

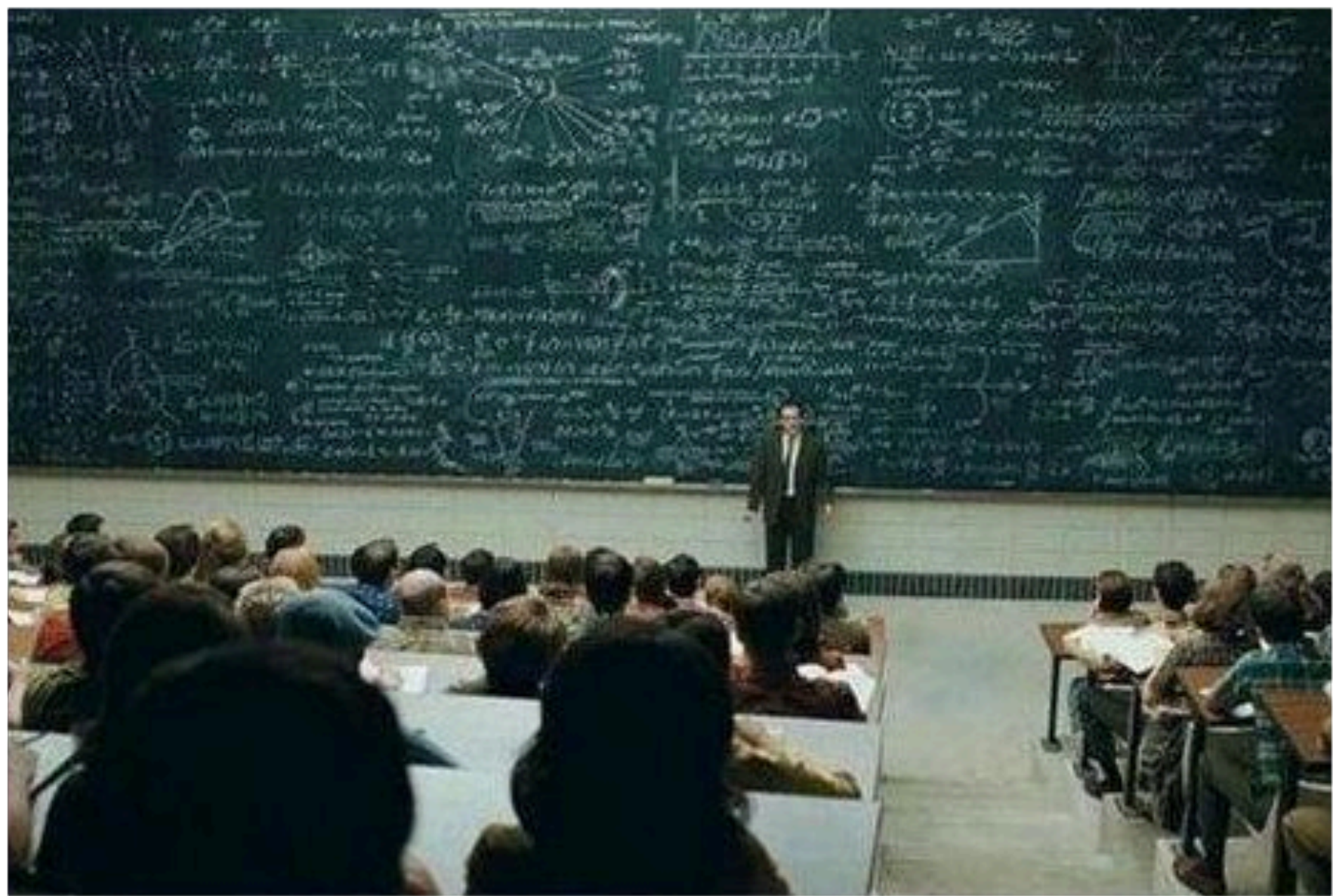
HUMOUR & COMPASSION IN ELDERCARE

GERONTOLOGY NURSING CONFERENCE

Auckland, December 7th 2016

Prof. THOMAS PETSCHNER

Institute for Integrated Diagnostics & International Institute for Medical Clowning
at Steinbeis University Berlin



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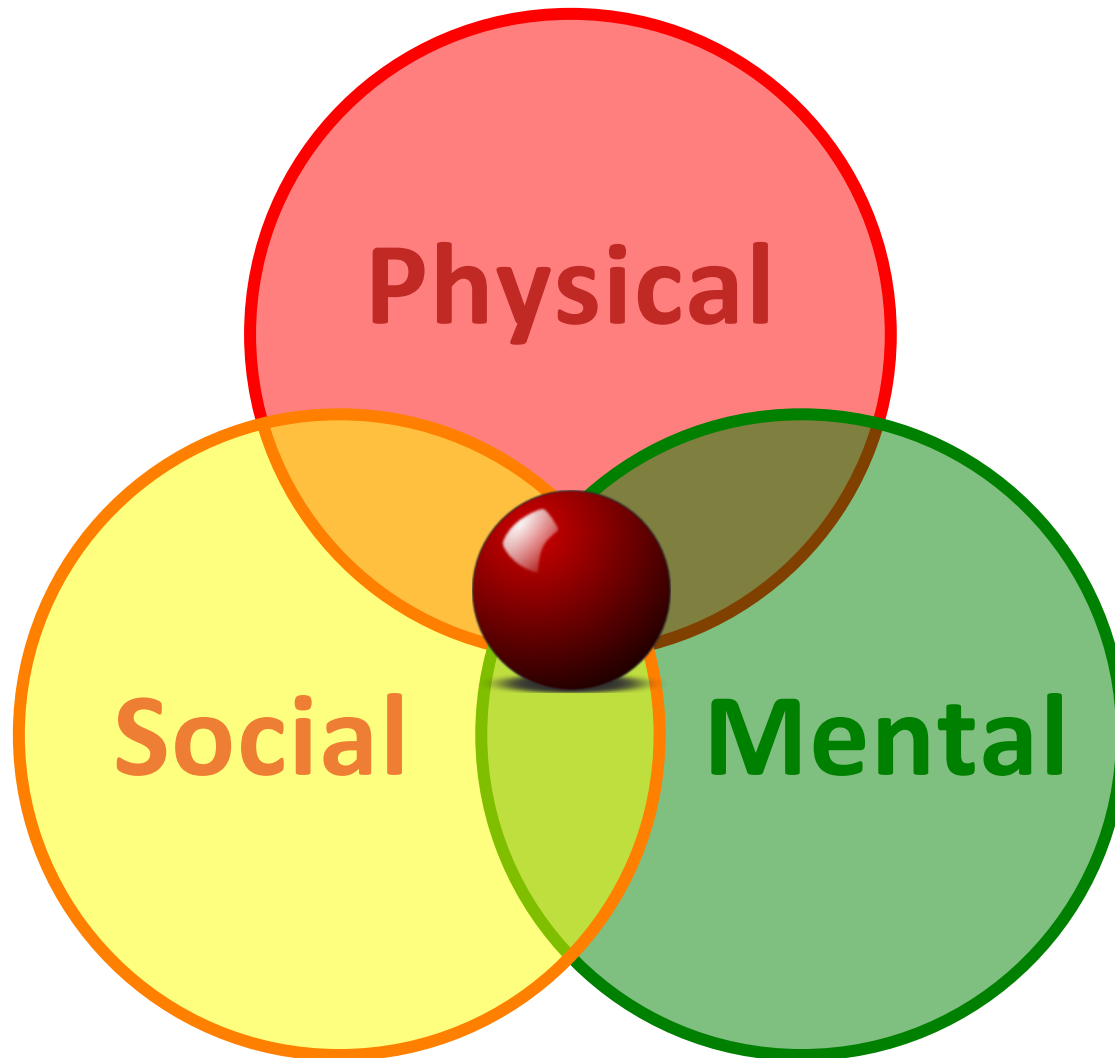
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“According to the results, laughter is the best medicine, giggling is good for mild infections, chuckling works for minor bruises, and snickering only makes things worse.”



THE HEALTH BENEFITS of HUMOUR & LAUGHTER
FOR PATIENTS, THEIR FAMILIES & STAFF



PHYSICAL HEALTH BENEFITS of laughter

- * Reduces pain
- * Relaxes muscles

- * Reduces blood pressure
- * Supports cardiac exercise



PHYSICAL HEALTH BENEFITS of laughter

- * Reduces Stress Hormones
- * Strengthens Immune System
- * Triggers the release of endorphins
- * Increases Respiration / Oxygen



