

"HEALTH AND INTEGRAL CARE TO PEOPLE: SOCIAL DIFFUSION AND LEARNING FOR THE FUTURE".

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Good afternoon,

First of all, I would like to thank the organizers for allowing me to share the experiences we have had at the Universidad Autónoma de Madrid with the Zentangle Intervention. Thanks also to those present for wanting to share these experiences.

The protection of health is a right of every citizen recognized by European and Spanish legislation, such as in our Constitution. At the same time, the World Health Organization defines mental health as: "A state of well-being in which the individual is aware of his or her own capabilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community"

A person with a moderate degree of anxiety has been shown to be more effective at work and happier in his or her personal life. However, if the anxiety is excessive, in the long run there is a decline and even frustration, Burnout Syndrome, and a large number of clinical diagnoses. TRANSLATOR

That is why relaxation has become a basic component of treatments for any personal process produced by a basis of anxiety.

Researchers have demonstrated the efficacy of relaxation procedures in the treatment of many anxiety-related problems, such as: insomnia, essential hypertension, headache, general tension, vital anguish...and a long etc.

European Convergence implies the need to adapt to a new educational paradigm, where there is a change from teaching to learning; there is self-managed learning, and cooperative work between students and teachers.

The constructivist pedagogical model prepares students to acquire critical thinking and competencies adjusted to their profession.

Thus, not only is knowledge to be applied in professional practice stimulated, but also conceptual and practical learning is enhanced.

A series of innovative seminars were held based on the NANDA, NOC and NIC nursing taxonomies.

These taxonomies or nursing classifications relate, on the one hand, the clinical judgment made by the nurse of the human responses of the individual, family or community to a health problem (NANDA) with the nursing interventions to be performed to alleviate or remedy it (NIC) and the results we expect when applying them (NOC).

The subject of Mental Health Nursing in the third year of the Nursing Degree was the one that, in the coordinator's opinion, had the optimal requirements for the realization of this seminar. But what novel method was there for the students to acquire more knowledge in relaxation?

So, with this idea and with the aim of making the students' learning to be able to achieve the competences of the subject of Mental Health Nursing more complete, the Zentangle entered the University.

The idea was to transfer this new form of relaxation to the regular teaching of official degrees. This innovation implied an improvement in the acquisition of certain general and specific competences of the degree.

Taking into account the relaxation teachings that are given, it serves to document to the students that this, specifically, can be done with children, adolescents and adults since this technique is novel and fun, to alleviate stress and anxiety. This project, therefore, had a focus oriented to open the students' minds for future studies and specializations.

For the practice of Zentangle, a classroom was needed where the students would be comfortable (with benches, not chairs) and with a capacity for 160 people. With adequate acoustics to install the timeless music.

For the realization of this technique we needed for each participant the material resources that you know, and that we can thank to the generosity of Caype, Maria and Mercedes.

As for the human resources they were:

2 Mental Health Nurse Specialists.

2 Auxiliary Nursing Care Technicians with experience in mental health.

2 teachers specialized in Zentangle.

1 professor of Mental Health Nursing from the Autonomous University of Madrid.

Each session was assigned a time of two hours.

The aim of this session was for the students to be able to deduce the importance of nursing diagnoses for mental health and to relate it in a positive way to Zentangle.

The project was coherent since it linked theory and practice on the one hand, and on the other, the students themselves perceived the wellbeing that this activity provoked in themselves.

It was so interesting for the students that several final projects were presented on this topic.

Taking into account this success among the undergraduate students, it was offered to the professors of the Master's Degree in Nursing Research and Care in Vulnerable Populations of the Autonomous University of Madrid.

Thus, in the academic year 2021-2022 a 2-hour activity was carried out by Professors María Tovar and Mercedes Pérez Crespo to whom we are very grateful for their altruism. I must clarify that it was an impressive success and was rated by the Master's students with an average of 9 out of 10.

We can conclude that the realization of the Zentangle activity in the classroom favors the

interaction between students, either undergraduate or Master students, and the teaching staff.

On the other hand, it is an active learning, a stimulus for critical thinking, it puts into practice the value of fun and emotion in learning, and it is useful to enhance self-care, as specified by Dorothea Orem in real life situations.

You know that the University has sometimes had very conservative positions, however, in the face of the demonstration through research, new trends are assumed in the current nursing Paradigm (Paradigm of Transformation) by reinforcing the Doctrinal Corpus.

I understand that all of you will agree with me on the importance and quality of the Zentangle to facilitate relaxation, only that we must continue researching and demonstrating its potential, otherwise we would be doing a disservice to Science and Humanity.

Thank you very much.