

## HEPPY Project

### Workshop on Module 1 "Health Promotion Policies and Strategies"

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#### Participants

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## Minutes

This workshop has been held in Turin on 2 February 2013 and it was inserted in the subject area of Communication and relationship. The proposed topics have been appreciated both considering them individually, and placed in a context of health promotion. In the opinion of many, if it is true that health promotion has, among its objectives, the implementation of a strategy of "empowerment" of patients and that a holistic view of the relationship with the patients themselves is the only way to put the focus on "the person" and not on "a part", it is clear the relationship between the "narrative medicine", the ICF and the "parents' pedagogy" on the one hand and the health promotion on the other.

The phenomenon that we could observe among the participants, based on their opinions, is the following:

- some operators that, due to the specificity of their activity, already use the tools like the "narrative medicine" (psychologists, psychotherapists), realized that their professional practice is within a broader context, that of health promotion. And that this practice could be extended to other therapeutic areas, closer to the health one;
- some operators, particularly those who work in territorial health services and therefore are confronted daily with issues that relate to health promotion, have acquired the knowledge to be able to also make use of innovative approaches, such as the "parents' pedagogy", which requires, however, a "cultural leap" particularly important, and the training becomes a strategic element to achieve that result;
- no one has doubted, indeed everyone has appreciated, the evaluation system proposed by the ICF: no one now doubts that an assessment of the capabilities of an individual must necessarily be multifactorial and take into account even assessments that affect the environment – whether social, cultural, economic - within which the individual is located.

At the beginning some professionals have encountered some technical issues when participating in the on-line course. All these issues, though, have been faced and, for each problem, the correct way to solve it has been presented

To sum up, the strengths recognized by the course participants, were as follows:

- To associate health promotion with narrative medicine, parents' pedagogy and ICF. This is an innovation element of scientific research.
- The narrative description is an effective tool for the health promotion when involves the professional workers, families and patients.
- A lot of psychologists and nurses, not only from Piedmont but also from other regions, have shown great interest for this module.