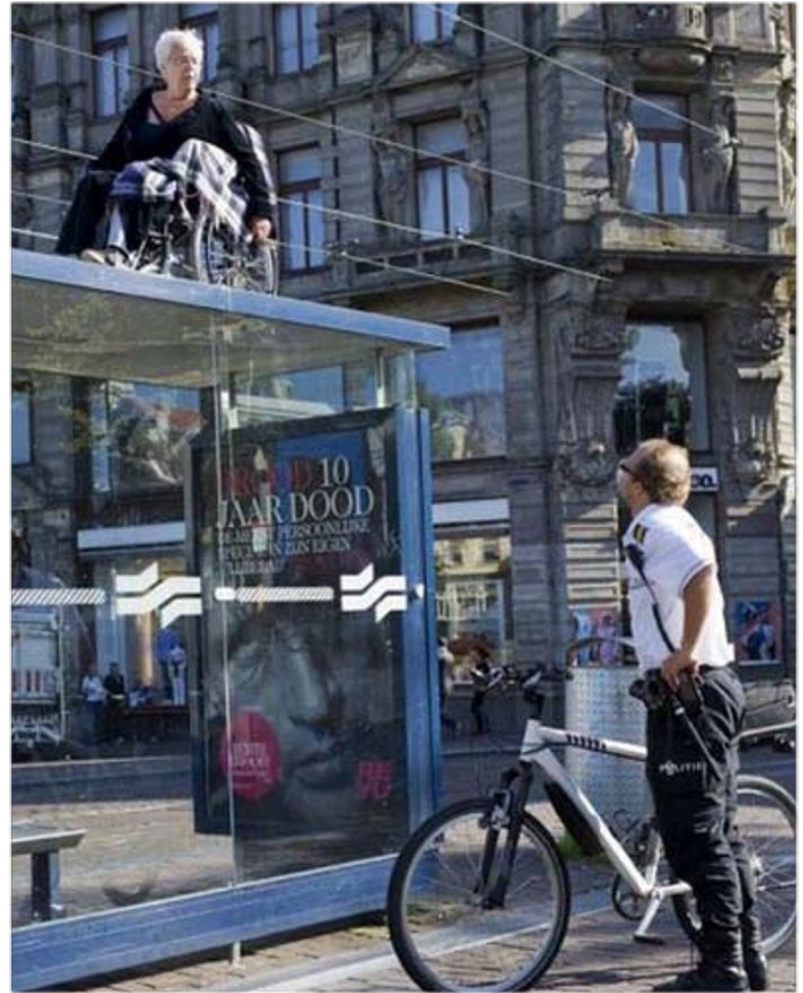
MENTAL HEALTH BENEFITS of Laughter

- * Gives courage and strength.
- * Dissolves distressing emotions.
- * Helps you stay emotionally balanced.
- * Makes you feel good, relaxed and recharged.



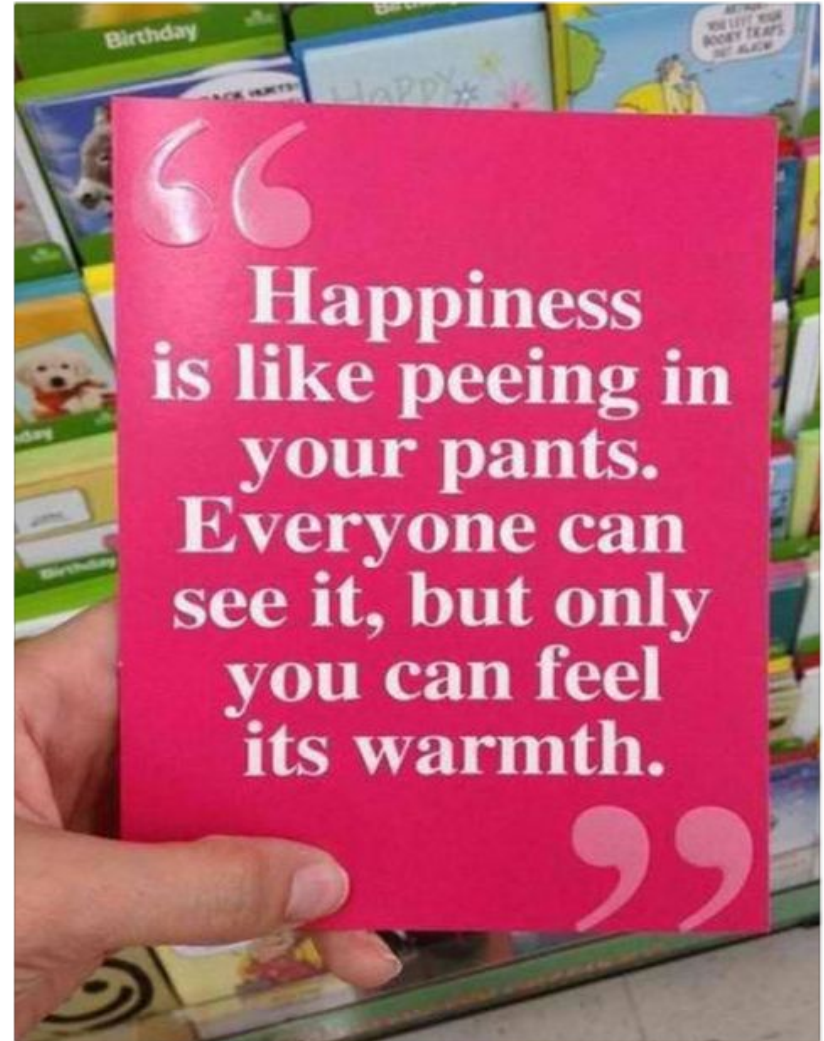
MENTAL HEALTH BENEFITS of Laughter

- * Helps you to stay focused and accomplish more.
- * Shifts perspective, allowing you to see situations in a more realistic, less threatening light.
- * Helps you keep an optimistic outlook through difficult situations, disappointments, and loss.



SOCIAL BENEFITS of Laughter

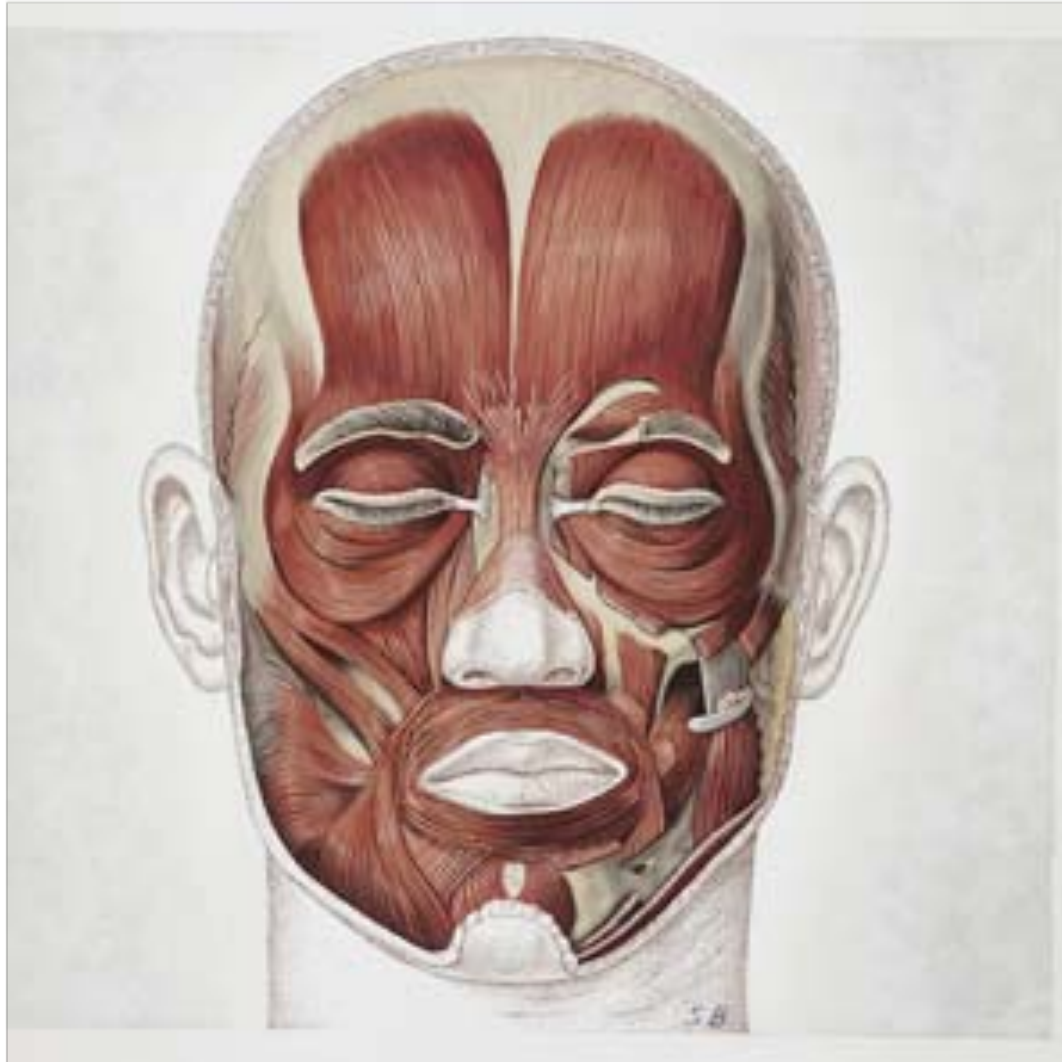
- * Unites people during difficult times.
- * Laughter and play increase joy, vitality and resilience.
- * Laughing together keeps relationships fresh and exciting.



SOCIAL BENEFITS of Laughter

- * Triggers positive feelings and fosters emotional connection.
- * Laughing with others is more powerful than laughing alone.





