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Spirituality as psychological support in the care of patients undergoing palliative care

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The current literature has pointed out the existence of positive influences of spiritual and religious beliefs in cancer treatment. The study, promoted by the Centre for Multidisciplinary Research in Culture, Faith and Reason (NUCFER), sought to understand the conception of cancer patients and health professionals about the inclusion of spirituality in the treatment of people with cancer. Thus, the general objective of this project was to understand the meaning of spirituality for cancer patients during their treatment and how this experience can contribute to support human care and relationships between patients and the healthcare team. The research was qualitative, using the semi-structured interview technique. 06 (six) health professionals were interviewed, one Nursing Assistant, three Registered Nurses and two Doctors; and 05 (five) people who have already gone through cancer treatment or are going through it. In a total of eleven people interviewed, all stated that it is important to take into account the spirituality of patients undergoing cancer treatment, as it significantly contributes to the treatment and coping with the difficulties arising from this painful process, in addition to valuing the human person by seeing them beyond their disease. Thus, the research revealed that the spirituality of patients undergoing cancer treatment must be taken into account, respected and encouraged when they wish. Subsequently, it helps to maintain the emotional health of these individuals in high suffering, to recognize themselves in their integrity as humans, to respect all their expressions of living beings in the world. This represents a humanized treatment and promotes dignity of the human person.

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