



Contents lists available at ScienceDirect

# Teaching and Learning in Nursing

journal homepage: [www.journals.elsevier.com/teaching-and-learning-in-nursing](http://www.journals.elsevier.com/teaching-and-learning-in-nursing)



## Tips

# Hope-centred care approach: Strategies for nursing education

Zaida Charepe, PhD

Faculty of Health Sciences and Nursing, Center for Interdisciplinary Research in Health (CIIS), Universidade Católica Portuguesa, Lisbon, Portugal



Hope is a dynamic and multidimensional phenomenon that involves positive expectations, motivation, and the ability to adapt to challenges. Here are some tips to implement a pedagogical approach centred on hope:

- Addressing the definition, attributes, and consequences of the hope concept. For example, the student learns that hope involves realistic expectations and achievable goals, such as a patient who believes that treatment can improve their quality of life, and present and future orientation, such as a patient who plans a grandchild's birthday, even during treatment.
- Develop realistic simulations, such as interacting with a fictional patient facing a diagnosis of a chronic or terminal illness in a hospital context. For example, explore the situation of a patient who faces feelings of despair and uncertainty about their future. Participants included a nurse (played by the student) and a patient (played by an actor or colleague). Students should be guided to establish interpersonal connections, explore patients' feelings, and help set realistic goals.

- Self-reflection is made by asking introspective questions such as "What gives me hope?" and "How motivated am I to inspire hope in others?" In this perspective, learners are asked to reflect on their sources of hope and their capacity to positively influence others.

This approach helps future nurses to promote a realistic hope, essential for patients and their families to face suffering, uncertainty, and vulnerability.

### Declaration of competing interest

The author declares that there is no conflict of interest.

### CRediT authorship contribution statement

**Zaida Charepe:** Writing – review & editing, Writing – original draft, Conceptualization.

E-mail address: [zaidacharepe@ucp.pt](mailto:zaidacharepe@ucp.pt)

<https://doi.org/10.1016/j.teln.2026.03.035>

1557-3087/© 2026 The Authors. Published by Elsevier Inc. on behalf of Organization for Associate Degree Nursing. This is an open access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>)