17 (23) TO SMILE VS. 43 (62) TO FROWN

THE SMILE MAKER'S CASE STUDY

MEDICAL CLOWNS



BRIEF HISTORY OF HUMOUR FOR HEALTH

Ancient Greek clowns,
farcical play (Phlyake)



A court fool
and a buffoon



A clown
comforting a boy



The Fratellinie Brothers
Albert, Francois & Paul



300 B.C.

1100

1300

1670

1750

1890

1910

1948



Rahere, Jester to Henry I
and Queen Matilda



Commedia dell'arte:
Arlecchino (Harlequin)



O'gust - the
Whiteface Clown



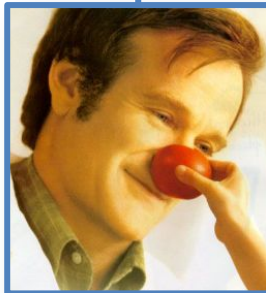
Clowns in USA plays for
children at Hospital events

BRIEF HISTORY OF HUMOUR FOR HEALTH

Michael Christensen started 1st professional clown care programme in New York



1986



The movie **Patch Adams** promoted humour and clowning in hospitals

1989

Hospital Clowning established in 48 countries and 1036 hospitals



1990 - 2015



Thomas P. & Rita Noetzel founded the Clown Doctors New Zealand Charitable Trust

2009

More than 100 students in Europe, New Zealand & Singapore graduated level 1 - "Certified Medical Clown"



2010 - 2016



Prof. Thomas Petschner established 1st internationally fully recognised academic education for Medical Clowning

CLOWN DOCTOR'S MISSION

We bring JOY & LAUGHTER to children in hospitals, support older person's health and contribute to a more HEARTFELT & HUMOROUS society.



CLOWN DOCTOR'S WORK

We want people to **FEEL BETTER** after every encounter they have with Clown Doctors.



CLOWN DOCTOR'S WORK

Our primary commitment lies in the physical, mental (emotional) and social **WELLBEING** of the patients whom we visit.



CLOWN DOCTOR'S COMMON PROCEDURES

- ✓ High ethical and artistic quality standards
- ✓ Clown Doctors guidelines & Code of Ethics
- ✓ Quality control of Clown Doctors visits
- ✓ Stringent reporting systems
- ✓ Ongoing training
- ✓ Academic education
- ✓ Common scientific research
- ✓ International relationships



CLOWN DOCTOR'S CORE VALUES & SOCIAL RESPONSIBILITY

- ✓ We provide a unique service.
- ✓ We are focused on the most vulnerable in our society: children & elderly.
- ✓ Our aim is to spread **JOY & LAUGHTER** through out the country.
- ✓ We are respectful and sensitive to cultural diversity.



CLOWN DOCTOR'S CORE VALUES & SOCIAL RESPONSIBILITY

✓ We retain our professional integrity, regardless of:

- age
- illness
- gender
- ethnic heritage
- religious affiliation

of the patient,
family members
and staff.



CLOWN DOCTOR'S EDUCATION

Medical Clowning

Coollest Academic Education

Ever



MAIN MODULES

Performing Arts

Medicine & Health Science

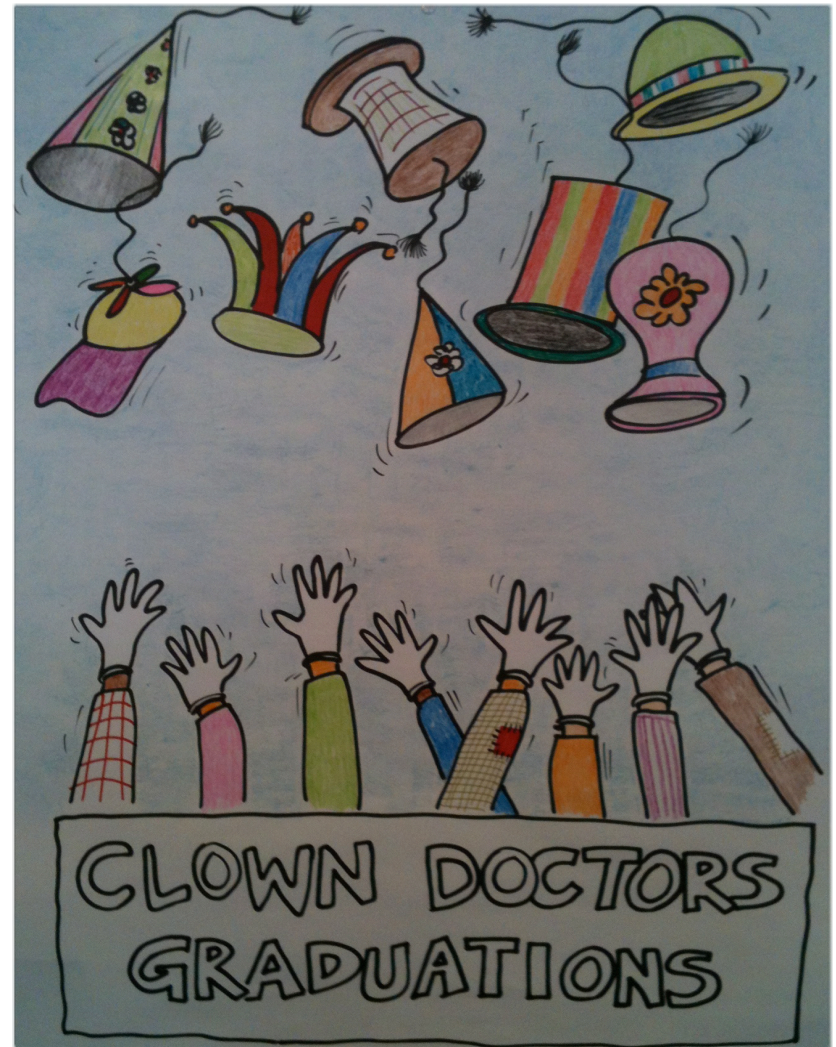
Psychology

Social Science & Cultural Studies

Spirituality & Religion

Compassion & Care

Practical Work



LEVEL 3 (3800 hrs)

BACHELOR
DEGREE

B.A. in MEDICAL CLOWNING (3800 hours)

LEVEL 2 (800 hrs)

CERTIFICATE of
COMPLETION

Specialised
in
Paediatrics
& ASD

Specialised
in
Geriatrics &
Elder Care

Specialised
in
Physio &
Rehab

Specialised
in
Mental
Health

Specialised
in
Abuse
Prevention

Specialised
in
Palliative
Care

Specialised in
Relief &
Recovery

Specialised
Trainer for
Medical
Clowning

Specialised in MEDICAL CLOWNING (500 hours)

CERTIFICATE of
ACHIEVEMENT

Advanced in MEDICAL CLOWNING (300 hours)

LEVEL 1 (800 hrs)

CERTIFICATE of
COMPLETION

Certified in MEDICAL CLOWNING (500 hours)

CERTIFICATE of
ACHIEVEMENT

Essentials in MEDICAL CLOWNING (300 hours)

ELDERCARE PROGRAMME



TESTIMONIALS Princess Margaret Hospital

“I wanted to let you know how much I appreciate the Clown Doctors’ visits to the ward where I work. Sometimes the clowns can reach patients and lift their spirits in a way that our usual care and treatment cannot.

For example, one elderly woman had been very slowed up, glum and unresponsive for weeks. When the clowns visited she smiled and paid attention, and even got up to dance.

This seemed to be a turning point in her severe depression; she went on to improve slowly and eventually recover fully.

Many thanks for bringing the Clown Doctors to our hospital!”

Regards,

Dr Chris Collins

Specialist in Psychiatry of Older People



TESTIMONIALS Princess Margaret Hospital

“Always wonderful to have music and joyful people on the ward encouraging patients to sing and participate.”

Anne Marie
Nurse, K2



TESTIMONIALS Princess Margaret Hospital

“The sound of the ukulele in the corridor is an alert for me that the clowns have arrived to provide their highly artistic and humorous work to the older people who are currently patients in the hospital. I see the clowns work as adding a moment in time where the patients and their families are able to laugh and smile which in turn lifts the spirit of these patients and families - as well as the nurses and other staff who care for them.

The clowns have also worked sensitively with our terminally ill patients and families on request.

We sincerely embrace the clown doctors as being part of the interdisciplinary team at Older Person Health and look forward to the ongoing working relationship we have with the clown service”.

Kathy Peri
Director Of Nursing



TESTIMONIALS Princess Margaret Hospital

“It’s a pleasure to have the Clown Doctors on our ward.

They generate so much pleasure and fond memories for our clients”.

Michael Keown OTA, K2



TESTIMONIALS Selwyn Foundation Facilities

“Just to say that it went well today; actually brilliantly. I wish we could have clown doctors every other day. They certainly cheered me up.

The residents appeared to open up to clown doctors in ways they don't to our 'normal' staff.

They talked about their boredom and loneliness - and this at a facility that is renowned for its activities. I think it just reflects that residents need spontaneity.”

Carol Andrews
Assistant Village Manager



TESTIMONIALS Selwyn Foundation Facilities

“Dolores and Ruby have been interacting with our residents. The residents told me they’re great fun, mischievous, energetic dancing-singing away. Lovely ladies.

Even one resident told me she has called her cats after them. Good Fun. Thank you”

Anna Leiser



TESTIMONIALS Selwyn Foundation Facilities



“Lady Pearl & Major Disaster were great – the residents who were more reluctant were soon persuaded. The two clown doctors could easily find something to get residents talking. They stayed in character non-stop and brought plenty of laughs!”

Danica MacLean

TESTIMONIALS Selwyn Foundation Facilities

“For first visit I think there was good interaction with residents. Most residents giggling and participating. It was fun and there have been positive comments since they left, talking about topics raised by the Clown Doctors.”

Heather Wark



“Stella & Stephen enjoyed talking to two clown doctors today.

It certainly was great to have Stella out of her room interacting with the wonderful clown doctors.

They do a great job and are certainly appreciated by all who meet them.”

