

CONTRIBUIÇÕES DA TERAPIA OCUPACIONAL ATRAVÉS DAS ATIVIDADES PRODUTIVAS E DE LAZER NA INTERNAÇÃO HOSPITALAR PROLONGADA

Contributions of Occupational Therapy Through Productive and Leisure Activities in prolonged hospital intervention

Contribuciones de la Terapia Ocupacional junto de las Actividades Productivas y de Lazer en la Internación hospitalaria prolongada

Resumo

Este estudo concerne em uma análise da prática de uma estagiária de Terapia Ocupacional desenvolvida em um hospital de Belém-PA, de referência na atenção à doenças cardiológicas, nefrologia e psiquiatria. Foram realizadas atividades produtivas, que podem ser consideradas como lazer, caso o indivíduo a desempenhe ela de forma prazerosa e por escolha própria. O terapeuta ocupacional neste contexto, utiliza ocupação de forma terapêutica, compreendendo o valor do fazer, criar, expressar e falar, em vista a diminuir efeitos da hospitalização. Munindo o paciente/família de informações e recursos para facilitar a adesão ao tratamento destes. Favorecendo melhor adaptabilidade de rotina e hábitos.

Palavras-chave: Hospitalization; Hospital Occupational Therapy Service; Hospital care; Leisure activities.

Abstract

This study concerns an analysis of the practice of an Occupational Therapy intern developed in a hospital in Belém-PA, reference in the care of heart disease, nephrology and psychiatry. Productive activities were performed, which can be considered as leisure, if the individual performs it pleasantly and by choice. The occupational therapist in this context uses occupation in a therapeutic manner, understanding the value of doing, creating, expressing and speaking, in order to reduce the effects of hospitalization. Providing the patient / family with information and resources to facilitate their adherence to treatment. Favoring better routine adaptability and habits.

Key words: Occupational Therapy/trends; art, culture, knowledge.

Resumen

Este estudio se refiere a un análisis de la práctica de un interno de Terapia Ocupacional desarrollado en un hospital en Belém-PA, referencia en el cuidado de enfermedades del corazón, nefrología y psiquiatría. Se realizaron actividades productivas, que pueden considerarse como ocio, si el individuo lo realiza de manera agradable y por elección. El terapeuta ocupacional en este contexto utiliza la ocupación de manera terapéutica, entendiendo el valor de hacer, crear, expresar y hablar, para reducir los efectos de la hospitalización. Proporcionar al paciente / familia información y recursos para facilitar su adherencia al tratamiento. Favorecer una mejor adaptabilidad y hábitos de rutina.

Palabras clave: Hospitalización; Servicio de Terapia Ocupacional del Hospital; Atención hospitalaria; Actividades de ocio.

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