

Humour as a nursing intervention

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Humour as a nursing intervention, Netherlands



Abstract

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 complimentary 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 have worked on neurology wards and neurosurgery wards for almost two decades and after working as a registered senior nurse at a rehabilitation centre on a ward with MS, lower and upper leg amputees and paraplegics patients he was back at where he started, Neurology and Neuro surgery. he have always wondered why we, as nursing staff, always use humour when we are around other nurses but almost never when we are around our patients.

Publications

1. Greater mindful eating practice is associated with better reversal learning
2. Loss of lateral prefrontal cortex control in food-directed attention and goal-directed food choice in obesity
3. Neural top-down influences of food labeling on implicit food wanting
4. The effect of food cues on focused attention
5. Top-down expectation effects of food labels on motivation



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