

# Annotations of Workshops:

## Delivering serious news in palliative care

Delivering serious news to patients, particularly informations concerning diagnosis and poor prognosis, is one of the most difficult part of the art of medicine. Every GP should be able to face such situations and to talk with the patients about their end of life preferences and priorities. The goal of this workshop is to share practical recommendations for communication in such situations based on international guidelines and scientific evidence. Using interactive form by simulating these difficult situations, participants will be asked to identify good and bad communication strategies and to share the experiences from their own practise.

Lectors:

Martin Loučka, Ph.D, psychologist, director of Center for palliative care, Prague

Adam Houska, MD, physician of mobile palliative care team of home hospice Cesta domů, Prague, and research fellow of Center for palliative care, Prague

## Drawing family circles

The drawing family circles method belongs to the family diagnosis techniques and has a therapeutic input too, so it a psychosomatic tool.

1. Indications: Whenever the doctor gets the idea that the patient's problem has to do with his/her family or environment or the reason for counselling is unclear he invites the patient to draw family circles.
2. The patient is asked to draw in him/herself and members of his/her family, peer group, etc. as smaller or bigger circles inside or outside of the large circle. Also friends, enemies, work, god, hobbies, pets, etc. (whatever the patient thinks to be important) may find a place.
3. The patient is encouraged to speak about his/her interpretation and to describe his feelings and sense.
4. Useful reflecting questions: Do you like this picture? Is there anything surprising? Would you like to change anything? What is your need for changing? Accept all explanations of the patient, even if they seem to be peculiar.
5. The patient and the doctor talk about the patient's resources and ideas, for instance about looking for another, better place in the circle. A process can start.

Examples from everyday work are presented. Each participant draws a family circle of his/her own. The pictures are discussed in small groups. Additionally we can focus on some cases, and develop new views and solutions. Drawing family circles offers an easy-to-do systemic snap-shot, as if both the patient and the doctor fly like sharp-eyed eagles over the patient's family situation. There is no bad or wrong. The patient is the expert for him/herself. You see

and feel more than you can talk about. The method offers a feasible way to solve complexity in the GP's daily work.

Lectors: B. Panhofer, MD

## **PRACTICAL SKILLS**

### **WS: „Focused on the prevention“**

The workshop is organized by Loono. The mission of this non-profit organization is to show how important prevention is. Therefore, they organize educational workshops and lectures, write articles and films videos in which they talk about health and human body intelligibly. Loono inspires, encourages and teaches others to look after themselves with care and in time. The campaign “I Touch Them Every Month” teaches especially young people how to properly and regularly examine their breasts and testicles and discover any potential changes in time. You can see a hashtag #prsakoule (#boobsandballs) on all social media.

Workshop participants will try a proper technique of self-examination and learn how potential changes feel like on special breast and testicular self-examination models. Loono team trains on special silicone models of breasts and testicles, where some lumps are hidden. The aim of the workshop is to provide European GPs with instructions on how to quickly and efficiently pass on information to the patient about self-investigation. And last but not least, the aim is to start a discussion on the approach to this issue in different countries.

Lectors: Loono, Markéta Pfeiferová, MD,GP Praha, Head of Czech Young GP's

### **Personal Experience as a Motivational Tool for Long Life Prevention**

The aim of the workshop is to ascertain the importance of long life prevention through personal experience. Starting with prevention of older age pathologies in early adulthood gradually in younger age influences the over all condition of all seniors. With the age simulation kit we want everyone to experience the older age pathologies.

Lectors: Emmanuela Fernandová , MD, GP Brno, Mgr. Pavel Kellner