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Health and Spirituality: a Humanization Proposal for Care

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ABSTRACT

Introduction: Research on the relationship between spirituality and health seeks to understand how religious beliefs and behaviors relate to or interfere with health. Spirituality as a coping strategy promotes meaning and ordering of life and suffering. Religious activity is an effective element, both to help maintain healthy stress and to improve the quality of life. The exercise of faith and the practice of religiosity are strategies, often used by mothers of hospitalized babies, as a way of dealing with a long period of hospitalization and feelings of guilt, anger, anxiety, fear, sadness and impotence. **Objectives:** Looking for new ways of thinking about the practice of caring for humanization, in a more integrated vision of the human being, group activities were carried out aiming at the expression and elaboration of feelings with the objective of stimulating faith and spirituality as a strategy of enfretamento in the hospital context. **Methodology:** Weekly conversation with mothers, caregivers and relatives of infants admitted to the Neonatal ICU and the Kangaroo Intermediate Care Unit were conducted. We used dynamics, musicality, reading of texts for reflection and prayer. **Results:** From January 2015 to October 2017, 125 wheels took place, in which topics such as peace, friendship, trust, joy, gratitude, fear, hope, forgiveness and perseverance were addressed. The talk wheels were attended by several professionals, including psychologists, physiotherapists, speech therapists, occupational therapists, nursing staff and hygienists. On average, five professionals and 15 mothers and / or accompanying persons participated per wheel. **Conclusion:** It was noticed that this activity promoted the strengthening of the participants' faith, improved interpersonal relationships between the mothers and the mothers with the team, as well as facilitated the resolution of conflicts and promoted the capacity for empathy and mutual help.

Keywords: Spirituality; Humanization; Neonatal Intensive Care Unit

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