

# KONCEPCJA WSPARCIA W OPIECE PALIATYWNEJ

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## THE IDEA OF SUPPORT IN THE PALLIATIVE CARE

**Summary.** The holistic approach emphasizes the importance of social support in the palliative care. The article, which stays in agreement to WHO's understanding of palliative care, incorporates ideas about the palliative care tasks that cover the process of dying, the adaptation to death which depends upon how old a man anticipating his own death is, and how much his individual needs are satisfied. It also provides an intelligent overview of different methods of psychological support including conversations with ill-health person, therapy through the body language, spiritual service, assistance in solving existential problems, nursing and developing self-service skills, readiness and courage to tell the truth.

Accordingly, caregivers themselves need also help and support – the relatives (the spouses or offspring of a patient), professionals, volunteers, and clergymen.

# ARTETERAPIA PALIATYWNA. BARWY ZACHODZĄCEGO SŁOŃCA

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## PALLIATIVE ART THERAPY. THE SHADES OF A SUNSET

**Summary.** Palliative art therapy is a form of care over a patient in terminal state where art in different forms is utilized. Hence, we call it bibliotherapy, poetry therapy, music therapy, and visual therapy. The choice which kind of art will be applied is with the patient depending on his preferences as well as the competencies of the person providing care.

Art therapy can take a professional form when it is provided by trained art therapists, bibliotherapists and especially music therapists. It can also take an auxiliary form of support for physicians, nurses, clergymen, volunteers. In the latter case, what matters most is the personal sensitivity of the care provider not only to the pain which is experienced in the process but also the sensitivity to art as the manifestation of the most intimate and profound human experiences relating to the meaning of life and death.

The paper discusses the characteristics of palliative art therapy which make it distinct from other types of therapy and focuses on its selected most representative forms. It also describes the achievements of a few most prominent artists (Munch, Mahler), which at certain stages of their lives was consoling to them at the time when their beloved ones passed away.

The knowledge of this art should, in the opinion of the author, help the care providers in the palliative care better understand the emotional states of persons coping with the problems of existence.

# **POMOC PSYCHOLOGICZNA ONLINE W SYSTEMIE OPIEKI PALIATYWNEJ**

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## **ONLINE COUNSELING IN THE SYSTEM OF PALLIATIVE CARE**

**Summary.** Online counseling is psychological assistance over the Internet, video, phone etc. According to the World Health Organization palliative care is a form of help and support that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems: physical, psychosocial and spiritual.

Online counseling via Internet can be additional or alternative from for the traditional assistance. The Internet are exposed to burn out. Some people also need psychosocial support or presence of a friend. Unfortunately, it may not be possible to get it directly. The is why Online counseling can be the alternative that assures virtual consultation and support to functioning in care.

## **TERAPIA KOMPLEMENTARNA NA ODDZIALE DZIENNYM PALIATYWNYM**

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### COMPLEMENTARY THERAPY AT PALLIATIVE DAILY WARD

**Summary.** In this article we present a novel therapeutic program for palliative care patients admitted to the Palliative Daily Ward in the Hospice of Lady Sue Ryder in Bydgoszcz, Poland. This program called “the Complementary Therapy Program”, is an intervention that has several components (therapy species) including psychotherapy, music therapy, aromatherapy, art therapy, and other therapeutic activities. Each of these components supplements the others. As the research is still in-progress this paper focuses on the description of this unique program.

# OCENA JAKOŚCI ŻYCIA OSÓB Z CHOROBAŃ PARKINSONA

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## EVALUATION OF THE QUALITY OF LIFE IN PATIENTS WITH PARKINSON'S DISEASE

**Summary.** Problem of the quality of life is a goal of scientific research for instance in psychology. Mostly it is considered in connection with evaluation of state of health, the level of cognitive and physical functioning and general well-being. The quality of life is considered in context of illness, disability and limits in everyday life. The goal of this study was comparison of selected factors: depression, cognitive functioning, age, sex and duration of disease, education with quality of life in Parkinson's disease. Material and methods: 40 patients with Parkinson's disease took part in the study. Following methods were used: Mini Mental State Examination\_ MMSE, Beck Depression Inventory – BDI and Parkinson's Disease Questionnaire – PDQ-39. Results: Obtained results showed that somatic problems, motor ability, activity of daily living, cognitive functioning and emotional state are among the most affected areas of life. Support from relatives and communication with the social environment were the least deteriorated. Significant correlation between depression and quality of life was observed. Conclusions: The results suggest that early recognition and proper treatment of depression may improve the quality of life and reduce some of the somatic disturbances.

