**Mauk Model of Post-Stroke Recovery**

A stroke coordinator is in charge of education of both patients and nursing staff on stroke management. A theory that is in line with this area of practice is Mauk’s model of post-stroke recovery. This is a theory that focuses on education of nurses to the stroke patients and relatives on how to manage stroke (Mouziraji et al 2014). This is carried out in addition to rehabilitation of the patient and hence it is a team work.

This is a practice theory as it centers on the social aspect of the stroke. Education of proper care and management of a stroke patient at different stages is very important to have a human touch in it as it is a sensitive area of research. It is also an explanatory research as it explains about stroke using seven different phases that center on recovery of a stroke patient.

The core elements of the theory are in the six phases. The first phase is the agonizing phase which is the most stressful and is agonizing to the patient and care givers. This is followed by fantasizing about recovery, then realization of what one is facing in the present and future. These are followed by blending stage and framing stage. Lastly is the owning stage where one owns the truth and recovery process (Mauk, et al 2015).

Research by Mouziraji et al (2014) indicates that Mauk’s theory on post-stroke recovery is imperative for a stroke coordinator as it is the perfect education tool for nurses and care givers. All that the stroke coordinators need to do is ensure that they educate on all the expected stages to undergo before reality of the situation can sink in and start helping the stroke patient. This plays a huge role in education of recovery and coping strategies.

**References**

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