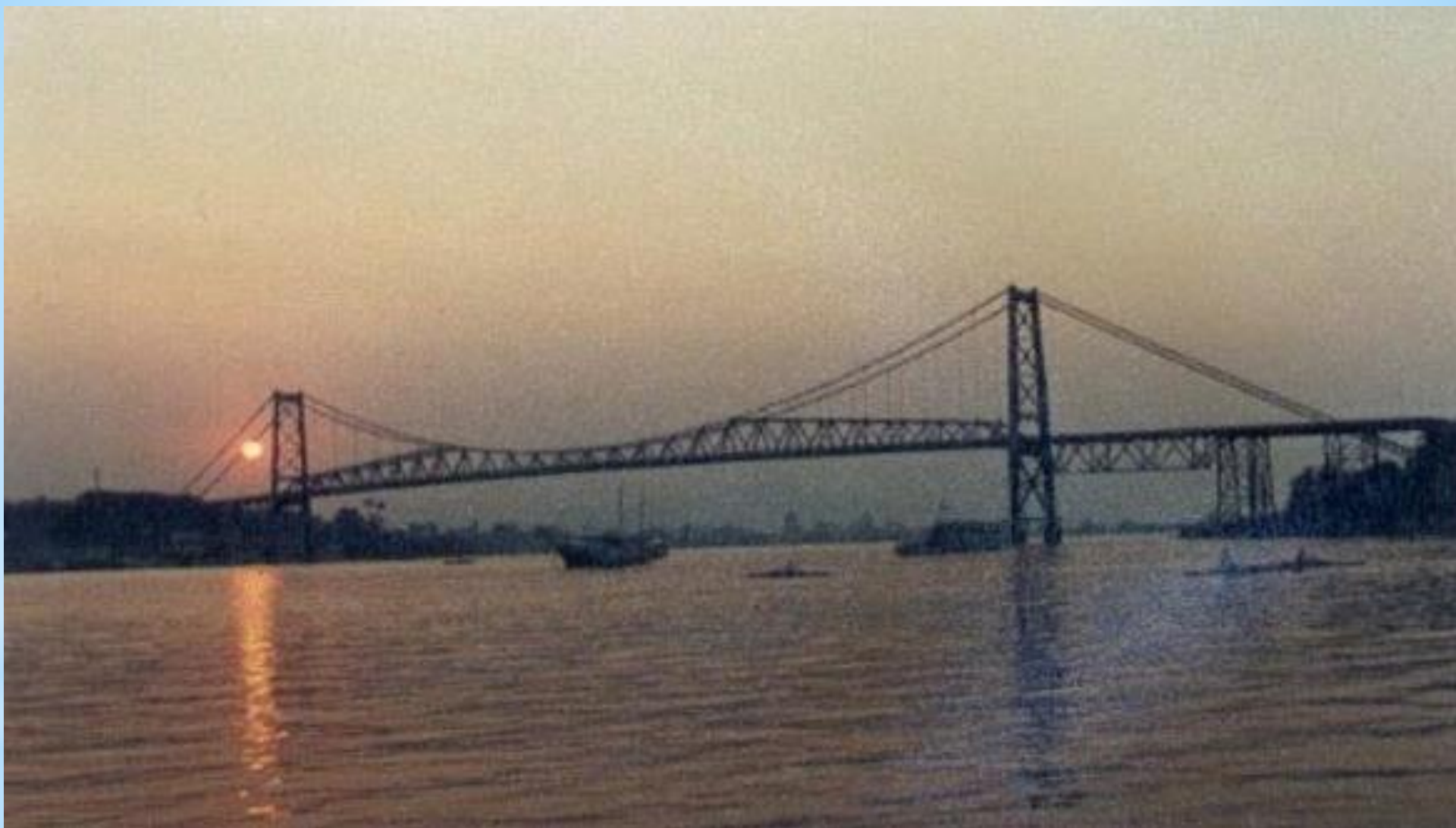
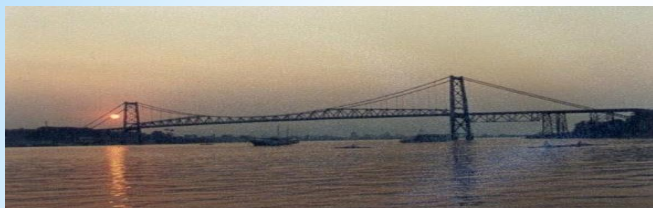




