

## CLOWN THERAPY AND ETHICAL VIRTUES IN HOSPITALS

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### *Cristiane Monteiro Carvalho*

``Instituto Nacional de Câncer`` (National Cancer Institute); ``Universidade Federal do Rio de Janeiro``, PhD student in Bioethics, Applied Ethics and Public Health (PPGBIOS), Rio de Janeiro - RJ, Brazil

### *Alexandre Costa*

``Universidade Federal do Rio de Janeiro``, Vice Director of the Bioethics and Applied Ethics Center (NUBEA/UFRJ); Coordinator of the Post-graduation Program in Bioethics, Applied Ethics and Public Health (PPGBIOS), Rio de Janeiro - RJ, Brazil

### *Ernani Costa Mendes*

``Universidade Federal do Rio de Janeiro``, Vice Director of the Bioethics and Applied Ethics Center (NUBEA/UFRJ); Coordinator of the Post-graduation Program in Bioethics, Applied Ethics and Public Health (PPGBIOS), Rio de Janeiro - RJ, Brazil

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## **INTRODUCTION**

The insertion of clown therapy in hospitals is increasing to promote comprehensive care and humanization in care that challenges the system. There are few studies at a global and regional level that investigate the moral dimensions related to “clown” so that playful workshops can transcend the painted face to an empathetic, responsible and individualized relationship.

## **OBJECTIVE**

To evaluate the work process and the contribution of clown therapy, in hospitals, in light of the ethics of care.

## **METHOD**

Bibliographic review study using the descriptors laughter therapy, bioethics and ethics of care. The methodology uses a narrative review of publications from 2000 to 2023. For selection and collection of information, the informative reading technique was used based on the critical selection of articles.

## **RESULTS**

Clown therapy has several definitions and its practice in hospitals began in Brazil in the 90s. Clown therapy can be capable of interacting and modifying the hospital environment, as well as providing horizontal interpersonal relationships. Bioethics seeks to meet the ethical challenges arising from

scientific and technological advances and becomes essential to promote the survival and quality of human life and the ecosystem. Moral reflection contributes to improving care practices and relationships and reducing and resolving conflicts. Virtue ethics aims to act for the good of others, contrary to acting according to duty and what must be done, of utilitarianism. Ethical and empathetic care is essential to human beings for the development of relationships and interactions. From the perspective of caring for others, Stein (2003) defines empathy as the other's affective response, based on the apprehension and understanding of their feelings and how they assimilate a given situation. As well, capturing the experience of the other is a possibility of the empathetic act.

## **DISCUSSION**

Worldwide, several healthcare humanization actions have been adopted to rescue values such as solidarity, affection, respect for diversity and care for others. The ethics of care is a recent and important area of research. This raises questions, such as: is painting your face, wearing colorful clothes and playing games enough? Or putting yourself in someone else's shoes, are empathy and dialogue important?

## **FINAL CONSIDERATIONS**

It is hoped that the present study will enable the construction of new knowledge and practices of clown therapy in hospitals. More studies are needed to rescue ethical care and its demands.

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