

## Editorial

# Hope and trust – essentials in coping with an uncertain tomorrow



We are just recovering from months of isolation and loneliness; most people are planning for the festive season, enjoying being with loved ones and then the news... A sudden spike in the COVID-19 numbers in Europe, the United Kingdom and parts of the USA. Will the long-awaited visits planned for the family and friends travelling from these areas be possible or will it again be placed on hold – the uncertainties are again taking up a lot of time and energy.

What does this mean for our nurses and other healthcare workers? Our facilities might once again turn into places of solitude and isolation together with the threat that the healthcare facilities might not have adequate beds, staff and equipment. A feeling of hopelessness is slowly creeping into the healthcare facilities, the homes for the elderly and caring facilities.

What is understood when referring to *hope*? "Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large." (Wikipedia, accessed 17 October 2020). Hope is an emotional feeling and belief. Hope is an integral part of every person's life and therefore plays a significant role in nursing and patient care. Hope is an essential aspect in healthcare practice because it is linked to a person's journey and recovery process. A nurse plays an important role in instilling hope in the patient's experience of his/her illness or loss and to help to improve the quality of life. Nurses should be trained in how to inspire hope in their patients throughout the patient's journey from diagnosis to returning to their community. Nurses must be trained in the crucial role that hope plays in reducing

the impact of disease or disability in patients and their families, the role of hope in the faster recovery of disease and the value of believing in a personal tomorrow. The knowledge of the concept of hope and how the nurse can instil hope in the patient by excellent timeous communication regarding his illness, treatment and expectations are but only some of the important aspects of hope to be understood.

How is it possible for nurses and other carers to be the carrier of hope to those in need when we are also experiencing the dire circumstances of an uncertain tomorrow. Many of us haven't worked through the emotional and physical experiences of the first wave and now the news of a second wave in Europe, the ever-increasing number of COVID-19 cases in the USA and now also in the Eastern Cape in South Africa, will we be ready and able if a second wave hits our communities?

Hopelessness can occur when a person goes through a difficult time, feeling discouraged or anxious about an event such as the COVID-19 pandemic. The fear of social isolation, lacking social support and resources may also lead to hopelessness.

The role of the manager in encouraging hope in a new tomorrow cannot be over emphasised. The nurse manager must pay attention not only to the physical status of the nurses but also their psychological and emotional status. It is now more than ever before essential to be managing by "walking around", the visibility of the nurse manager creates a safe and secure environment for the staff to perform their duties. The new normal for the nurse manager must be attention to the team spirit and unity in striving to a future of hope and trust. Regular contact with the nurses enhancing hope, optimism and a positive attitude is important and the caring approach will create conditions to encourage hope in the care of patients.

Hope strengthens our ideas and values, hope assists us in improving our quality of life, hope assists us in coping with our stressors and with our relationships with others. COVID-19 has changed our world and our place of work; let us, as nurse leaders, through a positive attitude, incorporating hope and trust in nursing practice, create the environment for all healthcare workers to overcome the known and unknown challenges of tomorrow.

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