

55<sup>th</sup> World

## ADVANCED NURSING AND NURSING PRACTICE CONGRESS

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**Seemingly absurd expressions from patients in palliative care or suffering from senile dementia: Understanding the hidden metaphorical level and communicating in a validating and affirmative manner****Ricard Vila**

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The method of validation according to Nicole Richard and Naomi Feil is a patient-centred approach aimed at the constructive use of the actual possibilities of a person. It puts the relationship between the patient and the nurse at the centre of the caring process such that the nurse, conscious of her own identity and her own limits, opens herself to the experience and mental possibilities of the patient accepting it in an unconditional manner. Especially in the challenging work and communication with demented patients this approach can be very helpful. Instead of taking an authoritarian position towards the patient, establishing a relational climate becomes essential. In this lecture some hints and tips will be given on how to use this method in practice to better join the mental landscape of the demented patient and thereby facilitate a better communication between nurse and patient. The lecture is divided into two parts. The first part will put the focus on how to join the mental realm of patients suffering from dementia or Alzheimer. The second part will provide insight into the special situation of patients in palliative care, where there can be an underlying metaphorical level in seemingly absurd expressions.

**Biography**

Ricard Vila is working as a Male Nurse in Palliative Care in a Hospice in the southern part of Germany since 2004. He has completed his Master's degree in Philosophy and Literature from the University of Stuttgart and a course as Building Biologist (Baubiologe) from the Institute of Baubiologie in Neubeuern (IBN).

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