
WORKSHOP ABSTRACT

Holding still, together - Parkinson's care Portrayed

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Complexity within the healthcare setting grows rapidly, and person-centered care takes on center stage. This begs for a mind- and skillset change in health professionals, because most current education equips them poorly to deal with this. Last year at ICIC22, we presented our innovative arts-based research project, focusing on a combination of narrative accounts and photographs of 21 people with Parkinson's and 22 different practitioners. The research project was co-developed with people with Parkinson's and professionals. Now, this project has evolved into an workshop that aims to develop healthcare practitioners in becoming reflective practitioners. Reflecting on deeper beliefs and observation skills are vital for future healthcare professionals in a complex world.

This workshop aspires to develop these skills and has been piloted three times in the last year with different target groups: people with Parkinson's, nurse practitioners, and university - & art academy students. The workshop itself holds three phases. First, the workshop intends to put participants in a beginner's frame of mind. The focus of the first exercises lie with judgement free observations. Secondly, the workshop focuses on judgment: what do you think you see, and what words will you give the description? Thirdly, we delve deeper in those judgements. Helping participants search effectively for often latent, but crucial normative convictions. All in all, the workshop is about slowing down and providing space and tools for a mindset evaluation.