



Humor intervention in the nurse-patient interaction

Luís Sousa^{1,2}, Cristina Marques-Vieira³, Vanessa Antunes¹, Fátima Frade¹, Sandy Severino^{1,4}, Olga Valentim¹

18 October 2018





Background

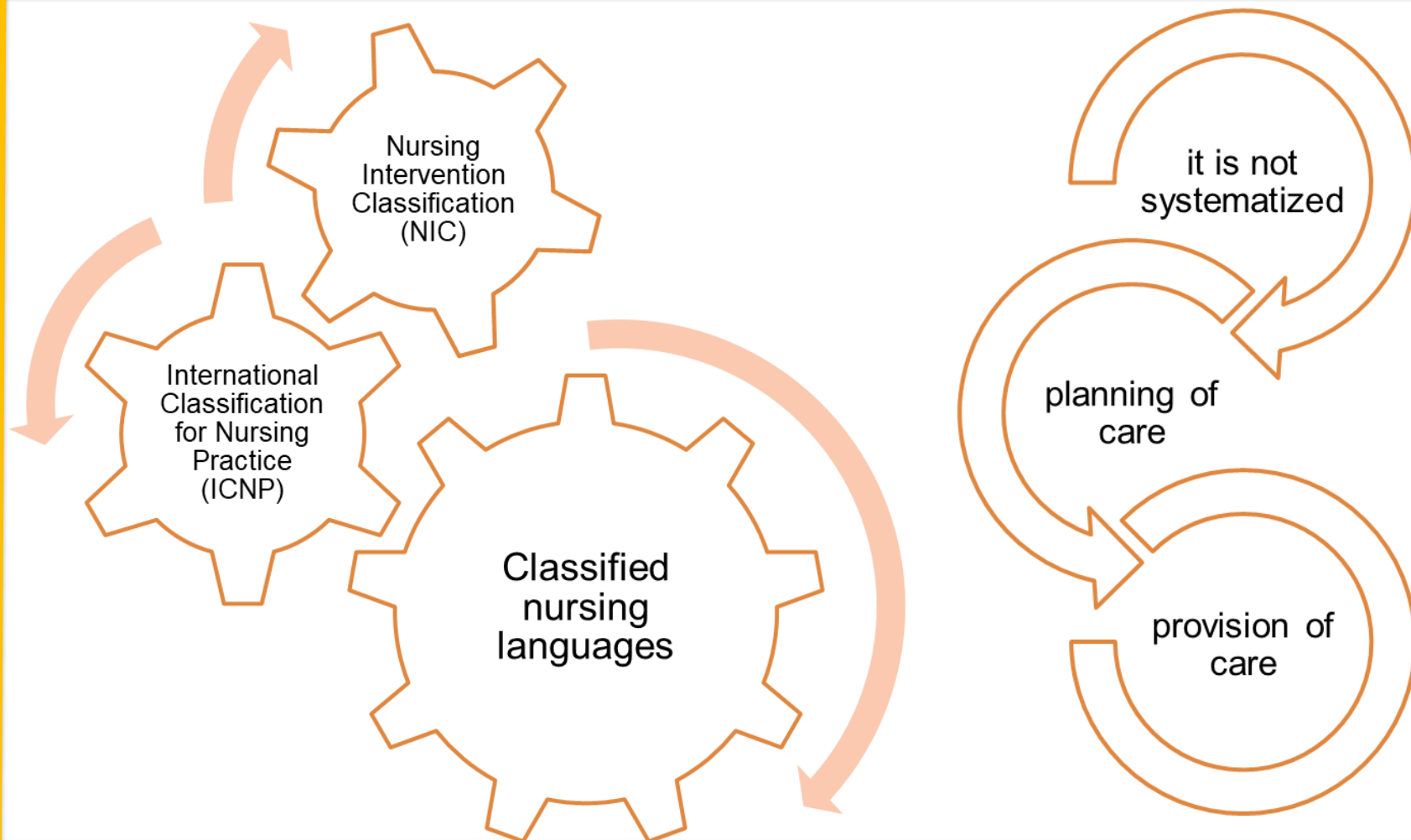


Sousa, L. M., & José, H. M. (2016). Benefícios do humor na saúde: Revisão Sistemática da Literatura. *Enformação*, 7, 22-32.

