



IDEIAS DE UM WORKSHOP

Terapia Ocupacional em

Cuidados Paliativos

Síntese

A Partilha de uma boa prática com estudantes para além de ser isso mesmo, é também incentivar junto de futuros profissionais que boas práticas de atuação devem e podem ser conduzidas junto da comunidade local e internacional, tanto com Terapeutas Ocupacionais como com outros Profissionais de Saúde

Vanda Varela Pedrosa

Adjunta Convidada do Curso de Licenciatura em Terapia Ocupacional da Escola Superior de Saúde do Politécnico de Leiria

Vamos falar sobre Cuidados Paliativos em Saúde

Occupational Therapy^(OT) at home: palliative care approach

vanda.varela@ipleiria.pt



Workshop 90'

Objective is to reflect on OT role in PC approach at Home, within the scope of Portuguese Primary Health Care

Occupational Therapy

Palliative Care(learning & teaching)

Home

Health Context/Primary Care

OT at home: palliative care approach

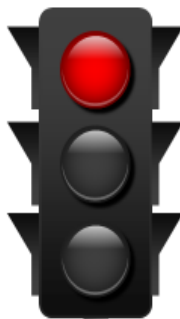


00 your opinion? the image best describes Pain (1)?



<https://www.porta1raizes.com/desenho-emocoes/>

00 How do you **feel**, when **thinking** about Palliative Care ?



Aggressiveness
Anger



Joy
Optimism



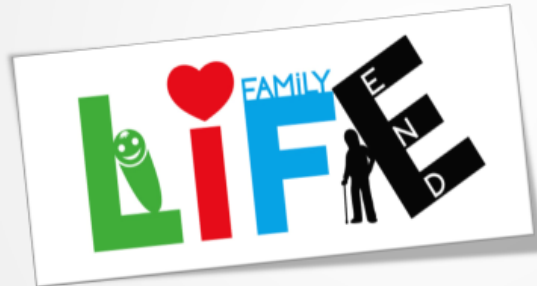
Calm
Tranquility



Inaction
Sadness

b. Who needs PC?

Cancer
Cancer
Cancer
Cancer
Cancer
Cancer
Cancer
Cancer
Cancer
Cancer

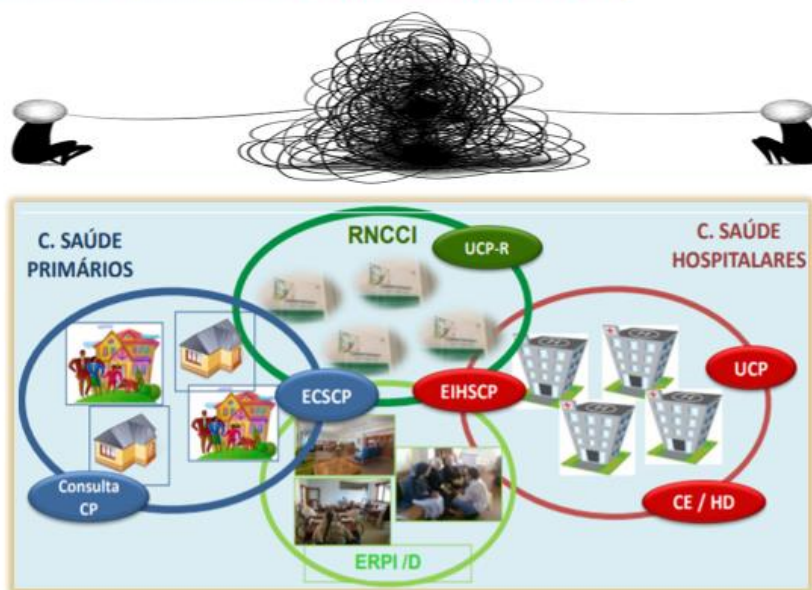


Chronic Diseases
Progressive neurological diseases
Severe cardiac/renal insufficiencies
Organs Collapse
Pulmonary Diseases
HIV/Aids
Resistent Tuberculosis
Extreme Premature Birth
Fragility in old age (...)

c. Holistic Approach Problems (one list)



d. National Context PC *in Primary Care*



Vamos falar sobre Cuidados Paliativos e Terapia Ocupacional



a. OT in PC in Primary Care/Home (our Mission)

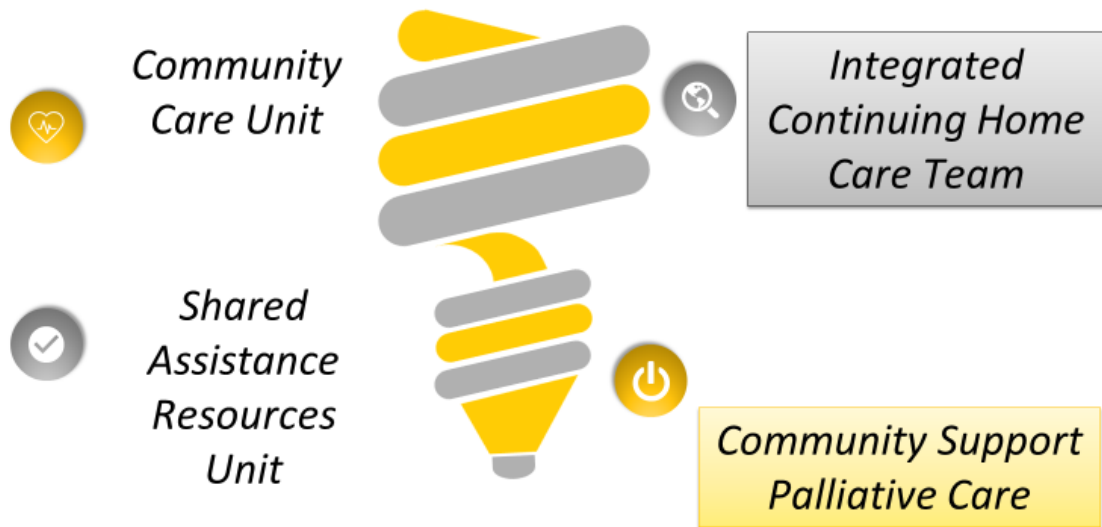
Occupational Therapy is a "specialist" in facilitating the choices that involve the intersection daily activities (daily), lifestyle, better management of chronic diseases