Claudia Lowell

TESTIMONIALS Selwyn Foundation Facilities



“Made a breakthrough with Peggy who was sitting alone on couch who was ‘out of sorts.’ Sat down beside her and started singing. She began to sing also. Conversation, smiles and a couple more lines from a song followed before she departed.”

Kate Barobakay

“Mum & I were both involved in a dance. She started to smile and danced with the clown doctors (as did I). Such fun, come every day please. I was so thrilled they found a way to connect with mum.

M.L. Resident’s Daughter

TESTIMONIALS Selwyn Foundation Facilities

“Clown doctors bring so much positive energy into the facility.

The residents’ faces look so bright after talking to them.

They are quite creative in what they do, they bring smiles everywhere. Even the most quietest resident feels happy by looking at them.”

Shivika Dixie



TESTIMONIALS Selwyn Foundation Facilities

“Lovely to have such humorous people around the ‘House’ – certainly put a ‘smile’ on resident’s faces. Keep the great work up.” Claudia Lowell

“Was great having the Clown Doctors here. You could feel their presence in the building, hear the singing and the laughter. Interaction with the group in the room was fabulous.”

Sue Burber Smith



HOSPITAL STAFFfun

“Humour is a survival tool for health professionals who wish to remain compassionate and caring.”

Dr. Wooten 1997



10 TIPS for USING HUMOUR & LAUGHTER in Health Care Settings

Humor and laughter are present in most human interactions.

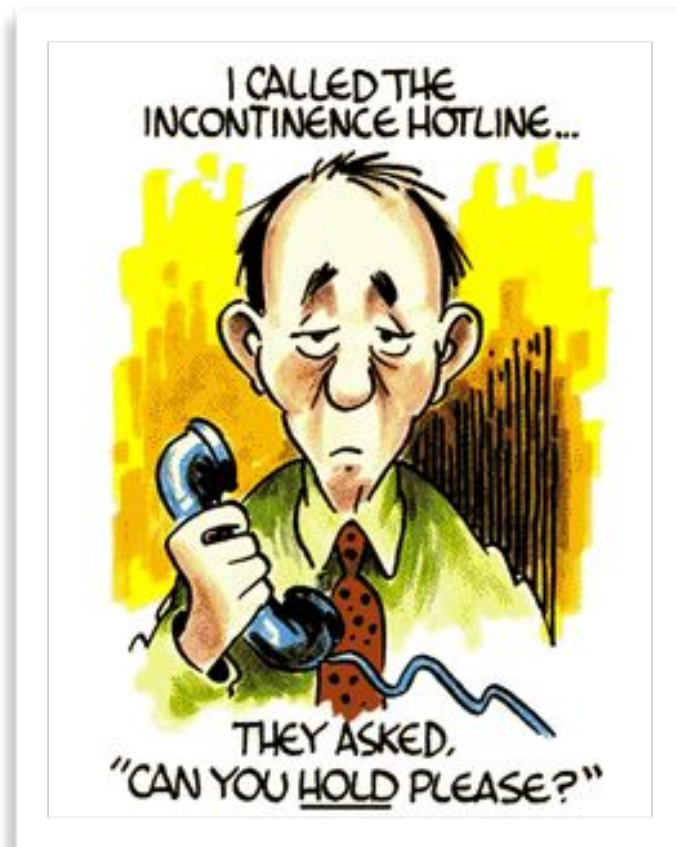
The hospital environment and eldercare facilities should be no exception.



USING HUMOUR & LAUGHTER in Health Care Settings

1. DON'T TAKE YOURSELF TOO SERIOUSLY

– so share your most embarrassing moments.



USING HUMOUR & LAUGHTER in Health Care Settings

2. KNOW YOUR PATIENT REALLY WELL



USING HUMOUR & LAUGHTER in Health Care Settings

3. GIVE YOUR PATIENT PERMISSION TO LAUGH



USING HUMOUR & LAUGHTER in Health Care Settings

4. LOOK FOR THE SILLY AND RIDICULOUS SITUATIONS



USING HUMOUR & LAUGHTER in Health Care Settings

5. SMILE WHENEVER YOU CAN,

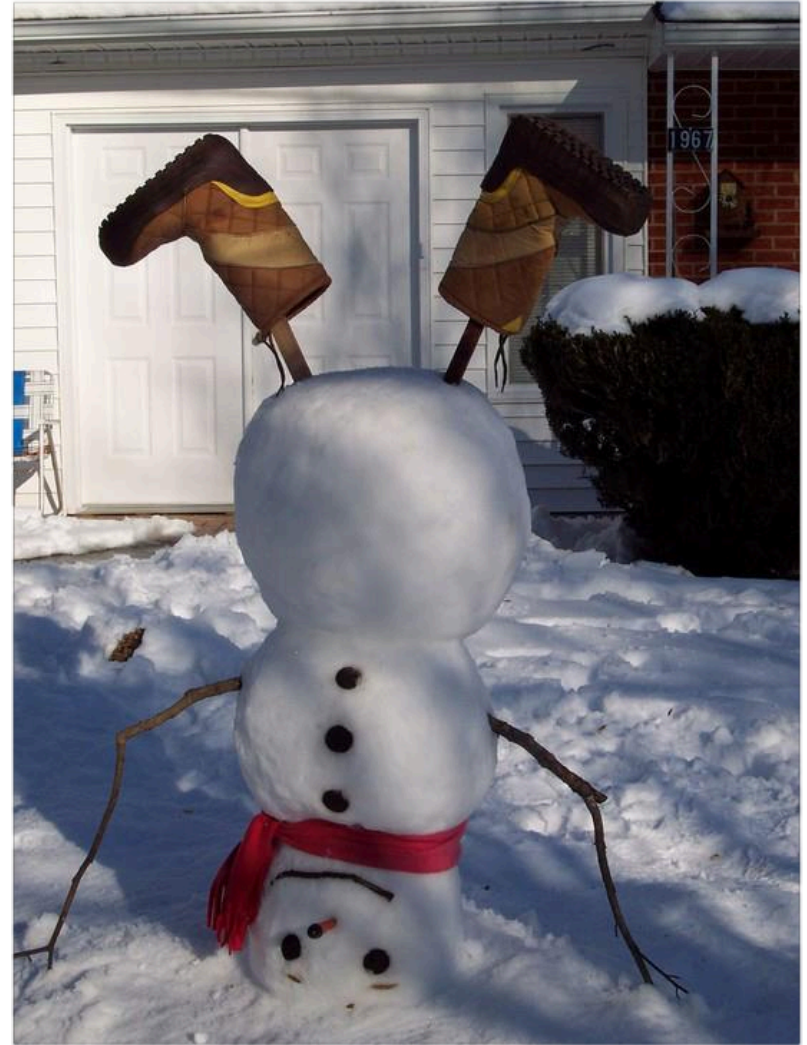
- even to people you dislike, especially when you are under stress.



USING HUMOUR & LAUGHTER in Health Care Settings

6. BE MORE SPONTANEOUS

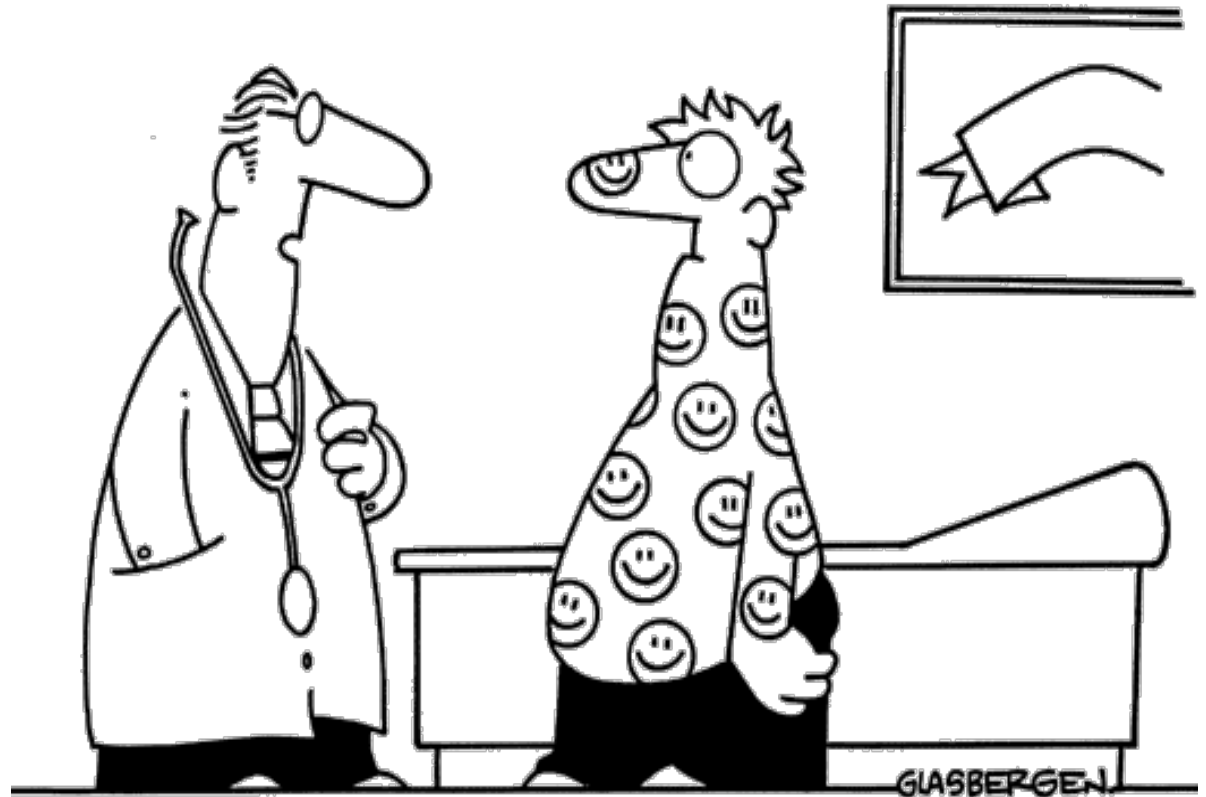
Humour gets you
out of your head
and away from your troubles.



