

TEENAGE MOTHERS

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CONTENT

1. Preparation of the interview
2. The first interview (with the professionals and patients)
3. Preparing the activity
4. Activity
5. Evaluation
6. Reflection



TARGET GROUP: TEENAGE MOTHERS

- Risk of social exclusion (including poverty)
- Lower health outcomes (physically and emotionally)
- Not engaged in education/employment/training

- General needs of this target group



INTERVIEW: THE USE OF COMMUNICATION

- Joyce Travelbee
 - Human relation
 - Trust and comfort

- Workshop
 - Eye contact



OUR PROFESSIONS

- Dietician
- Nurse
- Occupational therapist
- Physiotherapist



THE INSTITUTION: CENTRO COMUNITÁRIO DE NOSSA SENHORA DA PAZ

- Religious, private, international organization
- Transdisciplinary team
 - Psychologist
 - Sociologist
 - Social assistant
 - Nurse
- Goals



THE PATIENTS: QUALITYS OF LIFE TOPICS

- LOVE / HAPPINESS
- MONEY / STABILITY
- HEALTH
- BASIC NEEDS



THE FIRST INTERVIEW

Expectations	Reality
<ul style="list-style-type: none">• Not always positive attitude about the caregivers and their help	<ul style="list-style-type: none">• They trusted us quickly, were open minded for our questions and collaborate well
<ul style="list-style-type: none">• Not always supported very good by their boyfriend, family and friends	<ul style="list-style-type: none">• Most of the patients have a good support from their boyfriend, family and friends
<ul style="list-style-type: none">• Not always a good health situation	<ul style="list-style-type: none">• The general health situation was mostly good, but they have different habits that influence their health
<ul style="list-style-type: none">• Not always much financial possibilities	<ul style="list-style-type: none">• More poverty then we expected