Sousa, L. M., Teixeira, P. M. R., Marques-Vieira, C., Severino, S. S., Faísca, H., & José, H. M. (2018). Emploi de l'humour dans la relation infirmier/personne malade: une revue de la littérature et synthèse. *Revue Francophone Internationale de Recherche Infirmière*, 4 (1), 30-38.



Background





Objective

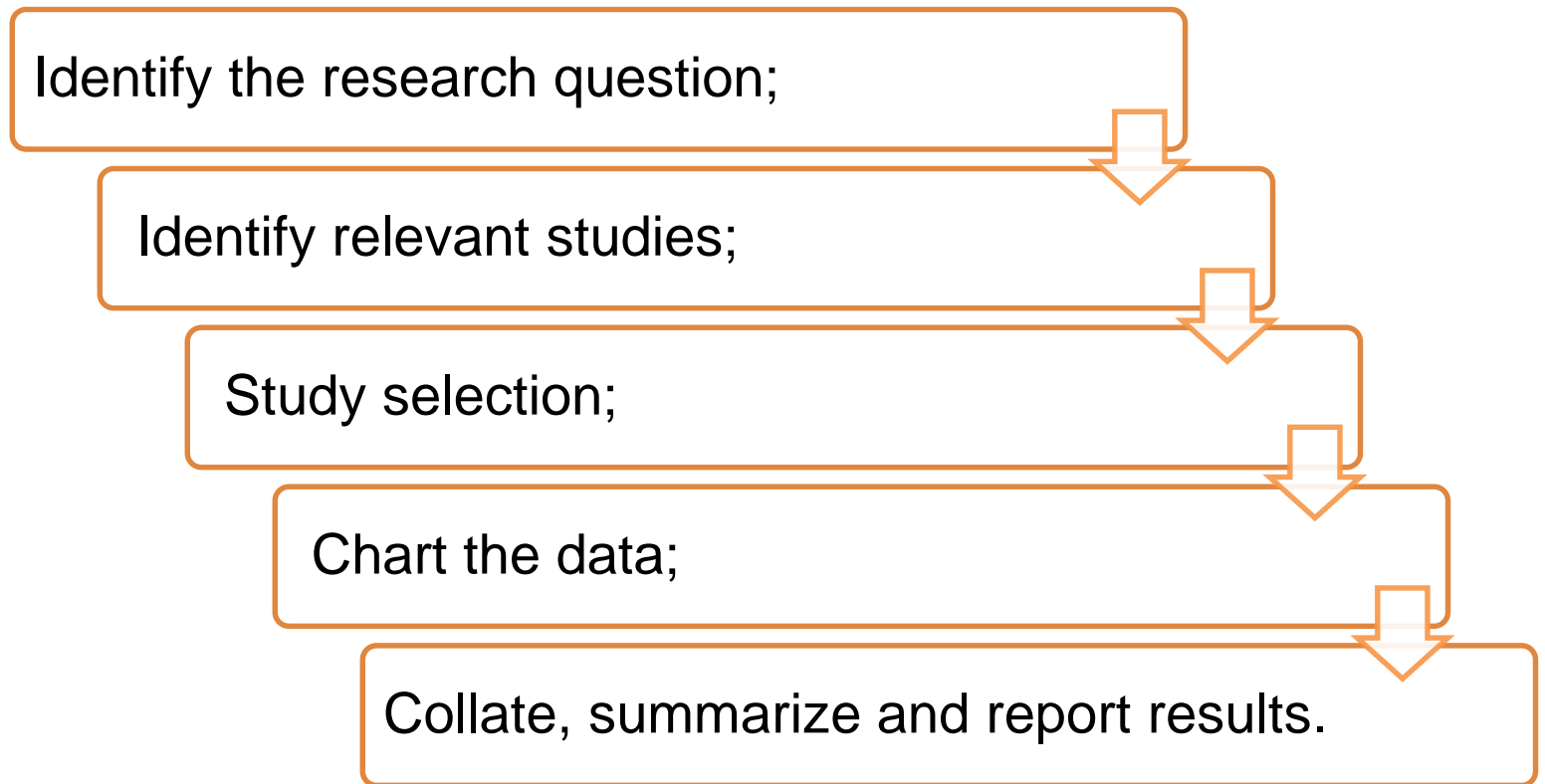
To describe the factors that influence the use of humor in nursing care, its applicability and benefits





Material and Method

Scoping Review





Material and Method

Study design

- A scoping review was performed using the Arksey and O'Mally methodology.



Research question

- what knowledge is produced regarding the integration of the humor intervention (Concept) in the interaction nurse-patient (Context) in a situation of disease (Patient)?

