

Caso Clinico

“THE WELL-BEING’S LOUNGES”

B. DI MICCO¹, S. DIAMARE², F. DIAMARE³, B. NAPPI⁴, C. RUOCCO⁵, E. GUIDA⁶

¹Gesco Psychologist at the Department of Fragility, Public Health Local Service “ASL Napoli 1 Centro”;

²Manager Psychologist at Operation Unit Control Quality, Public Health Local Service “ASL Napoli 1 Centro”;

³Ambulatory specialist in Preventive Medicine and Hygiene at Operation Unit Control CUP and Information flows;

⁴Voluntary worker at Operation Unit Control Quality, Public Health Local Service “ASL Napoli 1 Centro”

⁵Trainee at Operation Unit Control Quality, Public Health Local Service “ASL Napoli 1 Centro”;

⁶Director at Operation Unit Control Quality – Central Services, Public Health Local Service

Abstract

In health services (Baranowski, 1988) must be facilitated the approach salutogenesis in order to increase the motivation for change and the ability to discern between false needs and healthy lifestyle choices.

This study presents the results reported to the method “The Well-Being’s Lounges ” dell’UOC Control Quality, created by dott.ssa Sara Diamare applied on an experimental basis which training course for operators of Department of Fragility.

The Well-Being’s Lounges promoted in different services of the ASL Napoli 1 Centro you can use to learn skills to manage health in an atmosphere of sharing and reciprocity between healthcare professionals, patients and caregivers.

Discusses issues are treated with an interactive approach with expressive techniques and art therapy to convey content is not contradictory with the body language in relationships with others.

For evaluation as an integral part of the method, tests were used in ex-ante and ex-post.

The results go in the direction of improving the perception of their State of health, of concentration and energy, of the interpersonal relationship with his patients.

Introduction

The WHO (World Health Organization) in 1948 defines health as: “a state of complete physical, mental and social wellness.” In more recent years (WHO, 1987) it has developed the concept of health promotion, the process through which people improve the control and management of their welfare conditions.

Therefore, the prospect salutogenic (Antonovsky, 1979) - aimed at promoting of well-being, through processes of emancipation and self-determination of citizens (empowerment)

- must be implemented in the theme of health services (Baranowski, 1988). In this view fits the project of salutogenesis “The Well-being’s Lounges” of the Operation Unit Control Quality, conceived by Dr. Sara Diamare, and promoted in different services of Public Health Local Service “ASL Napoli 1 Centro” including: the Cardiac Rehabilitation Center of Hospital S. Gennaro with “The Well-being’s Lounges for patient heart disease”, the Department of Mental Health and Hospital *Ascalesi* with “The Well-being’s Lounges for the family members of psychiatric patients” in the places making available by the Navy League.

The method, through the "Agreement between ASL Napoli 1 Centro and University Suor Orsola Benincasa", was also the subject of experiential workshops in the degree Pedagogy course concerning "Healthy Lifestyles". In the present study we show the effectiveness of a training process about this method, targeted to operators of the Fragility's Department at Villa Walpole, for the implementation of the model in favor of elderly's caregivers.

The Well-being's Lounges, in fact, allows to motivate and gain skills to manage their health, in a spirit of sharing and reciprocity of intent with health operators involved in the process.

The 5 Psychosomatic "keys" of health promotion, discussed during the 5 meetings scheduled, are: Conscious Breath, Nutrition, Emotion, Relaxation, Movement and Psychosomatic Empowerment.

This training course aims to:

- Improvement of the interpersonal relationship and their lifestyles in order to become "subjects" promoters of "Healthy Life Styles" for users;
- Fostering open communication between the group and the professionals involved;
- Encourage people to be active agents of change and not passive objects of treatment, in view of a patient's conception as a health and not therapy topic;
- Promoting the own and the users's self-management and empowerment;
- Promoting the psychosomatic empowerment.

Methods and Results

The method involves experiential workshops through psychosomatic and development of creativity techniques: Bioenergetics, Progres-

sive muscle relaxation (M. Erickson), Aesthetic Experience Incarnate Creative Conscious¹, Dance-Movement-Therapy² (S. Diamare). The consciousness of the psychomotor, postural and gestural in the life's behavior's implications, allows the operator to use the non-verbal codes in relationship to deepen self-knowledge and to transmit not-contradictory contents with the body language. This psychomotor activity aimed to self-awareness, can increase the motivation to change and the ability to discern between false needs and healthy lifestyle choices. In particular, through the relaxation techniques that reduce cortical, sympathetic and hypothalamic's excitability (Sommaruga M. et al, 2005) - and therefore, the intensity of their emotional states - it has achieved a reduction of fatigue and sadness perceived, a reduction of the anxiety and the irritability's levels, and an increased sense of happiness and calm.

For the evaluation of the training program directed to a target of n. 19 health operators, as an integral part of the method, has been used psychometric tests - in ex-ante and ex-post - such as:

1. Questionnaire SF-12: (short version of the SF36 questionnaire) that evaluates the perception of the patient's life quality through two synthetic indices:
 - PCS (Physical Component Summary) for Physical state
 - MCS (Mental Component Summary) for Mental state
2. Interview on Healthy Lifestyles: Elaborate on the notes of the project PASSI 2005 (Progress of Health hospitals for the well-being in Italy) promoted by the Health's Institute.
3. Mood Visual Analogue Scale (MVAS-9)³: visual analogue scale which enables measurement of the mood through the evaluation of two components: Activation energy (sleepiness, concentration, fatigue, energy), Affective Tone (calm, tension, irritability, happiness, sadness).

¹ This method derived from "aesthetic experience" invented by Vezio Ruggieri and the "embodied simulation" invented by Vittorio Gallese, stimulates the conscious use of its own perceptual and aesthetics skills through a body reappropriation and decoding imitative work of art, using empathy as a resource.

² The Dance Movement Therapy (DMT), in the Well-being's Lounges has been proposed to enable participants to re-establish, through spontaneous movement and creative experiences an harmonious accord with their natural rhythms, favoring the body culture and its wellness.

³ Graphical evaluation tool of attributes where the subject quantifies the intensity by putting a section on a measure of 100 mm (Violani, 1996).

The results achieved from the data analysis, emerged from the administration of these tests, confirm the improved acquisition of healthy lifestyles among operators, the improved perception of one's mental and physical healthy state and the improved concentration and energy.

In the subsequent follow-up, the group has also recognized the improvement of interpersonal relationship with their patients, and the effectiveness of the course, in order to promote the empowerment and encourage people to be active agents of change and not passive objects of treatment, in view of a patient's conception as health subject and not as therapy subject.

Conclusions

Results comforts us in continuing our action-research with "The Well-being's Lounges" method to disseminate the culture of "Healthy Life Styles" and to encourage an interactive mode of communication between the medical team, users and caregivers, in order to "helping the people to help".

Moreover, the course allowed to test the efficacy of change from a prescriptive to a circular communication based on empathic listening and relationship in the deployment and support of healthy lifestyles's adoption. Currently, after this training course, "The Well-being's Lounges" have been implemented in various geriatric structures in favor of caregivers.

CORRISPONDENZA

Dott.ssa Diamare Sara
Dirigente Psicologa UOCCQ Asl Na 1 Centro
sara.diamare@gmail.com