

down in an incubator at 25±1°C for 5 days
The fungus was cultured upside down in an incubator at 25±1°C for 5 days



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USING “ZENTANGLE” TO INTRODUCE SPIRITUAL CARE FOR TOCOLYTIC WOMEN

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INTRODUCTION

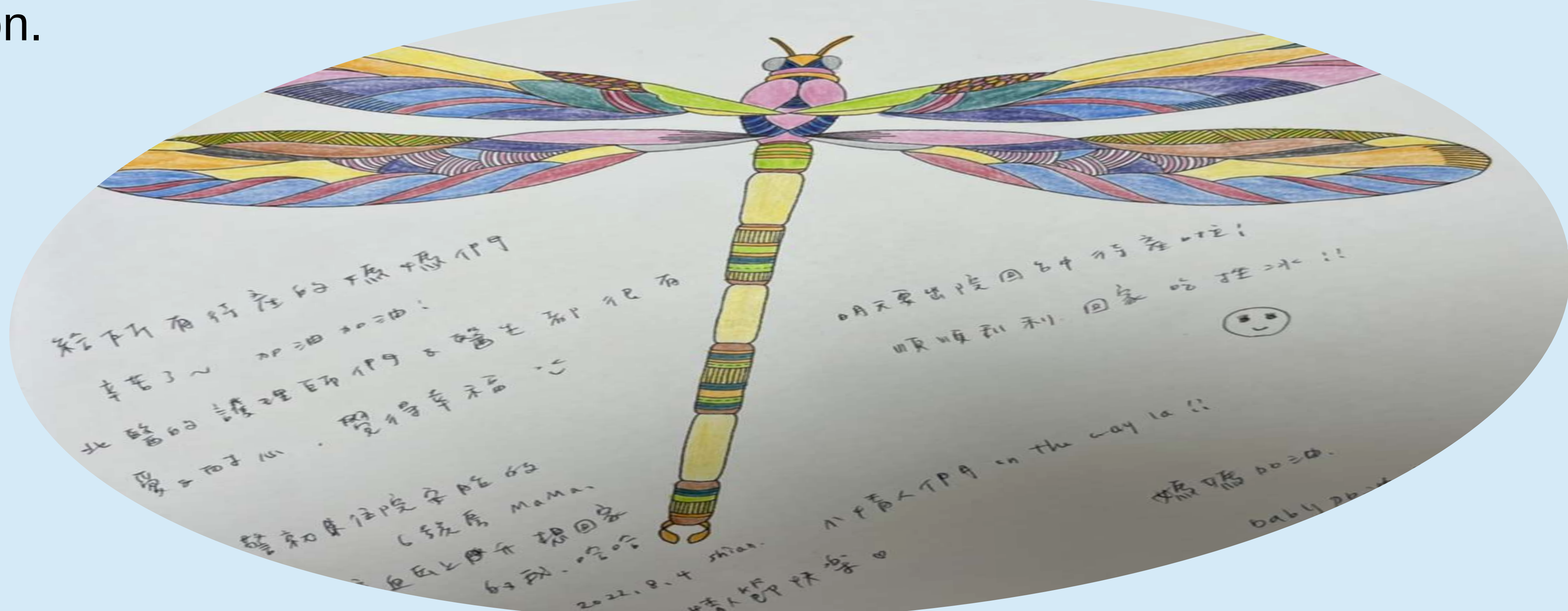
Tocolysis imposes a heavy burden on a pregnant women physically and mentally, and the exhaustion of body and mind makes pregnant women prone to negative emotions, which if not assisted in time, may cause depression and even affect family health (Bao, Sun, and Huang, 2020; Bottemanne et al., 2022). "Spiritual Care" is committed to helping the life course without regrets, and our unit uses "Zentagle" spiritual care, hoping to help tocolytic women find an outlet to release stress (Chen, Li, Zheng, Luo and Xu, 2016).

AIM

TOCOLYTIC WOMEN are under great psychological pressure. Failure to provide assistance will affect the health of mothers and babies. USING “ZENTANGLE” TO INTRODUCE SPIRITUAL CARE FOR TOCOLYTIC WOMEN Helps reduce psychological stress and promote health.

RESULTS

According to the statistics, during the period from April to October of 2022, a total of 5 tocolysis pregnant women consulted spiritual care givers due to depression, and with nurses intervened in the "Zentagle" measure, can successfully relieved the pressure of the tocolytic mothers, and they expressed that they could feel at ease in the process of painting, and wrote words of gratitude and encouragement in the picture book, which became the strength to support themselves and their family, and were grateful to nurses for not only taking care of them physically, but also taking care of their soul. The positive feedback obtained by this measure also allows the nurses to continue to work on.



METHOD

Feeling powerless during tocolysis can make pregnant women feel depressed, and how to make pregnant women feel at ease during tocolysis is our important responsibility. This measure involves nurses participating in the Zentagle course held in the hospital, during the process, they can feel their pressure being released by focusing on painting. After the course, they share their feelings with their head nurse, and jointly introduce the concept of Zentagle into the stress relief care measures for tocolytic women in the hospital, providing coloring tools such as drawing books and color pencils, unlimited time to allow tocolytic mothers to paint according to their emotional feelings, so that they can get physical, mental and spiritual comfort, and then achieve the effect of stress relief.

CONCLUSIONS

Combining the concept of "Zentagle" with tocolytic care is a measure that has not been heard in clinical practice. Our hospital focus on holistic spiritual care, and by holding courses in the hospital, it inspires the medical staff, and then benefits the patients and their families, which successfully introduces the concept of spiritual care into the hospital and the community. It is expected that similar spiritual innovative care can help patients find the meaning of life and provide clinical care reference.

ACKNOWLEDGEMENT

We are very grateful to our working partners for continuing to work together for the health of mothers and babies. In the future, we will continue to work hard to improve the maintenance of medical care products in the delivery room.

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