# **OCENA FLUENCJI LITERALNEJ I KATEGORIALNEJ U OSÓB Z CHOROBA PAKINSONA PO PRZEBYTYM ZABIEGU ABLACYJNYM GAŁKI BŁADEJ\***

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## **ASSESSMENT OF LETTER AND CATEGORY FLUENCY FOLLOWING FOCAL ABLATION OF GLOBUS PALLIDUS**

**Summary.** Pallidotomy (PVP – posteroventral pallidotomy), in which a tiny part of the globus pallidus is destroyed, represents one of the most popular methods for improving the functioning of patients suffering on Parkinson's disease (PD). Cognitive impairment is supposed to be an outcome following Unilateral Stereotatic Pallidotomy. Many reasearches have shown some deficits in verbal fluency ensuing left pallidotomy. The aim of this investigation was to evaluate latter and category fluency in patients with PD after pallidotomy.

Methods: 20 patients with PD after pallidotomy (12 after right and 8 after left pallidotomy) (group 1). The results were compared with 2 control groups – healthy controls (group 2) and patients with PD treated with pharmacotherapy (gropu 3). Assessments were conducted three times, before, just after and about two years after PVP. An experimental method to evaluate word fluency (letter and category) was used.

# INTELIGENCJA EMOCJONALNA A TYPY ZACHOWAŃ I PRZEŻYĆ W PRACY W GRUPIE ŻOŁNIERZY ZAWODOWYCH

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## EMOTIONAL INTELLIGENCE AND THE TYPES OF BEHAVIOR AND EXPERIENCE CONNECTED WITH WORK IN THE GROUP OF PROFESSIONAL SOLDIERS

**Summary.** Last time we have noticed still more studies confirming the relation between emotional intelligence and various aspects of human behavior. Professional soldiers are a group which includes primarily commanders of various levels. Commanding need not only special kind of military knowledge, but suitable social skills as well.

Goal of the study: Does and how the emotional intelligence influence the types of behavior and experience connected with occupational stress among the professional soldiers? The research was conducted using two questionnaires: INTE Questionnaire describing the emotional intelligence and AVEM Questionnaire describing four types of behavior and experience connected with job. The sample consisted of 141 professional soldiers. The results show the correlation between emotional intelligence and the types of behavior and experience connected with job in the group of professional soldiers: higher level of emotional intelligence is connected with the healthy behavior – Type G, but lower level of emotional intelligence is connected with the burnt-out behavior – Type B.

# MYŚLENIE PRZESĄDNE A RELIGIJNE FUNKCJONOWANIE OSÓB

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## SUPERSTITIOUS THINKING AND RELIGIOUS FUNCTIONING OF INDIVIDUALS

**Summary.** This article aims at analyzing relations between superstitious thinking and religiosity. Superstition is considered to be a concept or belief which is held in spite of lacking evidence. Superstitious behaviour is found in numerous domains of social life e.g. economic behaviour, development, sport, health, and religion. The findings on superstition and religious beliefs have been confusing and inconsistent which was the inspiration for undertaking this issue. In the present study, 201 people filled out 3 questionnaires related to superstition, centrality of religiosity and relations to God. An analysis revealed strong relations between superstition and various dimensions of religious life. Individuals with a lower level of superstitious thinking tended to have stronger religiosity, but only in so called mature dimensions while those with a higher level of superstition were characterized by weaker religiosity in mature dimensions and higher levels of immature religious dimensions.