

APPROACH TO PATIENTS VICTIMS OF ABUSIVE RELATIONSHIPS AND THE VALUATION OF EMOTIONAL INTEGRITY: A REPORT

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Abstract: Mental health is a topic of fundamental importance nowadays and many patients come to the doctor's office seeking a humanized care, but this topic is not sufficiently addressed in the curriculum of the medical course. For this reason, medical students from "Universidade de Vila Velha" took part in an integrative project, approaching patients who are victims of abusive relationships, learning techniques to deal with this type of situation during the consultation, besides emphasizing the importance of emotional integrity. Abusive relationships can trigger diseases such as depression, anxiety, panic syndrome, or even physical consequences in cases of violence. This experience added a lot of knowledge that is very important for a better practice of medicine, contributing to a more inclusive care.

Keywords: Mental Health / Depression / Anxiety / Medical Care

INTRODUCTION

During 6 months of 2021, we were part of an integrative project between medicine and psychology, which addressed toxic relationships and self-esteem, aimed especially at women. Psychology and mental health are themes of great relevance in every area of health, including medicine, both due to the fact that multidisciplinary treatments must be sought, and due to the fact that questions about mental health are very present in the daily life of the doctor and are not always sufficiently addressed in graduation. The project included lectures given by psychologists and conversation circles, totaling 4 meetings.

EXPERIENCE PRESENTATION

The first lecture addressed the topic of how to recognize a toxic relationship, that is, one that brings harm to the patient; a harmful relationship is not necessarily a marital or love relationship, and may be present

in family relationships. Some of the most prevalent characteristics are manipulation, psychological pressure, criticism of physical appearance or attitude, and verbal or physical violence. Over the following months, conversations were held with women who live or have lived through this type of relationship. The environment was welcoming and the participants felt comfortable to share their experiences. The stories were important for a reflection about the influence of this problem in the patients' lives, which also affects their physical health.

Finally, the last lecture, ending the project, offered an overview with strategies to get out of and avoid toxic relationships. One of the factors to avoid this type of situation is personal appreciation, where the individual realizes that he/she deserves affection and values the preservation of his/her psychological health and integrity. Another point discussed was how to deal with grief after leaving a relationship where there was possibly an emotional dependence. The psychologists responsible for the project oriented us, medical students, in our approach to patients, aiming at a comfortable environment so that they feel free to tell us about any situation of emotional vulnerability.

Many times, the victims of this type of relationship feel ashamed of the situation they are in, the physician must make it clear that this is a non-judgmental environment and that the main objective is the promotion of physical and mental health.

CONCLUSIONS

There are many perceived relationships with the practice of medicine, in addition to the social acceptance of the patient who is in a state of emotional fragility. In addition to triggering possible illnesses such as depression, anxiety and panic attacks, we can also come across situations of victims of

physical violence and it is very important to be prepared to address this issue in any health service. This experience was fundamental for our academic training and greater preparation to practice medicine. Because it added knowledge that will be used in everyday life as medical students, in the internship at a family health unit, in internship and in the future in professional life as doctors, in a hospital and outpatient environment.