USING HUMOUR & LAUGHTER in Health Care Settings

7. LET GO OF DEFENSIVENESS

Laughter helps
you forget
judgments,
criticisms,
and doubts.

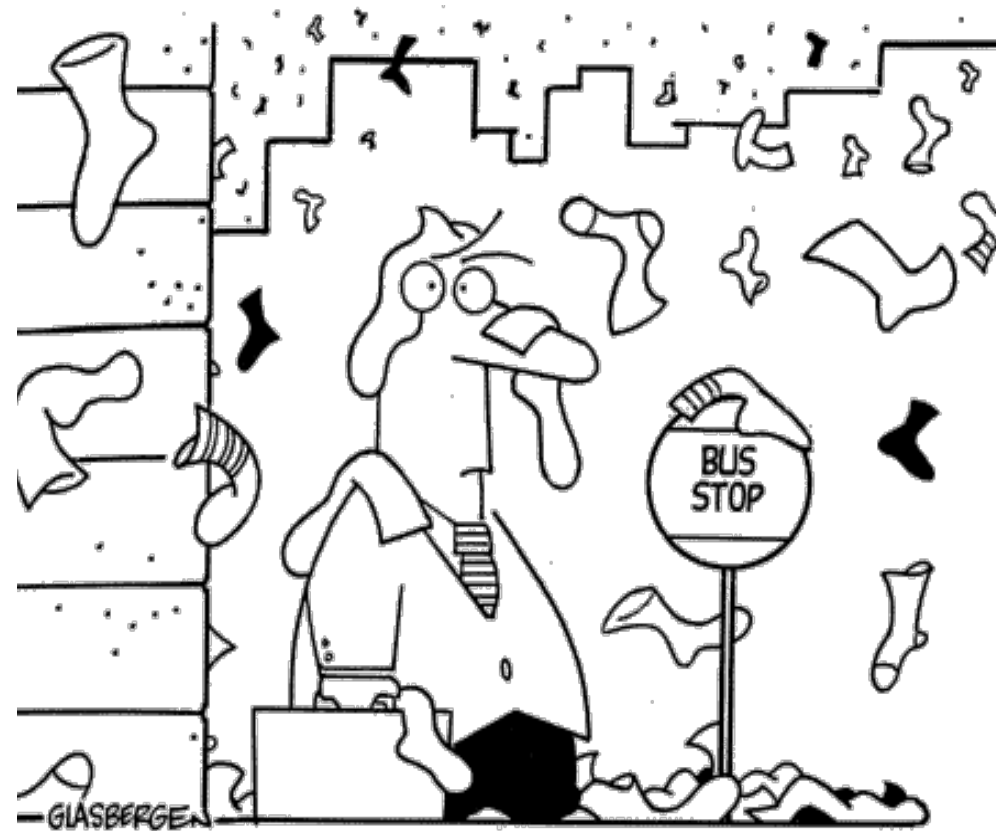


**“You probably came in contact with
someone who has an infectious smile.”**

USING HUMOUR & LAUGHTER in Health Care Settings

8. EXPRESS YOUR TRUE FEELINGS

Deeply felt emotions
are allowed to rise
to the surface.

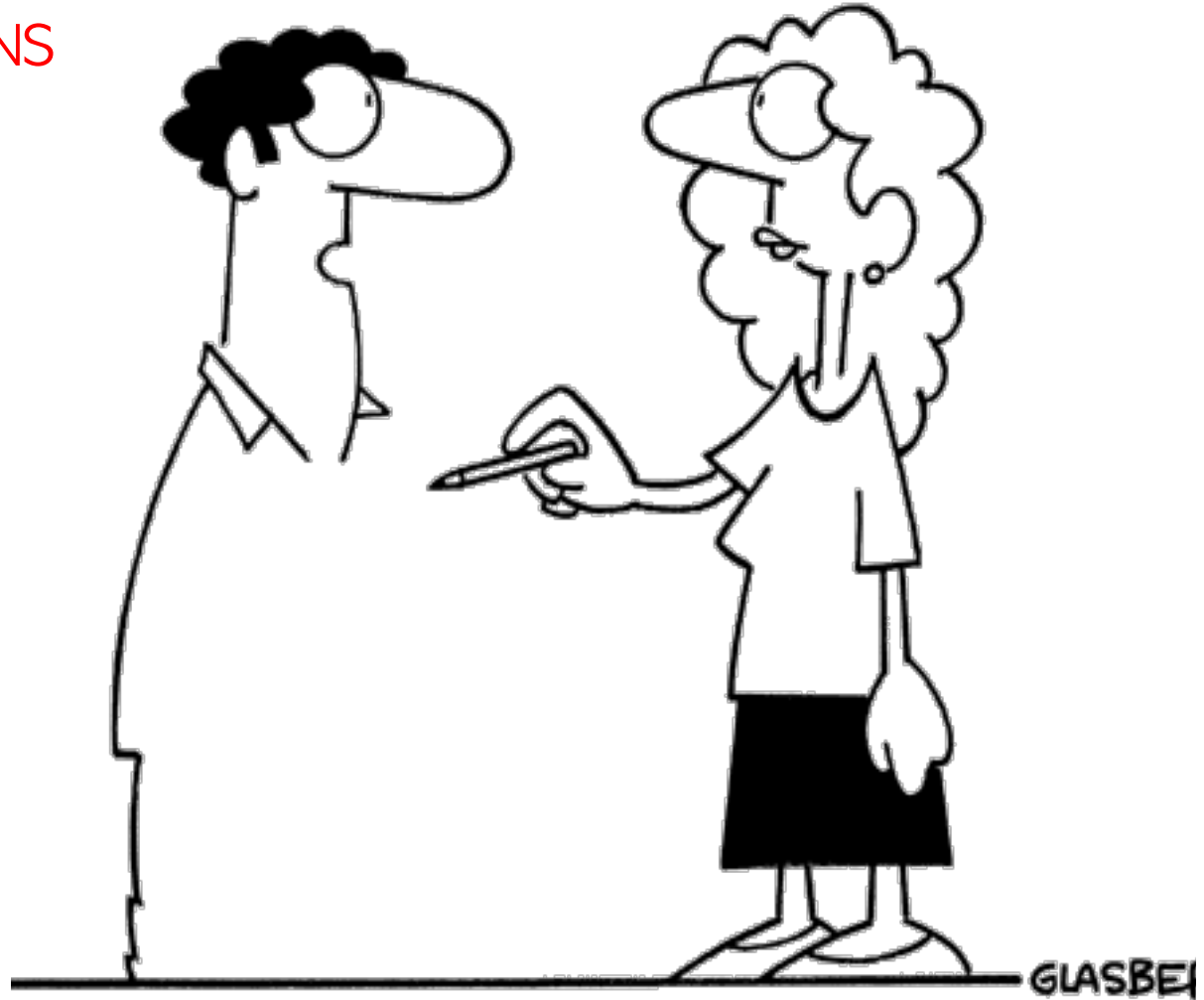


THE DAY ALL THE MISSING SOCKS CAME BACK.

USING HUMOUR & LAUGHTER in Health Care Settings

9. RELEASE INHIBITIONS

Your fear of holding back and holding on are set aside.



“I need you, darling. You complete me.”

USING HUMOUR & LAUGHTER in Health Care Settings

10. DEFINE YOUR STRESS

Stress is a major opponent to humour and laughter.



USING HUMOUR & LAUGHTER in Palliative Care

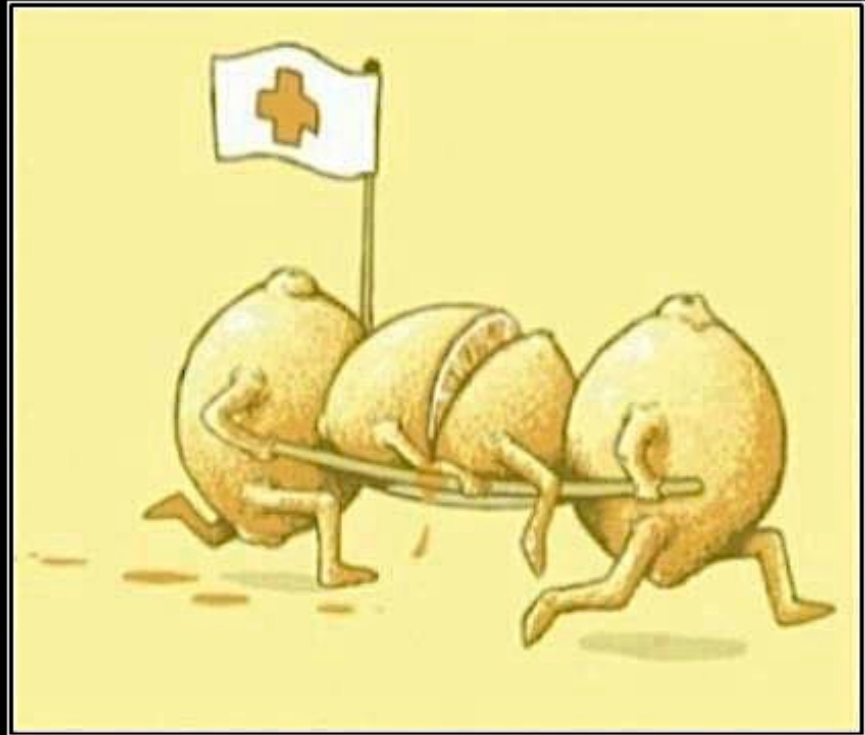
Palliative care practitioners know from experience that humour and laughter are common in palliative care despite the seriousness of the care context.



