

RESUMO - SAÚDE E ESPIRITUALIDADE

DOUTORES DA GARGALHADA: FROM LAUGHTER TO FAITH — AN EXPERIENCE REPORT

Fabline Ribeiro Amorim (fabamorim2019@gmail.com)

Mariana Cardoso Silva (marianamedcs@gmail.com)

Ludymilla Rodrigues Silva (ludymilla_2408@hotmail.com)

Karolina Vitória Loze Villela (karolinaloze@gmail.com)

Constanza Thaise Xavier Silva (constanzathaise@yahoo.com.br)

Introduction: Spirituality constitutes an essential dimension of comprehensive healthcare, especially in settings marked by pain, uncertainty, and existential suffering. More than a complementary resource, it is configured as an element capable of providing meaning, comfort, and hope in the face of illness. Combined with playful strategies, such as clown therapy, it can transform the hospital experience, resignifying suffering and promoting genuine welcoming. Objective: To report the experience of medical students involved in the extension project Doutores da Gargalhada. Experience Report: This report describes the experience within the extension project “Doutores da Gargalhada,” composed of healthcare students from the Universidade Evangélica de Goiás, with activities conducted in Hospital Santa Casa de Misericórdia, Hospital Evangélico Goiano,

and the Pediatric Emergency Care Unit, all located in Anápolis, Goiás, Brazil, with a focus on humanizing care. The project aims to bring joy to the hospital environment through clown therapy, using music, jokes, magic, and creative interactions. Members performed dressed as clowns, with costumes and makeup, creating a playful and welcoming environment. In addition, participants were trained by professionals experienced in performing arts and clowning, incorporating theatrical and communication techniques that enhanced bonding with patients. Interventions were carried out in different hospital sectors, including oncological patients, puerperal women, pregnant women, and individuals in the postoperative period, all within contexts of physical and emotional vulnerability. In this context, spirituality emerged not merely as a complement but as one of the most remarkable aspects of the visits. In an individualized and respectful manner, words of faith, prayers, and messages of hope were offered, always in accordance with each patient's beliefs. Frequently, the environment, previously silent or burdened with distress, was transformed during these moments. Recurrent observations revealed intense and immediate reactions: patients who cried not only due to pain but also from the emotional relief experienced; individuals who asked the team to remain longer at their side; children who stopped crying when comforted through words and caring gestures. In many cases, spirituality seemed to reach dimensions beyond playful intervention, promoting a sense of peace, welcoming, and hope amid suffering. These experiences highlight that spirituality, when integrated in a sensitive and ethical manner, acts as a powerful coping tool, enabling patients to reframe their experience of illness. When associated with playfulness, it enhances the impact of interventions, fostering emotional well-being, therapeutic bonding, and greater openness to care. Conclusion: This experience demonstrates that the integration of clown therapy and spirituality constitutes a profoundly transformative strategy in healthcare. Beyond promoting moments of joy, these interventions were capable of reaching the patient's subjective dimensions, offering comfort, hope, and meaning in the face of illness. The appreciation of spirituality in clinical practice, especially when conducted with sensitivity and respect, should be encouraged as an essential component of truly comprehensive and humanized care.

Palavras-chave: humanization of assistance; laughter therapy; spirituality.