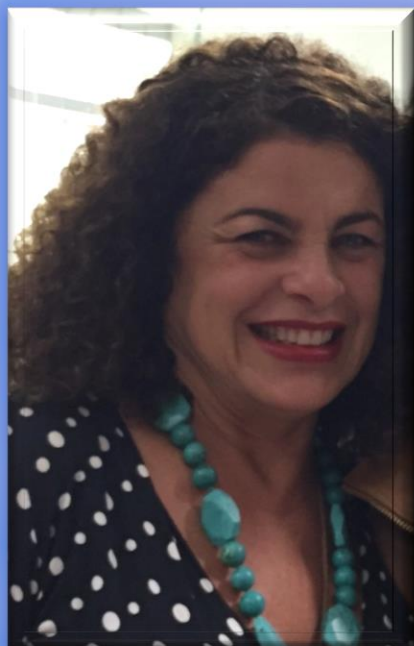
Ninho Project: An Integrative Teaching and Research Assistencial Project to Promote a Healthy Being and Family in Everyday Life

Rosane Gonçalves Nitschke, Samanta Michelin, Juliana Costa, Camila Vicente, Schirley Espíndola, Renata Orlandini, Adriana Tholl, Laura Souza, Gisele Fernandes, Luizita Henckmaier, Juliana Nobrega, Ana Paula Silva, Claudia Carraro, Elke Cordeiro, Ingrid Wosny





The history



The trajectory



GAPEFAM - space to be better the family life and health

Master (1991) e Doctorate (1999) - NITSCHKE

Alternative space- family health , every day life , life
style , way healthy, healthy family



*Group of research Nursing
Every Day Life, Imaginary,
Health and Family*



Background and Purpose



The “NINHO” (Nest) Project, proposed in 1995, has been developed through workshops with families of a public children education center at Lagoa da Conceição, Florianópolis, Santa Catarina, south of Brazil.



It was observed through an earlier project, realized with the Assistance Research and Education group on health, a group subordinated to the Interdisciplinary laboratory on studies about family and health that families have the need of places where they can improve their daily health routine.



Taking it into consideration this needs a proposal to create a place where was possible to offer a trans disciplinary care to families and workers promoting personal and family health, discussing their daily routine and health care on their daily life.



