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Office of rescue for women with pelvic cancer

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The attention to women with cancer in the pelvic region requires care and interdisciplinary interventions, which are sometimes not enough to meet the legacy of adverse effects caused by the treatment and coping of the disease. Survival has increased attention to the process of reintegrating survivors into the daily life of their life histories after successful treatments or not. The experience with systematization of nursing assistance practiced in consultations with patients who underwent radiotherapy indicated as most prevalent nursing diagnoses the image disorders and body movements, anxiety, altered self-esteem, social isolation, lack of knowledge of the health disease process, dysfunction sexual and fear. The need for the creation of specific care spaces for intervention in these diagnoses was then perceived, with the aim of increasing the availability of alternatives for patients with or without sexual dysfunction, but with the diagnoses described as prevalent. In order to intervene in this framework, a workshop for the recovery of self-esteem based on the Dorothea Orem theory was implemented at INCA/HCII, which emphasizes the recovery of self-care. The workshop is playful, interactive and listening to professionals. It consists of a talk wheel on controversial subjects such as women's rights and generally predefined affection directed by interdisciplinary team or patient and light subjects like beauty, art and poetry. Body exercises are performed in a playful way, "belly dancing" with a volunteer teacher with relaxation, safety, revitalization of women's movements and counseling for social reintegration.

Biography

Maria Luíza Bernardo Vidal is a qualified nurse in gynecology, obstetrics and obtained her bachelor's degree from Universidade Gama Filho 1983; She has specialization in Oncology Nursing from UFRJ / Inca 1998; Master's degree in health sciences / Oncology by Inca - "Late effects of radiotherapy on sexual function, bladder and rectum" 2008; and PhD by IFF / FIOCRUZ - "Access to treatment of malignant cervical neoplasia in SUS / RJ" 2017. She is 33 years old, and serving assistance activities in hospital and ambulatory, administrative, permanent education, research, teaching for technical and higher education, as well as participation of examining bank for selection of residents and orientation of TCC.

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