USING HUMOUR & LAUGHTER in Palliative Care

Sitting and feeling sorry for them will not help much.

One characteristic of the dying patient who does well is the ability to often put his/her condition in the background for periods of time.



Lemon Aid

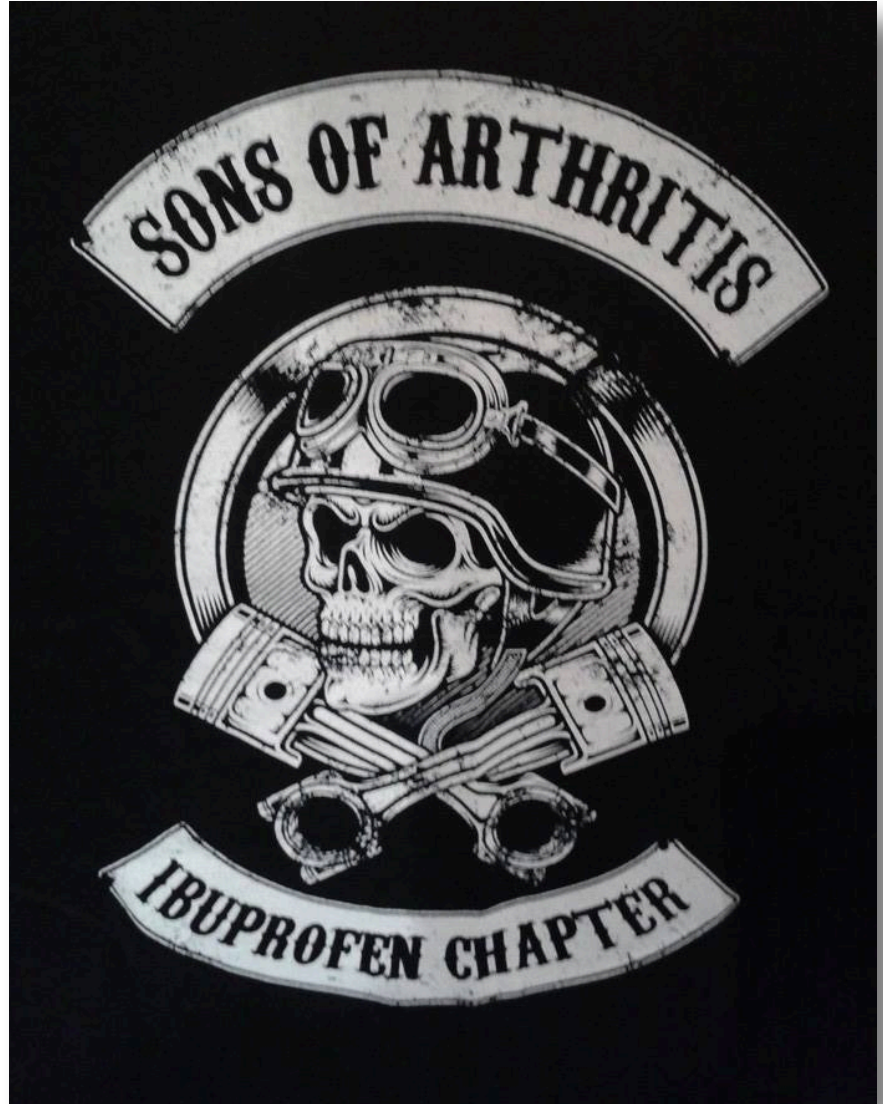
USING HUMOUR & LAUGHTER in Palliative Care

Many of us feel awkward joking in front of terminally ill patients, some even consider it inappropriate or insensitive.



USING HUMOUR & LAUGHTER in Palliative Care

It is scientifically known that the best thing you can do is provide a humorous environment for patients, allowing them to “forget” about their condition.



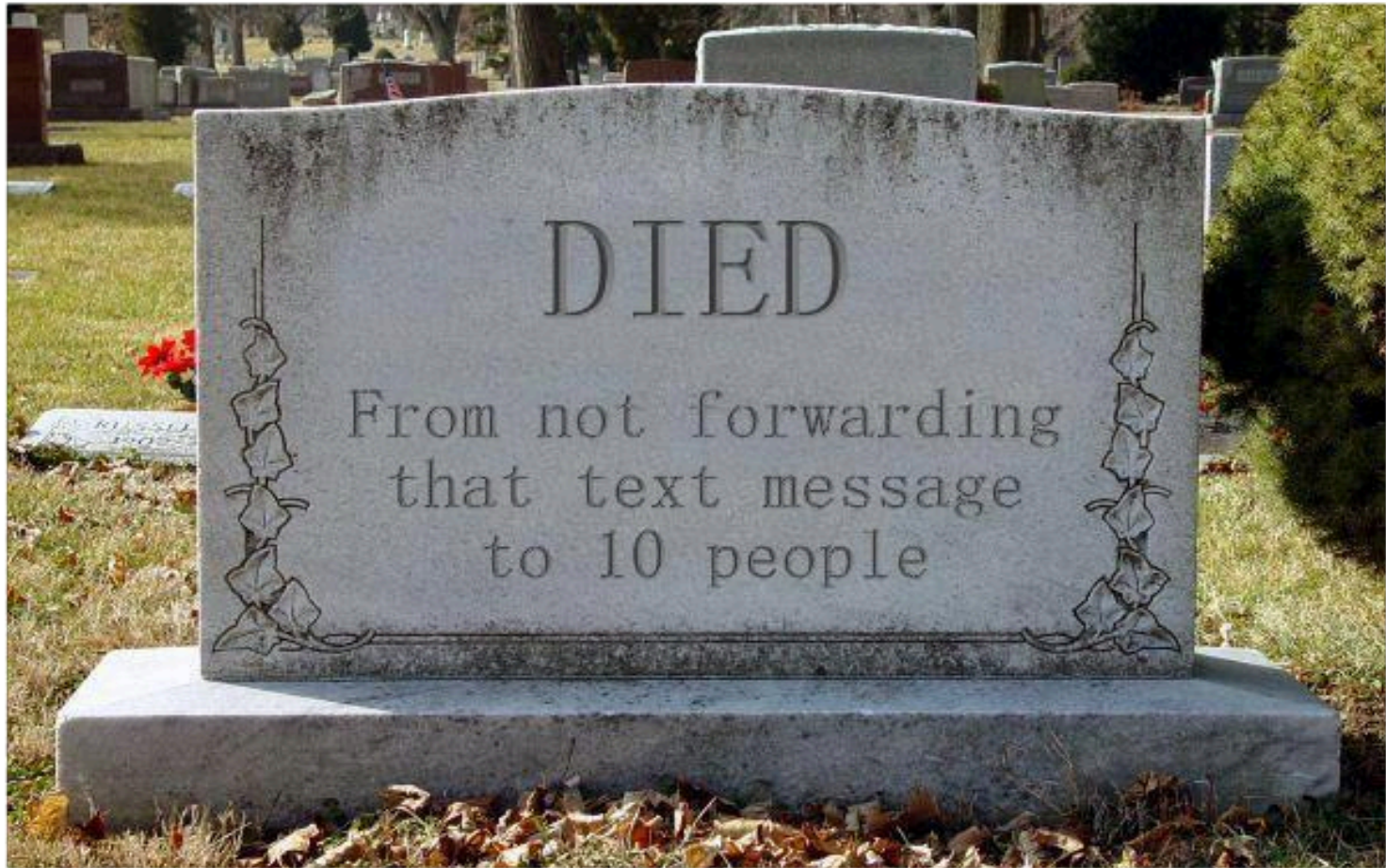
USING HUMOUR & LAUGHTER in Palliative Care...

- helps relax and enables people to talk about difficult situations safely.



USING HUMOUR & LAUGHTER in Palliative Care...

- helping people face the taboo of death and dying.



USING HUMOUR & LAUGHTER in Palliative Care...

- allows recognition that others feel the same way.



20 TIPS for DEVELOPING YOUR SENSE OF HUMOUR



DEVELOPING YOUR SENSE OF HUMOUR

1. TAKE YOURSELF LESS SERIOUSLY and LAUGH AT YOURSELF

The best way to take yourself less seriously is to talk about times when you took yourself **TOO SERIOUSLY.**



DEVELOPING YOUR SENSE OF HUMOUR

2. SMILE

Smiling is the beginning of laughter.

Like laughter, it's contagious.

It's the same for smiling.

When you look at someone or see something even mildly pleasing, practice smiling.



DEVELOPING YOUR SENSE OF HUMOUR

3. CREATE CHECKLIST FOR LIGHTENING UP

When you find yourself taken over by a 'horrible' problem, ask these questions:

Is it that bad?

