (5) Finding the Answers Within, (6) Making Healthy Behavioral Changes, (7) Forming a New Caring Relationship with Self and (8) Transforming to a Brand-New Approach to Life.

Data Analysis

• Four steps of the Metaphor Identification Procedure (MIP)
  • 1. Read the entire text–discourse to establish a general understanding of the meaning.
  • 2. Determine the lexical units in the text–discourse.
  • 3. (a) For each lexical unit in the text, establish its meaning in the context, that is, how it applies to an entity, relation or attribute in the situation evoked by the text (contextual meaning. (b) For each lexical unit, determine whether it has a more basic contemporary meaning in other contexts than the one in the given context. (c) If the lexical unit has a more basic contemporary meaning in other contexts than the given context, decide whether the contextual meaning contrasts with the basic meaning, but can be understood in comparison with it.
  • 4. If yes, mark the lexical unit as metaphorical.

Results

Holistic Nurse Coaching for Patients' with Chronic Conditions Facilitates:

<table>
<thead>
<tr>
<th>Metaphor Number</th>
<th>Metaphor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Seeking Guidance from Keyhole (the Mobilizing the Door)</td>
</tr>
<tr>
<td>2.</td>
<td>Entering the Sacred Place (the initial transformation)</td>
</tr>
<tr>
<td>3.</td>
<td>Feeling Empowered and Accountable (the personal power)</td>
</tr>
<tr>
<td>4.</td>
<td>Developing New Strategies (the transformation of the body)</td>
</tr>
<tr>
<td>5.</td>
<td>Making Healthy Behavioral Changes (the transformation of the body)</td>
</tr>
<tr>
<td>6.</td>
<td>Forming a Caring Relationship (the transformation of the body)</td>
</tr>
<tr>
<td>7.</td>
<td>Transforming to a Brand-New Approach (the transformation of the body)</td>
</tr>
</tbody>
</table>
HNC Facilitates Taking Personal Power Back Like Acquiring a New Toolbox

“I was able to see a path through the forest. She gave me the axe, I cut the path.”
“i have the tools.”
“i found an inner healer inside me.”

HNC Facilitates Seeing Health Challenges from Different Angles like a Duck Pond Race

HNC Facilitates Shifting Perception of Chronic Condition like Making Friends with a Spider

“I felt my body had betrayed me.”
“Thinking about my illness in a new way.”
“My coach helped me in shifting my relationship with my condition from one of anger to compassion.”

HNC Facilitates Engaging in Self-Care like Caring for a Favorite Plant

“Caring for self like my favorite plant.”
“Seeing my lungs as 2 baby birds I need to care for.”
HNC Facilitates Choosing to Focus on the Positive like a Collage that Changed from Dark to Light

“Metaphors are like a series of brush-strokes—so that no single metaphor adequately expresses the state.” (Charteris-Black, 2012, p. 213).

Different metaphors can structure different aspects of a concept.

Five different metaphors helped to structure patients’ with chronic conditions experiences with holistic nurse coaching.

**Implications for Holistic Nurse Coaches**

- Importance of creating a caring-healing space for coaching sessions.
- Access all of their potential by using multiple skills and various parts of themselves (body, mind, spirit, energy, environment).
- Offer a variety of tools when requested to assist patients in developing an individualized toolbox for managing, coping, and even reversing chronic condition.
- Invite a conversation about how clients feel about their conditions allowing visualization and even dialog with the chronic condition’s form and needs.
- Ask what is the gap between how clients care for self and a cherished person/object.
- Reinforce the way clients perceive their chronic conditions and how they can use choice to improve their health and wellbeing.

**Implications for Research**

- This study uses a valid research method for the use of metaphors in the lived experiences of holistic nurse coaching for patients with chronic conditions.
- It invites others researchers to go outside of the box and utilize new paradigms for studies.
- This method adds creativity that may attract people to look at studies who normally would not be interested in research findings. It opens up the research field for more innovation as well as sustains the validity and reliability of such work.
- More studies examining nurse coaching and patient outcomes are indicated.
Conclusion

The 5 metaphors helped patients express what they could not completely capture using medical jargon and provide rich insight for holistic nurse coaches.

Specific interventions can be developed to target each of these metaphors.

Using secondary qualitative data analysis to mine for metaphors in a primary data set provides researchers another valuable and creative opportunity to discover new knowledge from data they had previously collected.

References


Questions and Comments