1995 Núcleo de Educação Infantil - NEI - Lagoa da Conceição- work shops with families

2000 Health centers - communities - Florianópolis

2013 HRSJ e CCR



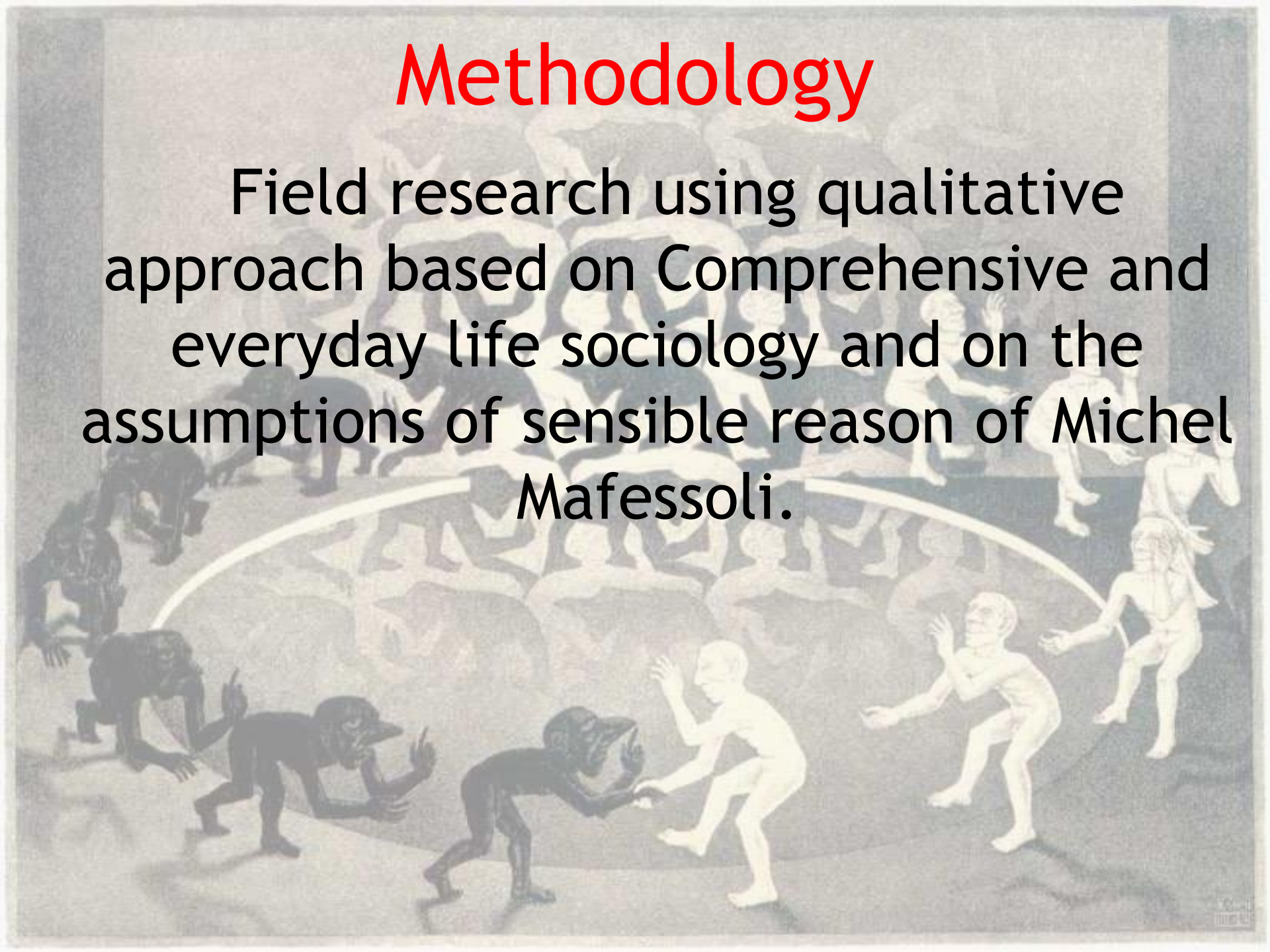
1999- Hospital - HIJG

2009 Micro work shops with workers do NEI - "Pequenas pausas grandes reforços"



Methodology

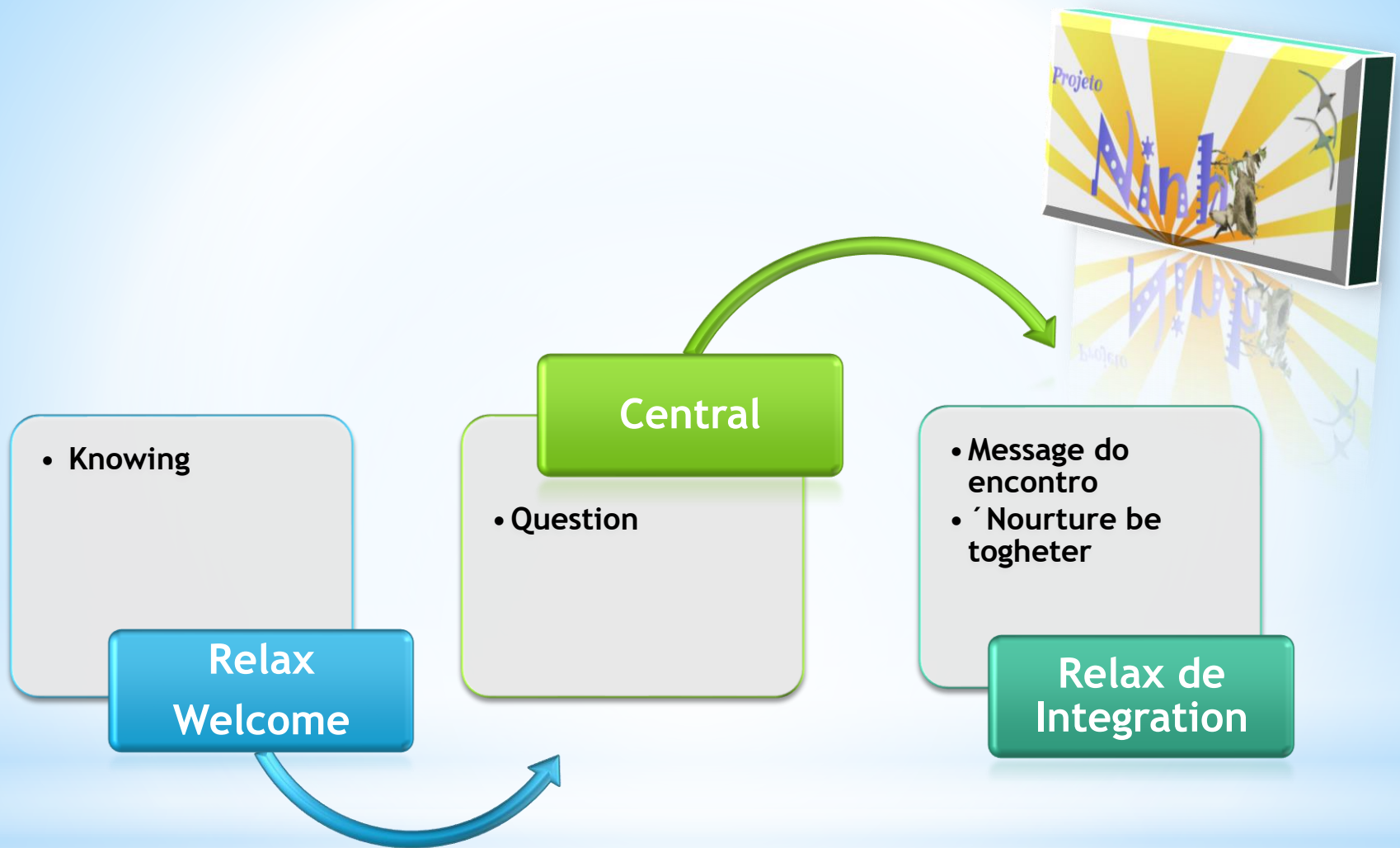
Field research using qualitative approach based on Comprehensive and everyday life sociology and on the assumptions of sensible reason of Michel Mafessoli.



Paths

The data collection was done through group interviews during weekly and monthly workshops with the Guiding Question:

How your daily life is and how you promote your healthy being?



How your daily life is and how you promote your healthy being?

PROCEQUIS (NITSCHKE, 1999)

Process Care Nursing

Every Day Life, Imaginary, Health

- Know Every day life**
- Definition; means ; situation**
- Care Possibilities**
