

HEPPY Project
Workshop on "Health Promotion Policies and Strategies"
Iasi, Romania, 22nd February 2013

Minutes

Participants

Surname, Name	Institution
Bucur Lenke	Izvor Foundation
Macarie Ioana	Faculty of Psychology
Brustureanu Teofil	Hospice for Elderly
Rotariu Cristina	Izvor Foundation
Atasiei Mihaela	"Socola Hospital"
Popovici Elena	Nursery no. 14
Rotariu Cristina	Nursery no. 14
Hasmatuchi Anisoara	CF Hospital Iasi
Oarza Ana Maria	CF Hospital Iasi
Cionabu Ionela	Euromedical and Physical Support
Antohei Andreea Evelina	Euromedical and Physical Support
Nita Nicoleta	University of Medicine and Pharmacy Iasi
Ghitescu Raluca	University of Medicine and Pharmacy Iasi
Andriuca Alexandra	University of Medicine and Pharmacy Iasi
Andrei Maria	Izvor Foundation
Calota Mihaela	Izvor Foundation
Prisecaru Betina	Izvor Foundation
Rata Vasilica	Izvor Foundation
Pintilie Iulia Andreea	"Sf. Spiridon" Hospital
Amarii Manuela	DGASPC Iasi
Nedelciuc Otilia	"Sf. Spiridon" Hospital
Hijkoop Erica	Izvor Foundation
Chiperi Cristina	"Sf Gheorghe" Hospital
Diaconu Paula	Psychologist
Puscasu Cristina	Harlau Hospital
Puscasu Daniel	Izvor Foundation
Carneci Odetta	Elderly Hospice
Croitoru Cristina	Regional Oncology Institute
Dumitru Mihaela	Cuza Voda Maternity
Caraus Anca	CMI DR Chircuta
Atasiei Mihaela	Izvor Foundation
Cantemir Andra	"Cuza Voda" Hospital
Birsan Fanica	Izvor Foundation
Alexandrina Prisecaru	Educational Centre Hopscotch
Rusu Mihaela	Educational Centre Hopscotch

Horarasu Roxana	“Sf Maria” Hospital
Mandrac Cristina	“Sf Maria” Hospital
Gavrilesco Adrian	“Sf Spiridon” Hospital
Badea Mircea	“Sf Spiridon” Hospital
Daralean Anca	“Sf Spiridon” Hospital
Bazosu Diana	Green Ecological Foundation

TRAINER: Ioana CODREANU, psychologist, psychotherapist

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The workshop on 22nd February 2013 was attended by 42 participants from different medical fields and various psycho-social workers. The majority of the participants were women. The length of the workshop was of 3 hours, from 17:00 to 20:00 p.m.

The aim of the workshop was to clarify the different theoretical concepts (such as health, narrative medicine, concept of humanistic medicine, how to promote health both individually and globally, through all interferential systems), as well as to carry out the activities from the module and create a cohesion within the group that met for the first time.

At the beginning of the workshop the trainer presented some general rules of the workshops. A presentation of the project and of the course was then made. Participants had the chance to go around the table and shortly introduced themselves.

Afterwards some theoretical concepts were explained: narrative medicine, parents pedagogy, health promoting, global health, the International Classification of Functioning, Disability and Health, known more commonly as ICF, etc.

It was emphasized that health should be a resource for everyday life, not the objective of living, a positive concept emphasising social and personal resources, as well as physical capacities.

The trainer stressed also the importance of community participation that is essential to sustain health promotion actions and this is the link with narrative medicine, ICF and Parents pedagogy.

The trainer explained about Health in All Policies (HiAP) which targets the key social determinants of health through integrated policy response across relevant policy areas with the ultimate goal of supporting health equity. Medical humanities are instrumental in: reducing the gap between biomedicine and the human sciences, such as philosophy, history, sociology and anthropology; facilitating interdisciplinary teaching and research; promoting a patient-centred approach to medical care; counteracting professional burnout; reducing biomedical hubris; equipping doctors to meet moral challenges not “covered” by biomedicine.

After explaining concepts and clarifying them, using power point presentation, the trainer initiated first practical activity, which is personal experience of participants in the medical field or various situations they met in which they could implement narrative medicine, even without being aware of the concept itself. From personal examples, it could be highlighted the importance of narrative medicine, parents’ pedagogy and active listening. It was highlighted the importance of creating relationships between families and health professionals, to have more information that can lead to clarify the diagnosis and ease medical care.

Participants were able to realize the importance of certain factors that attribute to the family story, such as culture, certain emotional blockages, family environments, body attitudes, etc..

In the next part of the workshop some technical problems of the e-learning platforms were discussed, but not all of them solved. Many participants had problems accessing the problems, but as the discussion tended to be too long, it was decided that each participants writes his/her technical problem on a paper and all papers are collected at the end and handed to the project coordinator in CECMA.

The trainer also emphasized the need for participants to be active on the project forum that would soon be available.

It was also made known to the participants that every 2 workshop there would be a technical expert available



one hour before the workshop (e.g. from 16:00 to 17:00) trying to solve any technical problem, if possible, or trying to help people not very familiar with e-learning. This aspect was very much appreciated by the participants.

The second part of the workshop focused also on practical activity: the aim was to highlight and understand the way we should act, starting from the individual to the community to implement and spread efficiently in health and narrative medicine. The activity “What it means the global Health” was carried out. The trainer presented some images with different opportunities to promote health in power point. The next exercise was to play an interview, and they had to ask five peoples about the health: “ Ask 3 people near you with different criteria, gender, age, occupation, as promoted health “
The participants were open to the exercises and participated actively.

The third exercise was looking at a movie named “ Butterfly Diver”.
After this activity which lasted almost 50 minutes, it started a new series of discussions based on it, such as what participants understand from the movie, if it is possible to improve some things in their organisations, which are barriers that might stop to implement these concepts, what were their thoughts and sensations watching the movie etc.

The participants stated that within their demanding jobs, there is usually not too much time to implement these concepts, but on the other hand they admitted there are simple things that can be done and that can contribute to a better situation. It was again emphasized the importance of family and family story in the medical care. It was also raised the problem of lack of proper financing in the Romanian health care system.

In the last part of the workshop the participants watched one more movie which included all the concepts, “My life”.

In the end of the module the feedback from the participants was very positive about the course and topics included. Even if an important part of the workshop was spent on technical/administrative issues, we consider this is normal for the first module.

Each participant had the chance to say what they liked best during the workshop, what should be improved in the future workshops, if they felt comfortable and could say all their opinions, etc.

The “leader” of the group was chosen out of the participants. The leader will represent the group in the online meetings with the international project team and course participants from the partner countries.

Participants also stressed that it would be very helpful for them if they could receive a certificate from the Gradenigo Hospital after finalizing the course, as this would count very much in their CV/career.

It was established that the monthly workshops would be organized in the last Friday of every month, during the same interval 17:00 – 20:00.