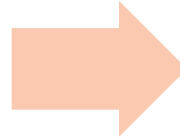




Material and Method

Search source

- EBSCO Host, Virtual Health Library and Google Scholar platforms



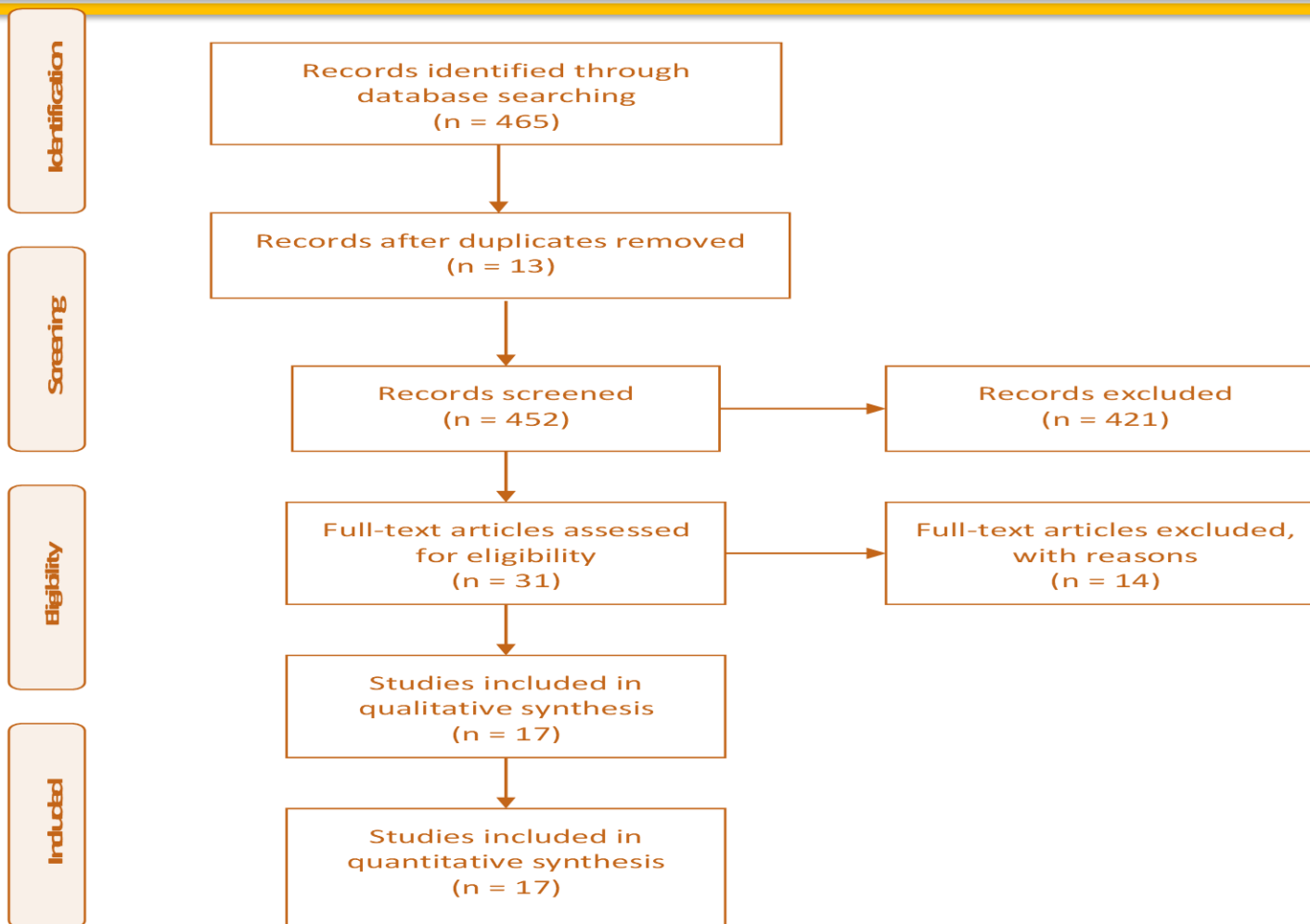
Time horizon

- articles published between 2008 and 2018



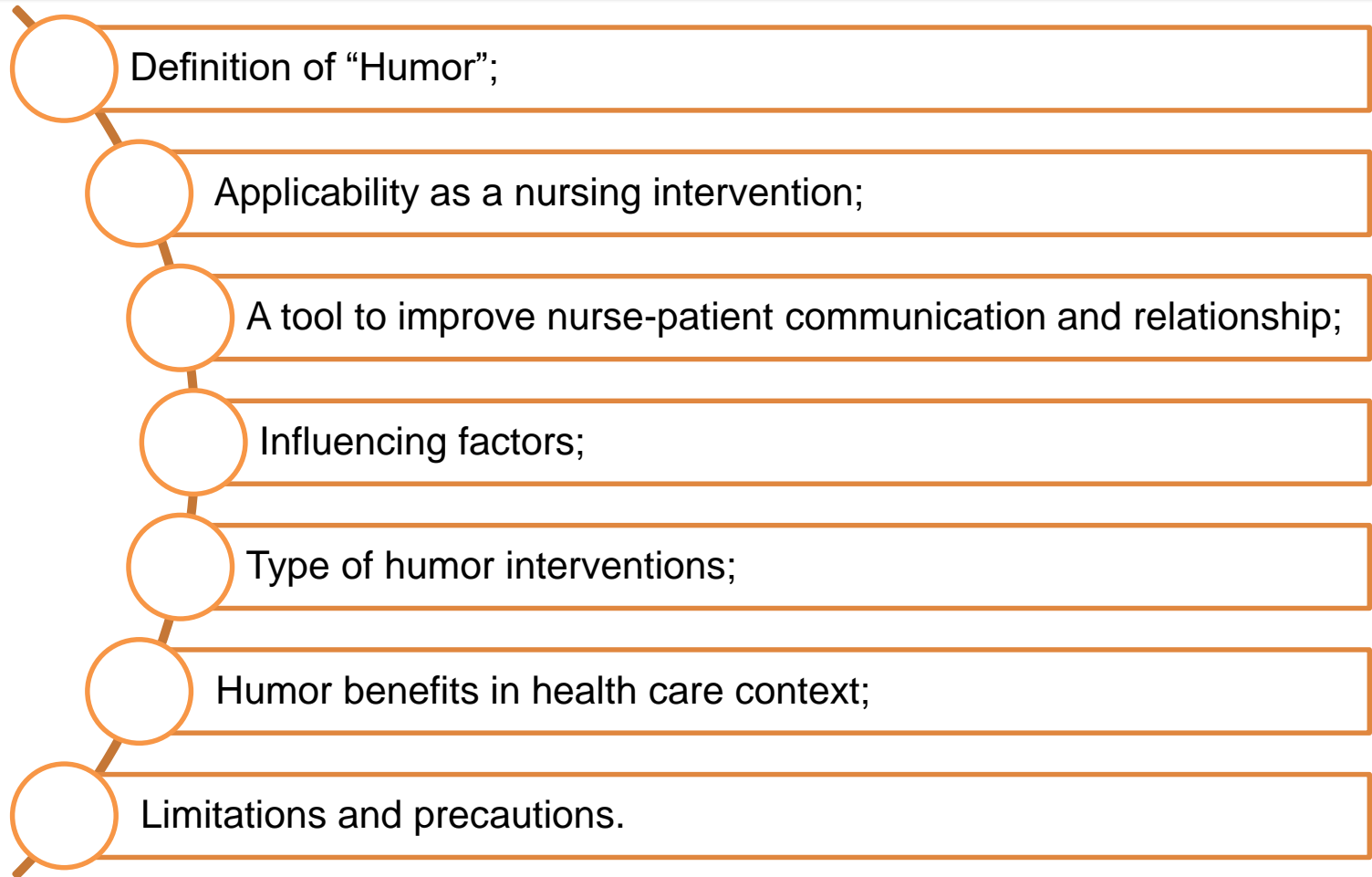


Results



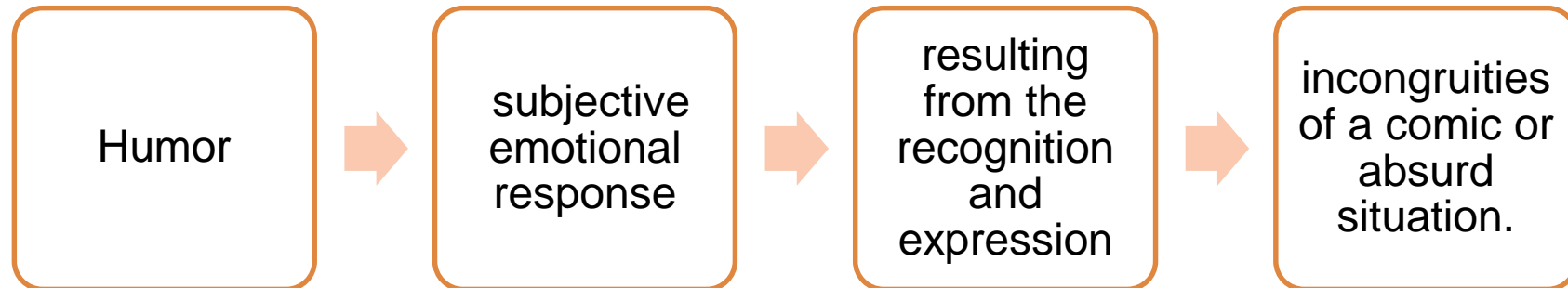


Results



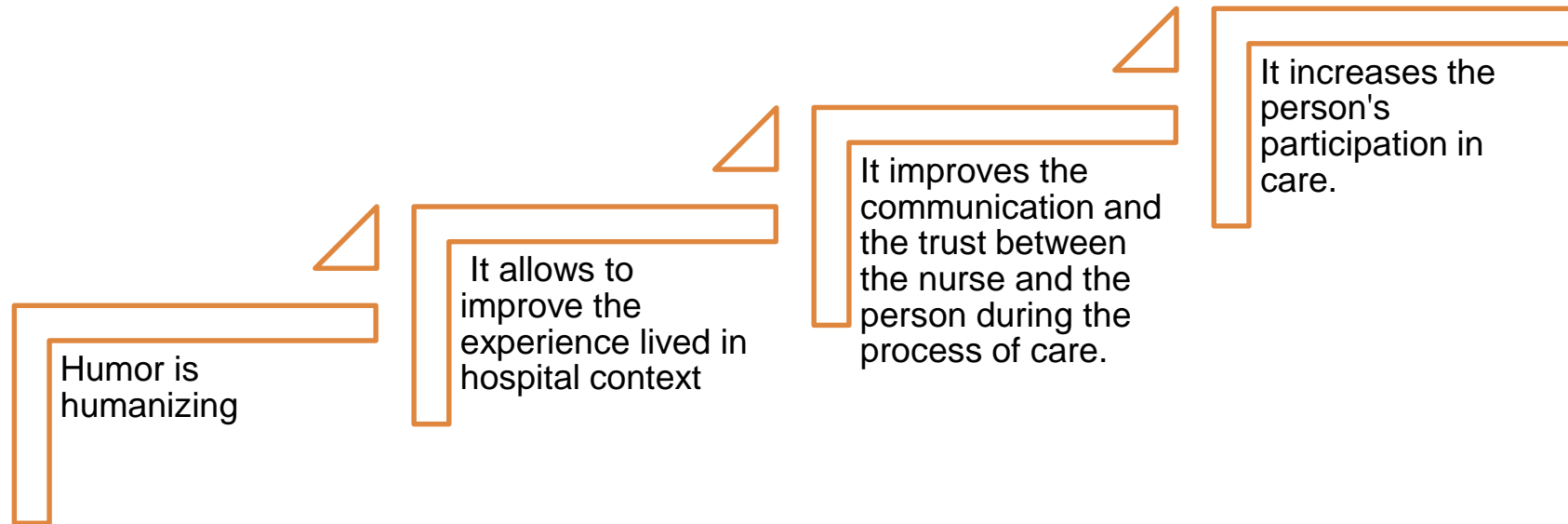


Results: Definition





Results: A tool to improve nurse-patient communication





Results: Humor benefits

- The use of humor favors communication
- Promotes well-being
- Helps deal with difficult and unpleasant situations
- Reduces tension, stress and discomfort
- Increases tolerance to pain
- Strengthens the immune system





Results

It is influenced by internal (personality) factors and external and social factors.



Humor is a complex nursing intervention, which should be used when appropriate.





Results: Limitations

The humor intervention is complex, since humor is paradoxical, situational and multifaceted



Its use has to be weighed in some situations, namely in people with cognitive impairment, mental illness and in situations of severe illness

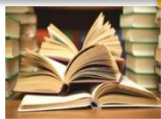




Conclusions

The use of humor promotes both communication and human interaction; it promotes well-being

The use of scoping review in this study, not only contributes to the development of qualitative research, but it also evidences the practical implications of using humor as a nursing intervention.





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