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Humour as a nursing intervention

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Therapeutic humour is defined to be any intervention that promotes health and wellness by stimulating a playful discovery, expression or appreciation of the absurdity or incongruity of life's situations. This intervention may enhance health or be used as a complementary treatment of illness to facilitate healing or coping, whether physical, emotional, cognitive, social or psychological. Humour can be used in all kinds of ways or situations, to relativize, make tense situations less tense or it can be used to make life more pleasant. If a nurse uses humour as an intervention in complementary care, certain patients may complain less. This paper will look at Humour as a nursing intervention. A review of the literature was done and after the review, a questionnaire was undertaken and from that questionnaire and review conclusions were drawn.

Biography

Aschwin van Loon has worked on neurology wards and neurosurgery wards for almost two decades and after working as a registered senior nurse at a rehabilitation center on a ward with MS, lower and upper leg amputees and paraplegics patients, he is back at where he started, Neurology and Neurosurgery. He is an experienced Owner with a demonstrated history of working in the medical practice industry. Skilled in Medicine, Neurology, Neurosurgery, Dutch, and Injury Rehabilitation. Strong healthcare services professional with an MBO focused in Verpleegkundige Niveau 4 from Nova College IJmuiden/Haarlem.

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