



OCCUPATIONAL THERAPEUTIC INTERVENTION FOCUSED ON THE EXPRESSION OF RELIGIOSITY/SPIRITUALITY IN PATIENTS WITH CHRONIC RENAL FAILURE: A CASE STUDY

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ABSTRACT

Chronic Renal Failure (CRF) progressively compromises renal function, generating physiological and psychosocial changes that affect occupational performance and directly influence the quality of life of patients and their families. Among the strategies pointed out in the literature that are used by people with CRF to deal with the adversities arising from this health condition, religiosity/spirituality stands out. In the context of occupational therapy, religiosity/spirituality is recognized as a dimension of daily life and an element capable of enhancing the meaning of occupations and directly influencing occupational performance. This study aims to present religiosity/spirituality in the practice of occupational therapy in hospitalized patients with CKD. To this end, we present the experience report in a high-complexity hospital in the northern region of Brazil, between April and October 2024. Ten patients aged between 58 and 71 years, predominantly women (70%), diagnosed with CKD and who had difficulties in getting involved in the occupation of the expression of religiosity and spirituality due to the long period of hospitalization, participated in the study. The intervention process began with a standard assessment of the occupational therapy sector, followed by the analysis of the patients' occupational repertoire. The interventions were planned based on the interests and life stories of the patients, with the aim of promoting engagement in meaningful religious activities, such as the celebrations of Holy Week, Easter, and the Círio de Nossa Senhora de Nazaré. The strategies used included reading biblical passages through tablets, stimulating religious songs and creating a Spiritual Diary to record prayers, thoughts and reflections. Religious rituals were also adapted, such as the visit of the image of the pilgrim saint, and there was the opportunity to visit the hospital's prayer space. By including religiosity/spirituality as a dimension of care, in the perspective of offering humanized, integral and interdisciplinary care, the occupational therapist sought to strengthen involvement and enable participation in this meaningful occupation with the potential to promote health and well-being. In this sense, occupational therapy proved to be a way to facilitate the expression of religiosity/spirituality, which proved to be of great importance and significance, being understood as a significant dimension in the lives of patients with CRF and their families. In view of the state of illness and hospitalization, religious activities contributed to the expansion of autonomy and the possibilities of doing,

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proving to be a tool for coping with the process of illness and hospitalization through the construction of individualized strategies to minimize suffering.

Keywords: Chronic Renal Failure, Occupational Therapy, Spirituality, Occupation-Based Intervention.