



Humanization: the solution for non physical pain in hospital environment

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Sabrina Carvalho Miname

1 INTRODUCTION

The classification of a terminal patient occurs when the possibilities of rescuing health conditions are exhausted, and the possibility of near death seems inevitable and unpredictable. For these patients there are care practices that improve the quality of life, initiated by Cicely Saunders in the 20th century, in a thesis on pain that integrates non-physical areas applied to the terminal condition: Total Pain and Comfort Theory. In this context, it is essential that the healthcare professional be prepared to welcome the patient and companion with a humanized approach, seeking to solve the pain in its total form. Thus, humanization becomes an indispensable item at all levels of care.

2 OBJECTIVE

Emphasize humanization as a form of solution for non-physical pain in the hospital environment.

3 METHODOLOGY

This is a literature review that was carried out by consulting the following sources: Lilacs (Latin American and Caribbean Literature on Health Sciences), SciELO (Scientific Electronic Library Online) and Pubmed, covering the period of publications between 2001 and 2021. The searches were made in July 2022, using the following descriptors: "total pain", "hospital humanization" and "humanized care". Among the articles found, 10 were selected that met the criteria: publication between 2001 and 2021, free access to the articles in the researched databases. The selection of articles was made according to relevance to the theme studied, meeting the criteria and reading in full the remaining articles after the previous steps.



4 DEVELOPMENT

In this study, it was observed that a large portion of the publications are integrative reviews. However, the categories that emerged from this work were: nursing care in oncology and the use of integrative/complementary therapies in cancer patients. According to Souza and Stamm (2021), the use of integrative therapies can be considered as supplements to classical medicine, and include methods that help alleviate some symptoms of cancer, and the side effects caused by treatment, leading to a greater sense of well-being. Among the integrative therapies most commonly used to relieve the various symptoms arising from cancer treatment are acupuncture (CARVALHO *et al.*, 2019); aromatherapy (ÖZLÜ; BILICAN, 2017), and reflexology (MURAT-RINGOT *et al.*, 2020), which consider that a more humanized aesthetic, and with an oncology focus, aims to understand and exercise respect for life, and also involves attention to the psychosocial, existential, and spiritual aspects of well-being.

5 CONCLUDING REMARKS

Cancer patients suffer several effects resulting from the treatment, and it is necessary to establish conducts that help the patient to deal with the treatment and its effects, minimizing the impacts on his/her self-esteem and well-being. Integrative therapies effectively and safely reduce physical and emotional symptoms. These therapies provide a favorable risk-benefit ratio and allow cancer survivors to help manage their own care.



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