- Reflextion: Every day life and Healh care : share**



PATHS

Techniques such as sensibilization
massage and relaxation were used,
and data was recorded on field
diaries, being analyzed according to
Shatzmann and Strauss(1973),
attending the etical procedures.





RESULTS: PROCEQUIS



Workshops were done to promote discussion, reflection, learning and care and mainly mutual care.

“EU NUNCA TINHA VISTO, PELO MENOS NA ENFERMAGEM, AS PESSOAS ESTAREM SE PREOCUPANDO TANTO ASSIM COM O OUTRO, OUTROS NÍVEIS DA SAÚDE, QUE SERIA ESSE LADO MAIS ESPIRITUAL, MENTAL, QUE ACHO BEM IMPORTANTE, NÃO É SÓ REMÉDIO” (BOLERO)




Micro-WORK SHOPS





**Woskshps
DanSaúde
DanceHealth**



**Dorso das vagas, vagas pérfidas,
Saúde a quem cria novas danças!
Dancemos então de mil modos,
Que nossa arte seja chamada livre!
Gaia – nossa ciência!”**

Nietzsche

***“NA HORA QUE EU ESTAVA DANÇANDO EU PENSEI: É MUITO LINDO, É CONFRETERNIZAÇÃO, É BRINCADEIRA, É MUITO SAUDÁVEL!”
(SAPATEADO)***