Is it that important?

Is it really your problem?

Is the situation irreparable?

Is it worth upsetting others?

Is it really worth getting upset over?



DEVELOPING YOUR SENSE OF HUMOUR

4. SPEND MORE TIME WITH FUNNY AND PLAYFUL PEOPLE

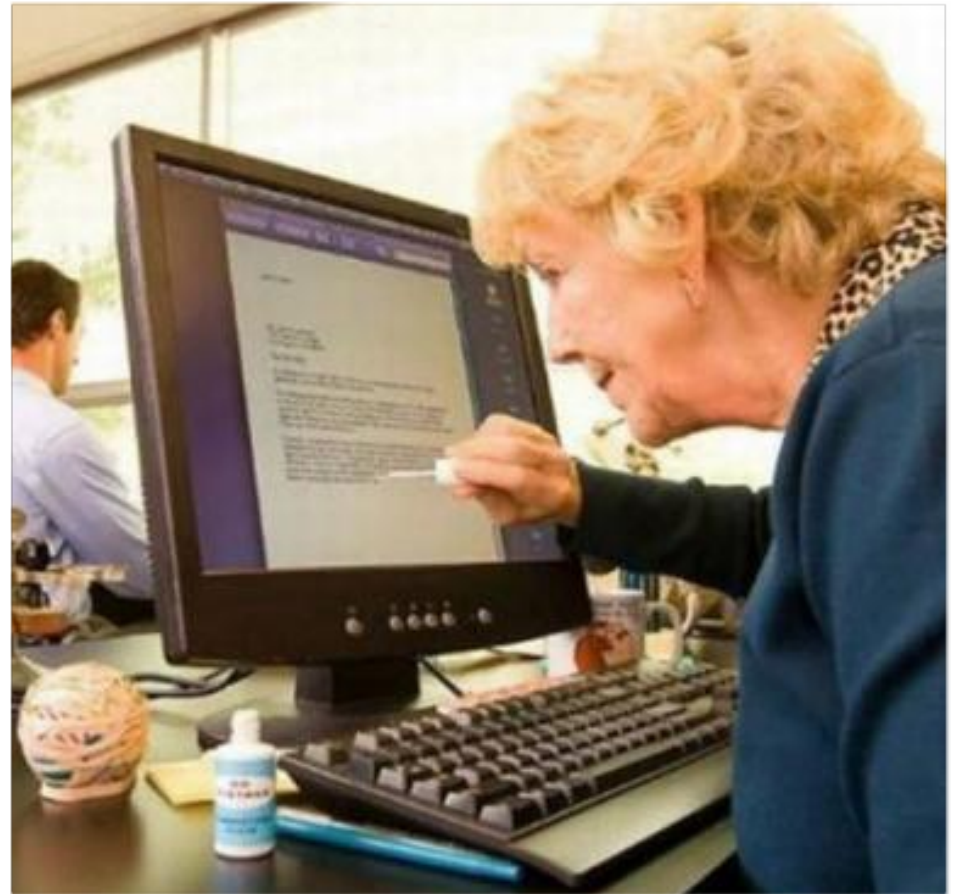
Bring humour into conversations by simply asking people:

“What’s the funniest thing that happened to you...

... today?”

... this week?”

... in your life?”



DEVELOPING YOUR SENSE OF HUMOUR

5. WHEN YOU HEAR LAUGHTER MOVE TOWARDS IT AND ASK:
“WHAT’S SO FUNNY?”

Sometimes humour and laughter are private, a shared joke among a small group, but often not.



DEVELOPING YOUR SENSE OF HUMOUR

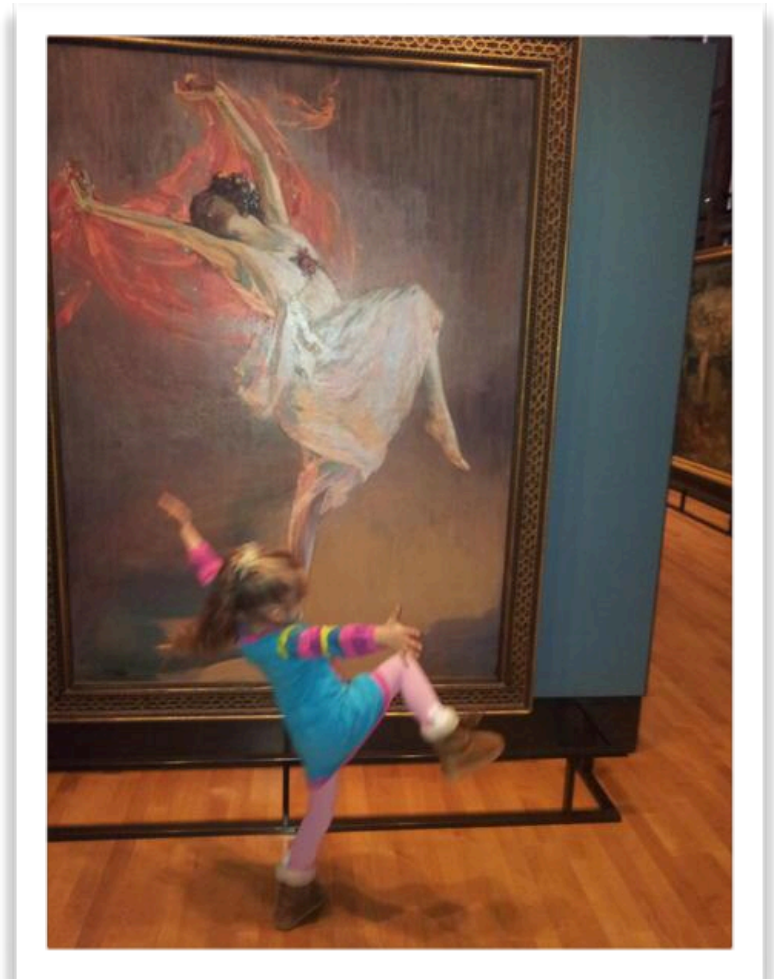
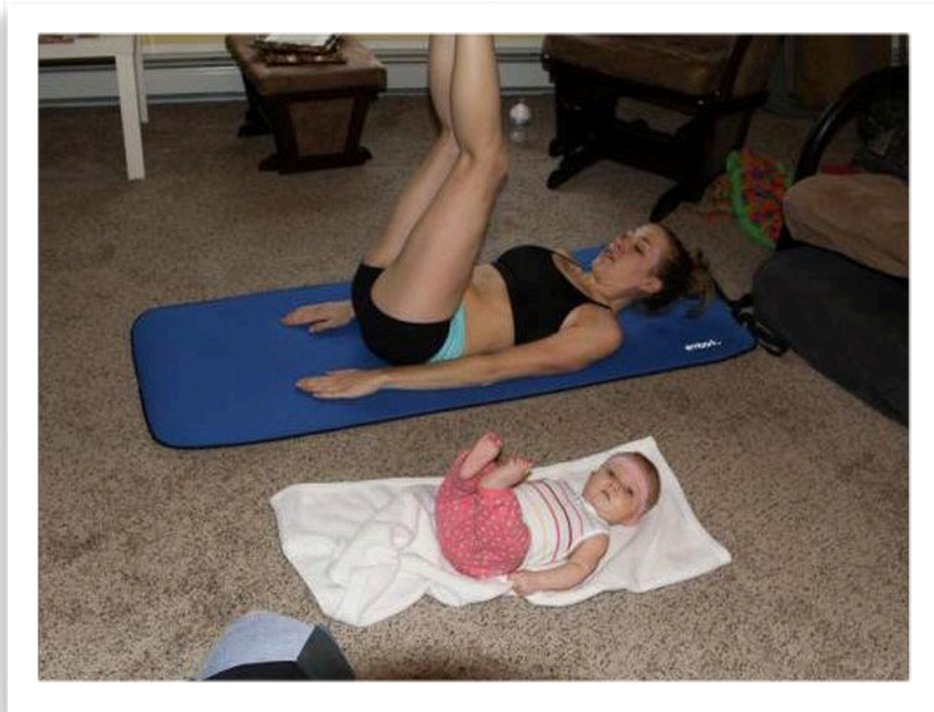
6. SHARE SOMETHING FUNNY

It gives everyone an opportunity to laugh again and feed off the humour you find in it.



DEVELOPING YOUR SENSE OF HUMOUR

7. FRAME PHOTOS OF YOU OR YOUR FAMILY OR FRIENDS HAVING FUN.



DEVELOPING YOUR SENSE OF HUMOUR

8. GIVE UP TRYING TO BE IN CONTROL OF EVERYTHING

Many things in life
are beyond our control
— in particular
the behaviour
of other people.



