

RESUMO - SAÚDE E ESPIRITUALIDADE

RELIGIOSITY AND THE RESIGNIFICATION OF ONCOLOGICAL ILLNESS: AN EXPERIENCE REPORT

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Introduction: The experience of illness, especially in conditions with poor prognosis, is often associated with significant emotional distress. In this context, spirituality and religiosity may function as important coping strategies, helping individuals attribute meaning to illness and adapt to the disease process. Objective: To report an experience in an oncology inpatient setting, emphasizing the role of religiosity in the resignification of illness. Methods: This is a descriptive experience report conducted in 2023 during academic clinical activities in a hospital oncology ward. The experience involved direct interaction with oncology patients through clinical care, active listening and patient-centered communication, allowing observation of subjective aspects related to illness perception. The approach included group interactions focused on listening and

emotional support, aiming to understand how patients interpreted their health condition and attributed meaning to their illness. Results: During the experience, patients' narratives revealed symbolic interpretations of disease progression, frequently influenced by religiosity. In some cases, illness was perceived as part of a process guided by a higher dimension, often associated with expectations of improvement or acceptance, even in the presence of unfavorable clinical conditions. This meaning-making process highlighted the relevance of religiosity as a coping mechanism, contributing to greater acceptance of diagnosis and reduction of emotional distress. The experience demonstrated that patients may construct unique and meaningful interpretations of illness when supported by spiritual beliefs. Conclusion: Religiosity can play a significant role in the resignification of oncological illness, helping patients cope with poor prognostic conditions in a more peaceful and adaptive manner. Recognizing this dimension is essential for healthcare professionals, contributing to more sensitive, respectful and patient-centered care.

Palavras-chave: oncology; patient-centered care; religiosity; spirituality.