

RESUMO - SAÚDE E ESPIRITUALIDADE

DOCTORS OF LAUGHTER: SPIRITUALITY AND CHARITY IN MEDICAL EDUCATION — EXPERIENCE REPORT

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Introduction: Medical education has increasingly incorporated dimensions beyond technical knowledge, including humanistic and spiritual aspects of care. In this context, extension projects play a fundamental role as training environments, allowing students to experience empathy, humanization and

spirituality in healthcare practice. Objective: To report the experience of medical students in an extension project, emphasizing the impact of spirituality on their personal and professional development. Methods: This is a descriptive experience report conducted by medical students participating in a hospital-based extension project involving regular visits to patients of different age groups. Activities included playful interventions such as music, humor and interaction, combined with active listening and emotional support. When appropriate, spiritual approaches were carried out in a respectful and individualized manner. The actions aimed to promote well-being, humanization of care and strengthening of the bond between students and patients. Results: The experience went beyond its initial purpose of promoting patient well-being, significantly impacting students. Direct contact with human suffering, combined with listening, welcoming and spiritual care, enhanced sensitivity and perception of care. Moments of prayer and spiritual dialogue contributed to strengthening faith, increasing awareness of the spiritual dimension of medicine and renewing the sense of mission. The experience also promoted feelings of fulfillment and purpose in serving others, reinforcing values such as empathy, charity and commitment. Additionally, it contributed to emotional maturity and encouraged a more humanized approach to patient care. Conclusion: The integration of playfulness and spirituality in the hospital setting benefits both patients and students, contributing to the development of more empathetic, humanized and ethically committed professionals, and reinforcing medicine as a practice of service to others.

Palavras-chave: extension activities; humanization; patient-centered care.