

# The Power of Hope

*Fostering hope among health care workers and health care recipients to sustain health systems and good health outcomes.*



## Foster Hope, Sustain Impact

TIP Global Health promotes local innovation at the frontlines of health while aligning with national systems to strengthen primary health care delivery and achieve Sustainable Development Goals. The cornerstone of primary health care is the relationship between frontline health workers and the community members they serve. For this relationship to thrive, each person must be valued, capable, and hopeful in the future. When nurses believe that their interventions will improve the health of those they serve, and when mothers believe that changing their behaviors will improve the lives of their children, amazing results occur. **Hopefulness among frontline health workers and the community members they serve leads to sustained, positive health outcomes.**

## Measuring Hope

### What is the Herth Hope Index and what does it measure?

We use the Herth Hope Index to measure hope. This index includes 12 questions, and allows us to calculate an overall Hope Score or break the results into subsets to assess interconnectedness, future versus temporary mentality, and readiness for change. Having a valid and reliable tool to measure Hope in Rwanda will allow TIP to assess the influence of Hope on long term outcomes.

### How will TIP ensure that the Hope Index is relevant to Rwanda?

TIP utilizes several methods to ensure that the Herth Hope Index is conducted in a culturally-appropriate way. The validation process included multiple translations and cross translations, as well as in-depth focus groups with nurses and mothers, with direct guidance provided by Dr. Herth. We then conducted over 220 surveys among nurses and HIV-positive mothers to test the reliability of the tool. We documented this process to provide guidance to others who would like to adapt the Index to their local context. The work has been published in the [Health and Quality of Life Outcomes Journal](#).

**HOPE** is an optimistic attitude of mind based on an expectation of positive outcomes.

## How Hope Influences Health

A wide range of research demonstrates that increased hope among health care workers leads to higher quality of care and that increased hope among health care recipients leads to better health outcomes. Positive mood is associated with protective biological health markers such as immune system response, cortisol profiles, and cardiovascular function. Health care workers with more hope demonstrate less burnout and more motivation and job satisfaction. Research also shows that hope can be influenced.



## Why We Measure Hope

Hope influences one's intrinsic motivation for change, and is critical to sustaining short term behavior change. Sustaining short term gains requires attention to factors that inspire ownership of health outcomes and influence health care workers' ability to maintain high quality care and health care recipients' ability to maintain short term health improvements. If we do not measure hope, it will be impossible to accurately predict one's commitment to sustaining short term gains or to understand why an intervention has failed to achieve long term success.

Hope can be influenced. Research shows that hope can be fostered by strengthening interpersonal relationships, providing visual evidence that change is possible, and learning to control one's symptoms. In the next phase of our work we will assess personal and system factors that influence hope. We will use the Hope Index to determine if influencing these factors can increase hope and improve health outcomes.

The TIP Hope Initiative is dedicated to deeply researching the influence of hope on health outcomes to promote healthy choices, strong health systems, and thriving communities.



*If we believe that tomorrow will be better, we can bear a hardship today.*

- Thich Nhat Hanh