“PRETENDO PARTICIPAR MAIS, É BOM RETIRAR UM TEMPO ASSIM, UM DIA A NOITE PRA FICAR AQUI, NÉ. PORQUE É UMA COISA QUE A GENTE ESQUECE, ESQUECE DE CUIDAR DA GENTE, DOS OUTROS, PORQUE A GENTE ACHA QUE SÓ A GENTE TEM PROBLEMAS. ENTÃO QUERO PARTICIPAR MAIS E OBRIGADA!” (MAMBO)







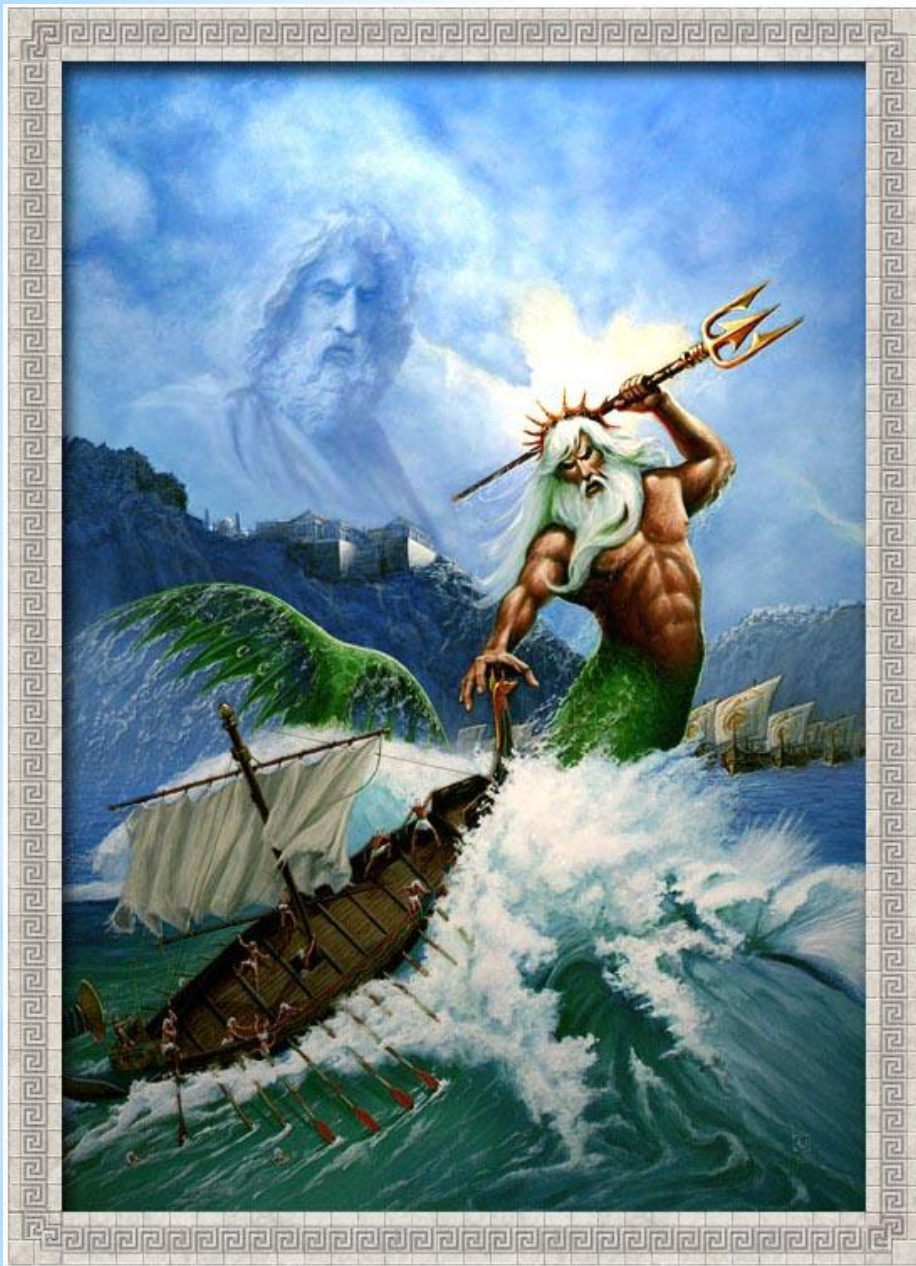




Foto 14 - Dinâmica de relaxamento no 3º Círculo de Cultura; a massagem como entrecuidado