The OT is a professional (health education /proactive control/energy conservation) "Observe" /intervenes based on self-management of disease, adaptation and overcoming barriers in daily life. Has a crucial role in education.

1. overcoming barriers that impede meaningful activities;
2. helping the person to make the most of life;
3. recognize and prepare the course of sickness and death;
4. carry out meaningful, meaningful activities: day-to-day activities, occupations that give us identity (make us who we are)

(AOTA, 2017; Pyatak *et al*, 2018; Simon, 2017)

a. OT in PC in Primary Care/Home (diferente teams)



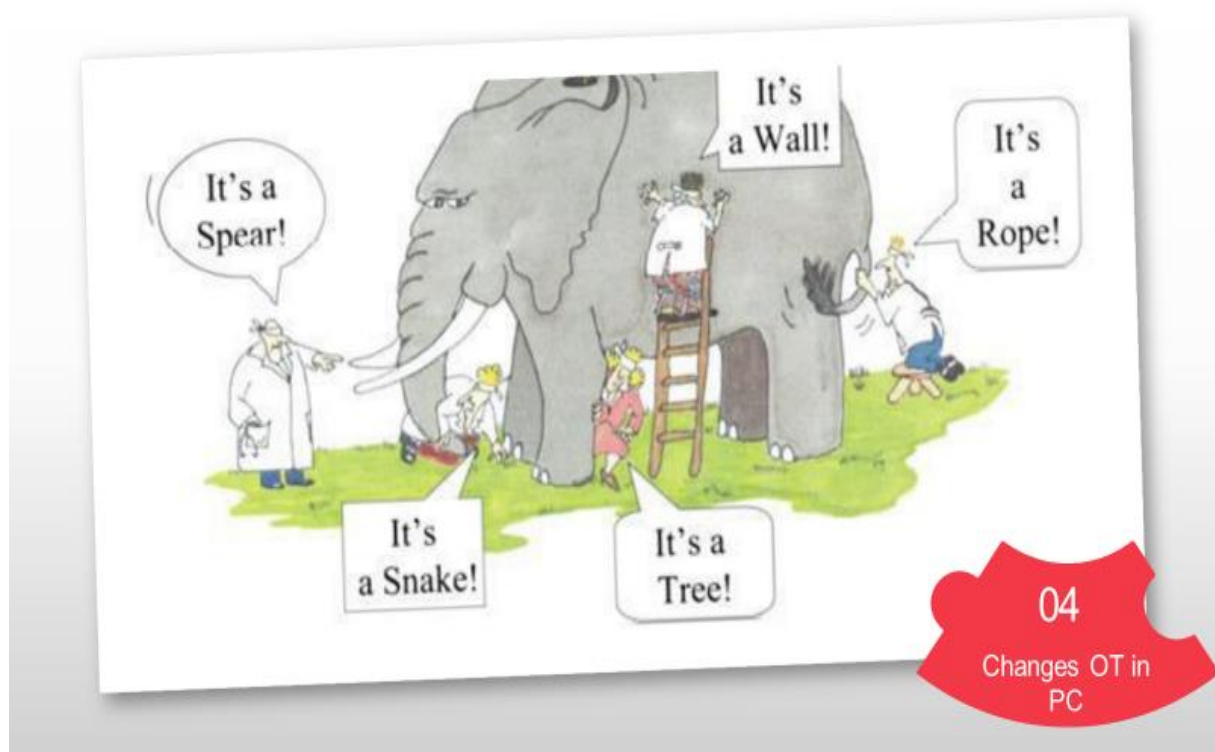
a. OT in PC in Primary Care/Home (non oncologic)



a. OT in PC in Primary Care/Home (non oncologic)



- They are huge annual costs pain management, direct medical expenses, loss of workforce
- OT can relieve "burden" (cost-effectiveness) by improving daily function and quality of life
- Stimulation to the patient in the sense of gaining motivations, identifying solutions and developing healthy habits



TAKE AWAY MESSAGES



<https://www.facebook.com/photo.php?fbid=508832149560012&set=gm.10157648695392619&type=3&theater&f=1>

Abandon the thought that CP are end-of-life care for cancer patients

Anyone who becomes fragile or faces a chronic illness may have benefits

In Primary Care, PC asset management chronic disease throughout life

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An integrated palliative approach can start anywhere, especially at home, where the person problems/needs are not only physical

Pain control without holistic support CAN NOT be called PC
Psychosocial support without pain relief and symptom control will NOT be PC

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It is crucial that the OT can
should be represented
different configurations/
units of Palliative Care

Desire for participation in
significant occupations
intensifies end life

OT recognizes two faces of
the same reality of the life
cycle (living and dying)

TAKE AWAY MESSAGES



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The act of dying or living
with an illness that is not
curative

should not limit the
occupation whose
priorities are defined by
the client,
at home,

where it only makes sense
Don't forget **Palliative**
Approach

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