DEVELOPING YOUR SENSE OF HUMOUR

9. KEEP THINGS IN PERSPECTIVE

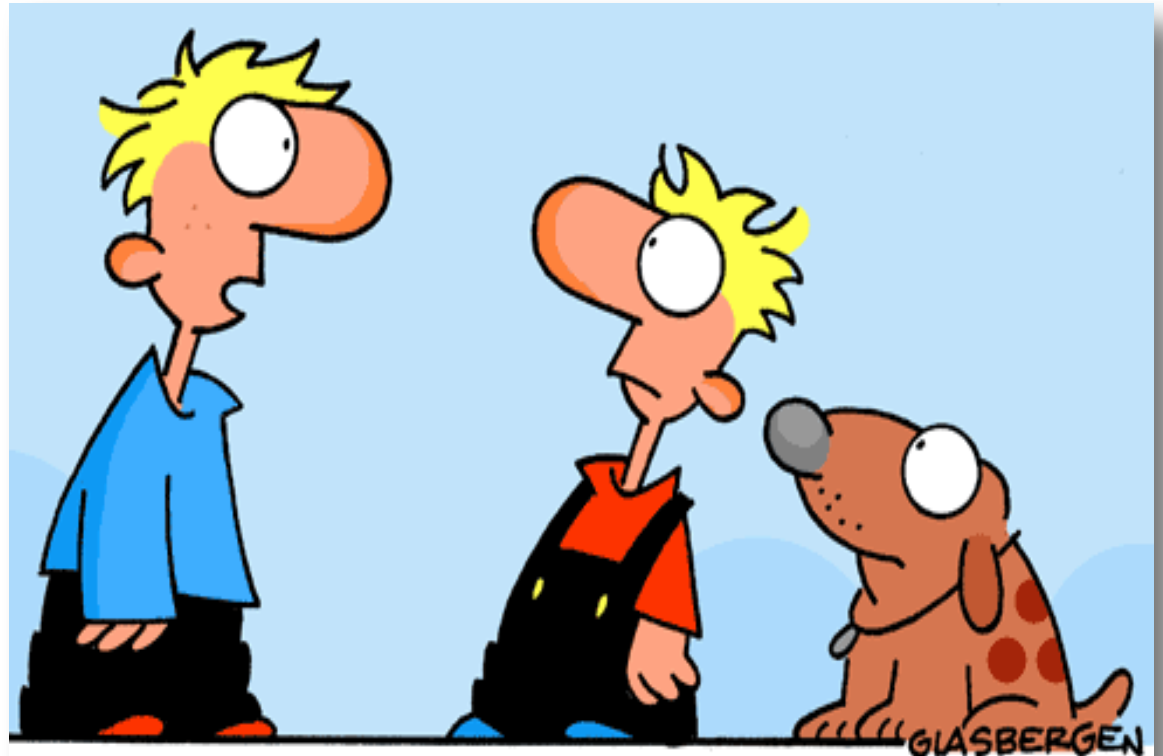
While you might think taking the weight of the world on your shoulders is admirable, in the long run it's unrealistic, unproductive, unhealthy, and even egotistical.



DEVELOPING YOUR SENSE OF HUMOUR

10. PAY ATTENTION TO CHILDREN AND EMULATE THEM

They are the experts on playing, taking life lightly, and laughing a lot.

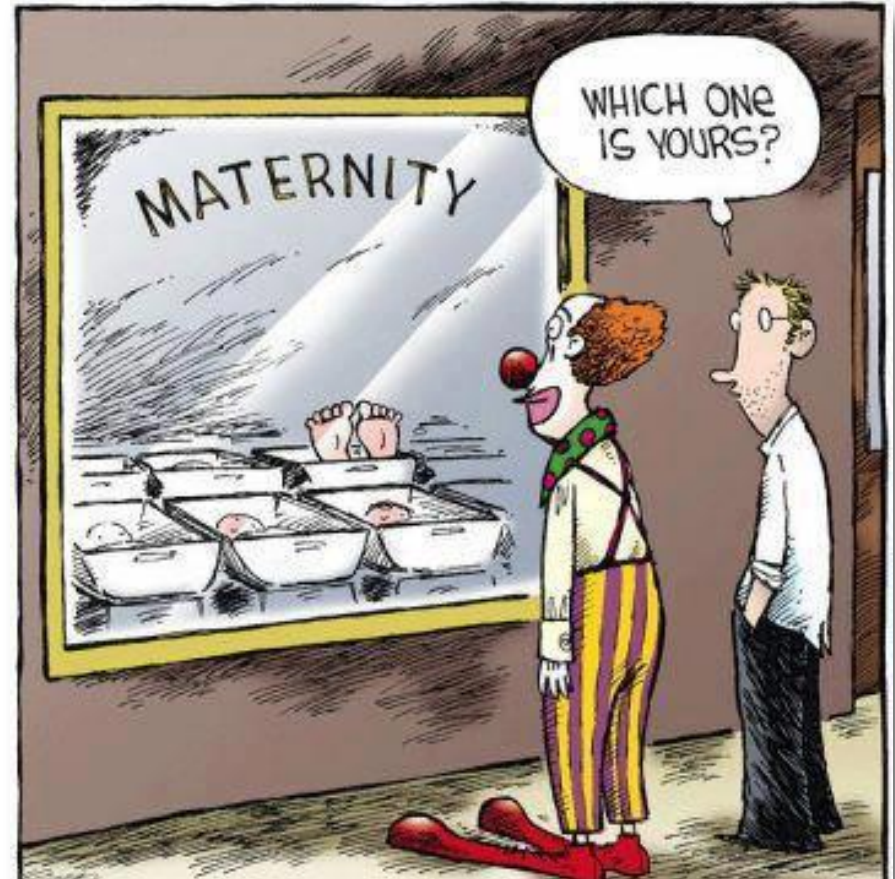


“Mom is short for Mother because it wouldn’t sound right to call her Moth.”

DEVELOPING YOUR SENSE OF HUMOUR

1 1. CREATE OPPORTUNITIES TO LAUGH

- Watch a funny movie / TV show.
- Read the funny pages.
- Check out your bookstore's humour section.



DEVELOPING YOUR SENSE OF HUMOUR

12. HOST A GAME NIGHT WITH FRIENDS

- Invite funny people.
- Share a good joke.
- Share a funny story.



DEVELOPING YOUR SENSE OF HUMOUR

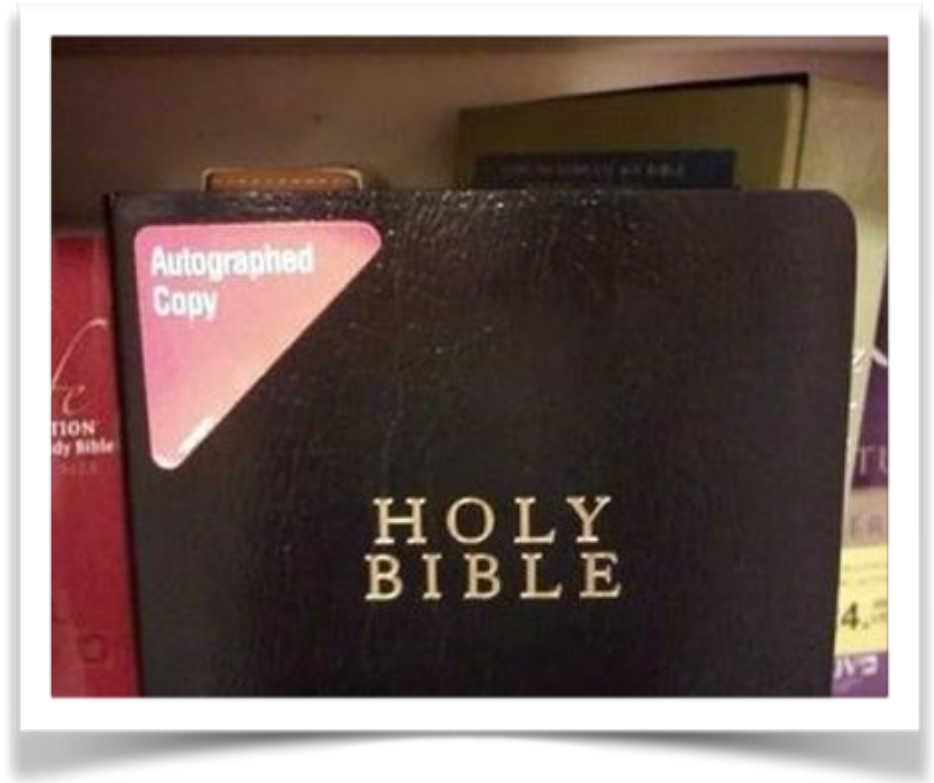
13. GO TO A COMEDY CLUB

Or a Book Club

Or go to a “laughter yoga”.

ha, ha, ha - ho, ho, ho,

Pioneers in “laughter therapy”,
find it’s possible to laugh without
even experiencing a funny event.



DEVELOPING YOUR SENSE OF HUMOUR

14. MAKE TIME FOR FUN ACTIVITIES e.g.

* Bowling - especially if it's your first time.

* Karaoke - please try "Let it go"



DEVELOPING YOUR SENSE OF HUMOUR

15. GOOF AROUND WITH CHILDREN and elderly.



DEVELOPING YOUR SENSE OF HUMOUR

16. DO SOMETHING SILLY - at least once a day.



DEVELOPING YOUR SENSE OF HUMOUR

17. ATTEMPT TO LAUGH AT SITUATIONS

...rather than bemoan them.



DEVELOPING YOUR SENSE OF HUMOUR

18. UNCOVER THE IRONY & ABSURDITY OF LIFE

This will help improve your mood and the mood of those around you.



DEVELOPING YOUR SENSE OF HUMOUR

19. PUT A FUNNY POSTER UP IN YOUR OFFICE OR YOUR ROOM
and choose a computer screensaver that makes you laugh.



DEVELOPING YOUR SENSE OF HUMOUR

20. KEEP A CLOWN NOSE

- ON YOUR DESK
- IN YOUR CAR
- IN YOUR HANDBAG
- IN a SPACE SHUTTLE





THANK YOU & KEEP SMILING