

Integrated support for cancer patients

Oncology Post-graduate Program

University Escola d'Infermeria, Fisioterapia i Nutrició Blanquerna

Profile

Directed to professionals of the public health, nursing, caretakers and therapists in any specialty with interest in the area of the oncology and its physical, mental, emotional, family and spiritual impact.

Conditions of access: Graduated and Licensed in the Health Sciences and or therapists accredited by professional associations.

Objectives

- To provide health care professionals, caretakers and therapists with new resources so that they can support the patient in all the phases of his illness.
- The humanizing of the hospital interactions by enabling the professional by means of a specialized program that allows him to accompany the person with a right balance between knowledge and wisdom, science and humanity, at all the stages of the disease?
- To provide the necessary support to fully accompany the patient thru the whole process of the disease, either, towards total or partial recovery of health, or towards the end of life. In all cases, the necessary transition from feeling like a victim of the disease to an empowered individual.
- To offer a vision of death as a process of the life and not as a failure of the system nor the person.
- To empower the patient in his own treatment and healing so that he moves from being a passive member to a major collaborator with his doctor.
- To enhance the patient's capacity to accede, accept and integrate the physical, psychological, emotional and spiritual aspects of the disease.
- To give clarity and tranquillity in the distinct stages of the illness to both the patient and family.
- To use a practical methodology of learning based on personal experience.
- To enhance the profession of the health care provider so that a genuine spirit can be developed centered in the attention and the care of the person more than of the disease, a space reserved to the professional performance of the doctor?
- Finally, to promote the creation of a new area of attention in clinics and hospitals, where the spirit of the profession can be developed with effectiveness.

Contents

Blocks of contents:

1° Chapter: Presentation and creation of the space to support.

- ❖ Principles of total support.
- ❖ Connection between mind, body and soul.
- ❖ Creation and connection with the personal center. "To be centered"
- ❖ Creation of the space for support.

2° Chapter: Diagnosis of the disease and personal challenge.

- ❖ The diagnosis: From victim to creator. Fully collaborating and generating of possibilities?
- ❖ From the concept of death to the purpose of life.
- ❖ The challenge of the disease. Acceptance of the challenge.
- ❖ The necessity of the personal transformation before the challenge.

3° Chapter: Attention to the body and exploration of the symptoms.

- ❖ The science of breathing and relaxed attention.
- ❖ Relaxation within the present circumstance; Physics, mental or emotional.
- ❖ Exploratory description (non-explanatory) of the symptoms.
- ❖ Touch and gentle observation of the body. What is the body telling us?
- ❖ The relationship with the pain. Polarity between avoiding it and feeling it.

4° Chapter: Behaviours that accompany the disease.

- ❖ Verbal and customized expression of the symptoms.
- ❖ Changes that the appearance of the symptoms of the disease generates in the life of the patient.
- ❖ The positive intention of the symptoms.
- ❖ Recognition of the behaviour patterns that accompanies the symptom.

5° Chapter: Integration of past learning and creation of alternatives .

- ❖ Work with the time line until the first event that generated the pattern.
- ❖ Acceptance and integration of the personal past.
- ❖ Opening intuition as a new channel of perception.
- ❖ Working with the unconscious we create new alternatives.
- ❖ Collateral: Resolution of interpersonal conflicts.

6° Chapter: Integration between life and death; the purpose of life.

- ❖ Understanding of the symptoms and of the purpose of life.
- ❖ Redefinition of personal objectives or vision of life.
- ❖ Separation from the support team and new stage in the life of the person.
- ❖ The support for the dying process. Work with the family.

7° Chapter: Practices in hospitals and mentoring of health care providers.

- ❖ Mentoring of health care providers in the different phases of the medical treatment.

Program

Development of contents.

One of the contents through a theoretical exhibition is developed each where the previous experiences for the compression recover necessary and the new frames settle down to develop the practice successfully. The success settles down in the understanding of the process and not in the result of the practice.

In order to facilitate the understanding and the later putting in practice of the support program (PAGE), each one of the blocks has structured through a series of questions and experiences that will facilitate to the companion their exploration with the patient. They will contribute to both clarity in its process.

The program and the notes of the course will be given with the required advance.

Frame of performance

The performance frame is multiple. The "Program of Global Support to the Patient" (PAGE) Is a program designed with the participation of the University School of Blanquerna Infirmary and is conceived to be developed in collaboration with departments of oncología of clinics, hospitals and organizations of patients related to the cancer. The program includes an evaluation on the incidence of the attention humanized in factors like the time of recovery, the quality and the life expectancy of the ill person.

This program can be extended to any frame where people with health difficulties go, physical, psychological, emotional diseases, problems or that affect certain areas of their life, as they can be separations, losses and duels and, in any place and circumstance where a personal attention on the part of a professional is needed the health.

As external frame of performance, to promote the creation of new areas of personal attention in clinics and hospitals, where it can be developed with greater amplitude the vocational spirit of the profession of the infirmary and the caretakers.

Josep to be accustomed to

Barcelona, October 2006