Mulher-terra (Gaia/Ceres)



Homem-mar
(Netuno/Poseidon)



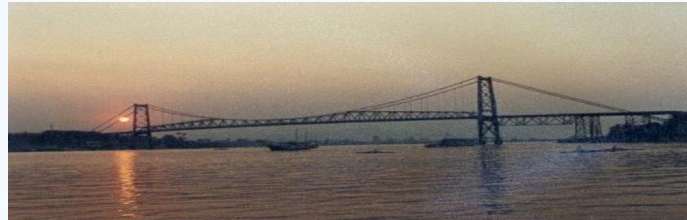
Foto 23 -homem-mar trabalhando





Foto 25 – aspecto do homem-mar trabalhando

Construir



Fortalecer

Atores



Famílias



Profissionais

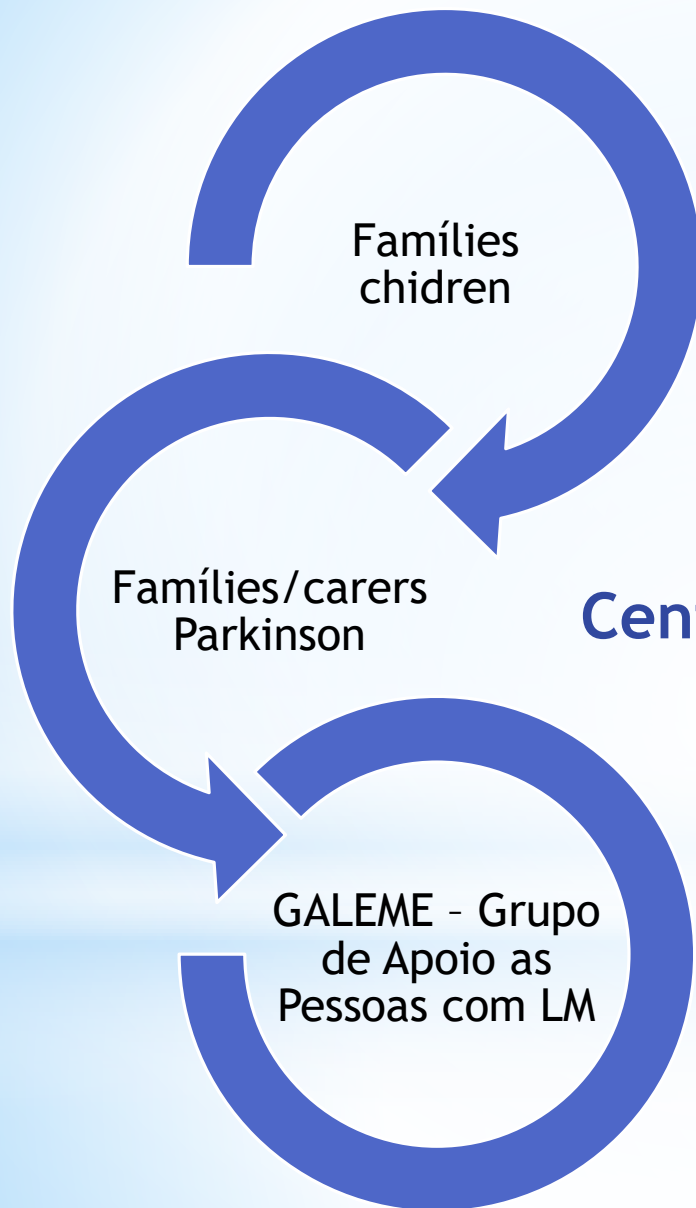


Hospitais

Comunidade

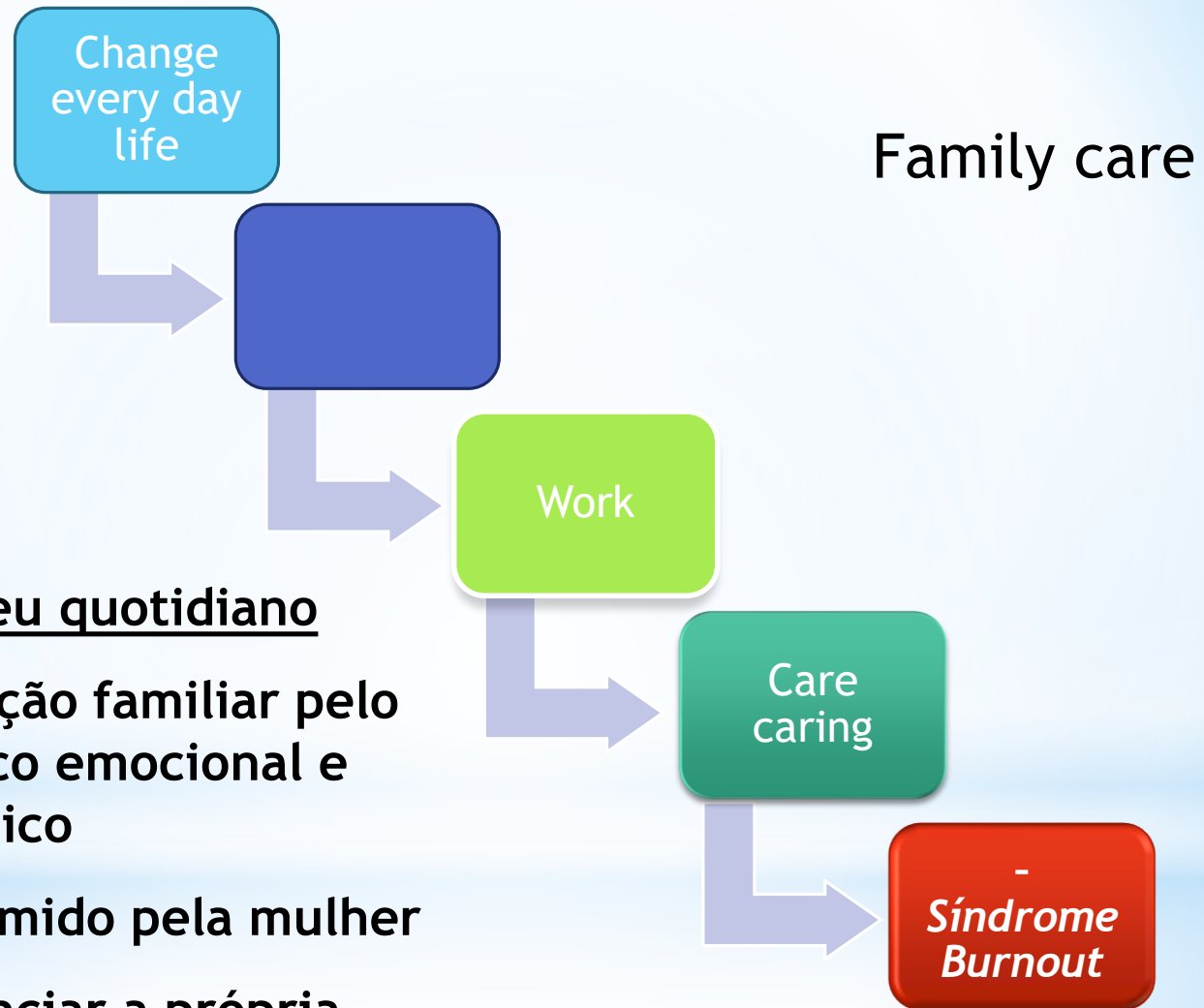
Domicílio





Centro Catarinense de Reabilitação CCR/CER II

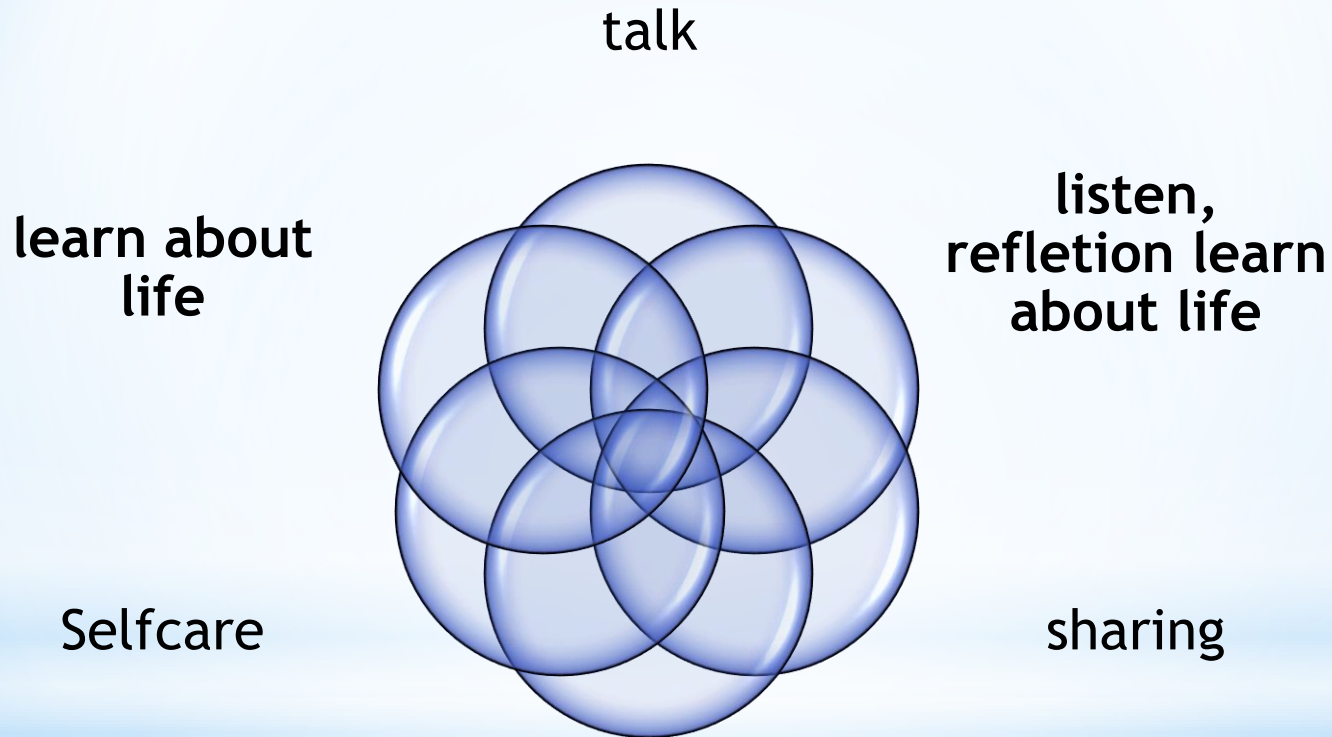
→ Family and Everyday Life



- ruptura no seu cotidiano
- desestruturação familiar pelo desgaste físico emocional e socioeconômico
- cuidado assumido pela mulher
- precisa gerenciar a própria desordem emocional

Time to ourself and to the another one

Promoting healthy families and persons



Grupo de Apoio às Pessoas com LM e suas Famílias - GALEME

Home page
(GALEME) - net



Wings for Life World Run
Fashion



Grupo de Apoio às Pessoas com LM e suas Famílias - GALEME



PROJETO NINHO

CONCLUSIONS AND IMPLICATIONS:

* During the eighteen years of project we could notice that it has a considerable importance in health improvement and on the social construction of self-care adopting sensible and creative care strategies with students and community preventing future injuries on families in everyday life through integration between assistance, teaching and research.

PROJETO NINHO

*Por menor que seja, a pausa em nosso cotidiano, esta se faz necessária para recuperarmos nossas forças e promovermos nosso ser saudável, expressando também a conexão com os respiradouros de que necessitamos para não apenas continuarmos vivos, mas sobretudo vivermos melhor!”

“Little stop, *Grate empowerment!!!*”

**Welcome ...
Empowerment...
Prepare to fly... to freedom**





TO LIVE