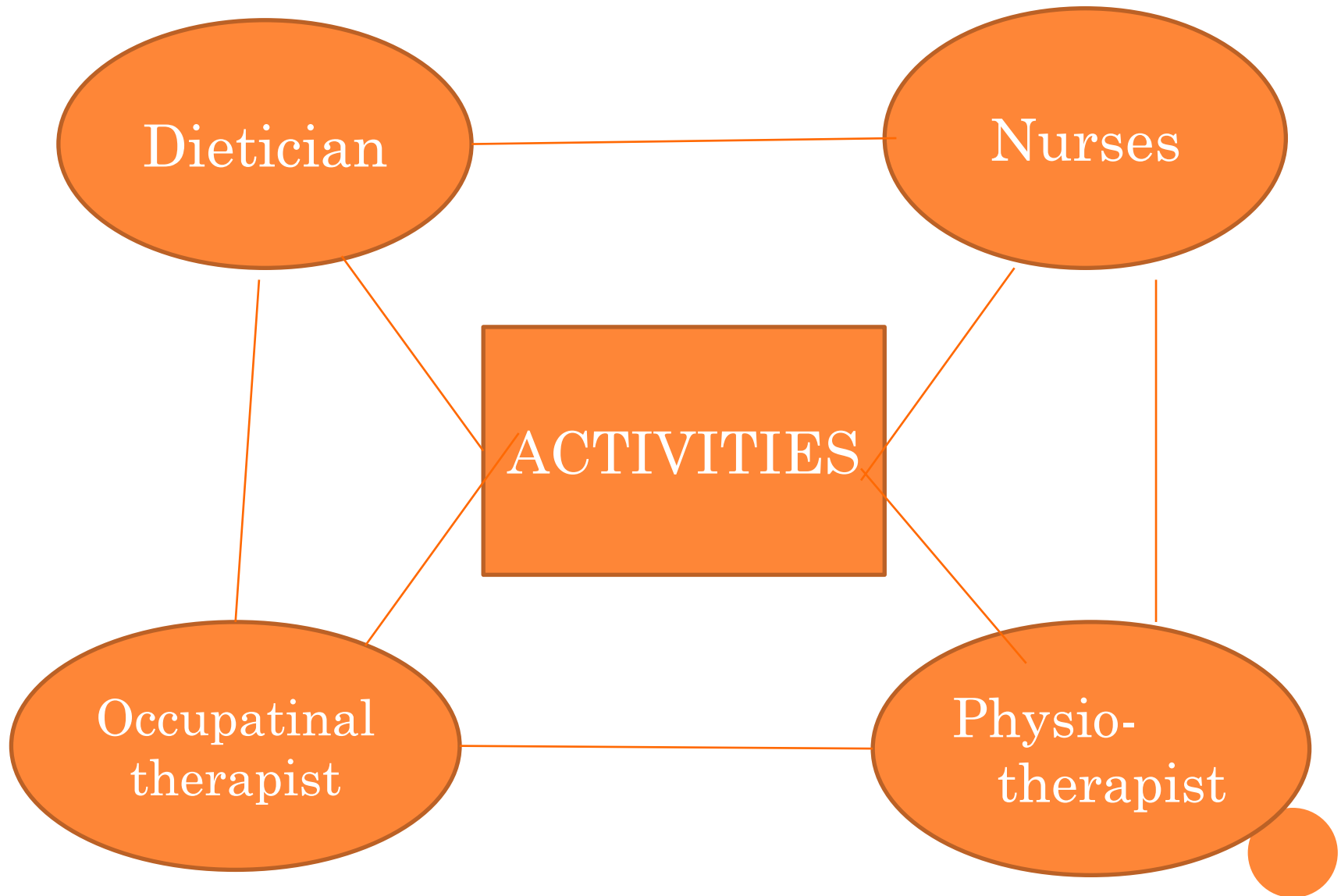


THEIR NEEDS

Expectations	Reality
Breast feeding positions	How to build up a balanced meal
Eating during pregnancy/ breast feeding	How to get back their weight before pregnancy
How to start the feeding of the baby	Basic nursing care
Training the pelvic muscles	Atopic skin- information about allergy



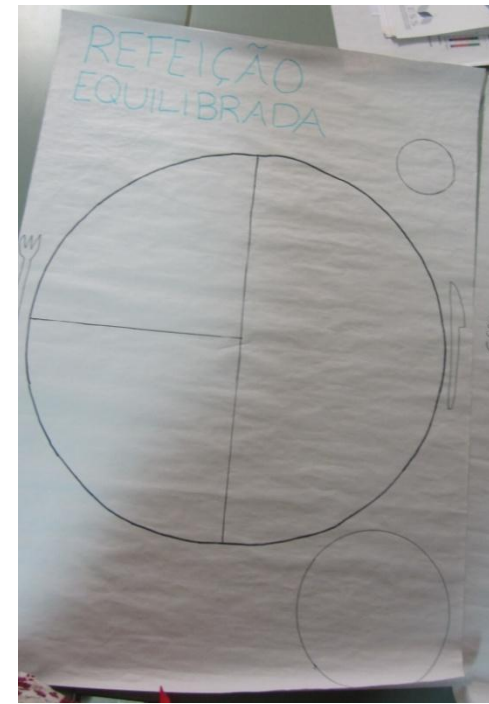
TRANSDISCIPLINARY WORKING



OUR 3 ACTIVITIES

A. Nutritional activity

- Food Wheel
- Building a Balanced Meal



B. Physical activity

- Sharing their own experiences and interests
- Likes and wishes
- Difficulties



c. Nurse activity

- 5 questions about basic nurse information
- Discussion

D. Doubts & Tips Book



THE PATIENTS DURING THE ACTIVITIES

- Differences
- Open/closed
- Development/evolution



GOAL

- Message

= Share experiences and knowledge and support each other.

- “It’s not bad to have doubts and questions. We can always use each other to learn more and to feel more confident in several situations.”



4. EVALUATION

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- They understood the importance of helping each other
- We had a good relationship with the patients and they trusted us
- They found somebody who knows a lot

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- Without the professionals they will lose their motivation
- We are not coming back to support them further in the treatment



LIMITS

- Languages
- Lack of time
- Changing of the patients in the group



5. REFLECTION

- Self-determination and self-management
- Quality of life
- Social exclusion and poverty



6. REFERENCES

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THANK YOU FOR THE ATTENTION

