



517927-LLP-1-2011-1-IT-LEONARDO-LMP

HEPPY Project

Workshop on Module 1 "Health Promotion Policies and Strategies"

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Minutes

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Minutes

1. Health promotion

- a. Basis for the promotion of health
- b. Health and the new scenario of health promotion: health concept. Global health trends. The objectives of the Millennium development goals. Large organizations. Financing of global health.
- c. Health in all policies.
- d. Promotion of the health in action: a need to assess. Two phases of needs assessment: identify the priority health and analysis of the problem of the health problem. Definition of planning: goals, objectives and interventions.

2. Promotion of health, Medical Humanities and narrative medicine.

- a. importance of the Medical Humanities and medicine narrative as a program of health promotion
- b. Medical Humanities. Definition and characteristics.
- c. narrative medicine. Definition and characteristics.
- d. health in hospitals (HPH network)
- e. an example of HPH network.

3. From cure to care: promotion of health, the ICF and Parental education.

- a. Parental pedagogy and the ICF could be part of a program of health promotion?
- b. ICF. Definition and characteristics.
- c. Parental teaching methodology: the Cultural reciprocity.

History of Parental teaching:

- The structure of the methodology
- The value of the professionalism of the parents.
- The instrument of the methodology for the education of the parents.
- Methodology and a description of the parents. Different types of education: education for responsibility, education to identity, education for hope, education for trust.
- Practical examples in European countries: basic objectives.

Conclusions and Discussion Objects Topics

Throughout history, they have been changing the most frequent illnesses and why worry more about the majority of the population. Disappearing disease, since scientific research is increased and achieved alleviates and minimizes the side effects of these diseases, while new diseases are due to industrialization and the different places of life that takes.

Also produced a huge difference when we talk about health in industrialized countries and when we do it in countries still in development.

In developing countries, the main cause of death is AIDS, as well as tuberculosis and malaria.

On the other hand, in industrialized countries we find the main health problem in obesity, which produces very devastating effects on the population. In these countries, also emerging diseases that were once not as frequent, as for example, so many allergies because of pollution and psychological health problems, such as depression, mainly due to the pace of life that is so stressful, especially in big cities.

Also came to the conclusion that in big cities are suffering more psychological diseases and that quality of life is much lower, while in small villages, not so much having sedentary lifestyle or as much pollution level of healthy living is much higher.



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Think that organizations from different countries do care and invest enough in policy to encourage the promotion of health as the who, but that there is still much to do.

Health promotion programs must be conceived as an ongoing process that takes place throughout our life, and must take into account the changes that are taking place in our society, such as: inadequate food, sedentary lifestyle, the crisis of ideologies and values, great increase of knowledge, employment and unemployment labor mobility, aging population, computer society.

Use the technique of brainstorming in the classroom to decide between all that you can do to extend individual longevity, and arrive at conclusions such as: attitude optimistic towards life, to keep a job that satisfies economically but also spiritually, avoid sedentary life, maintaining an intellectual activity, avoid emotional tensions, hypo caloric and balanced diet, avoid tobacco, drugs and excessive medications/medical checks.

We believe that the Medical Humanities and narrative medicine are very "good" because it promotes a patient-centered approach and seeking their well-being not only physical but also emotional, as well as minimize side effects that many health professionals possess such as burnout syndrome and biomedical arrogance.

In narrative medicine is very considered the individual personal characteristics and its environment, thus fostering empathy healthcare - patient. We think that it should also stimulate family members so that they involve in the improvement of the patient, for example, exercising with them for their recovery.

The importance of the parental pedagogy, here is the basis of all education, as well as education in the health promotion which should be from children (in schools), with young people, adults and older people (propose workshops for all these groups).

The participants of this module, Health professionals, think that, served them to learn how to best interact with sick people, to have empathy with others (both professional and personal), to promote listening and patience... and intend to apply it in their work and in their personal and family life.

Students have seemed them a very pleasant module, since there has been a high participation of all attendees who told us their personal experiences and or professional.