

"THE ART OF HEALING"

Way of coping hemodialysis patients

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BACKGROUND

The dialysis unit is the patient's second home. The dialysis patient's are concerned with their health and consequently feel an increased stress .

We thought about how we can combine relaxation and mental activity both short -term and long- term. Our aim is to find if painting is a way of healing that could be the solution for these two components.



ART AND SELF IMAGE

When there is disability or a limitation, the main issue affected is their self-image. In order to have a positive self-image the patient should feel he has abilities and skills to achieve. He must believe he has the power and control , and his ability to have a choice and make decisions.

Art can be another channel for developing a real sense of the patient's inner- self and is place in the world.



ART PROJECT PRESENTATION DIALYSIS UNIT

The hemodialysis unit was a group of 8-10 male and female patients. Some of them love art and some of them practicing art to "pass time" . The work with one hand and sometimes it's a non dominant hand that requires an organization and additional support.

The meetings were divided into stages: Stage healing, stage of the main activity and stage completion and closing session.

CONCLUSIONS AND RECOMMENDATIONS

Our Patients expressed satisfaction with in the group and wished to continue their participation in the project.

The act of painting itself is a great expression of the their inner-self, that helps to establish the identity and provides a way to express their feelings.

The paintings soon became as an inspiration for other patients, as well.

We recommend continuation of art as a way of coping .

We recommend to check how art affects the patient's quality of life .



Thanks to the patients who participated in this project

" The art of healing comes from nature, not from physician. Therefore the physician must come from nature, with an open mind"

Paracelsus, 1493 - 1541