97 - FAMILY RELATIONSHIPS OF WOMEN HAVE FIBROMYALGIA SYNDROME AND USING ECOMAP GENOGRAM

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INTRODUCTION

Thefibromyalgiasyndrome (FMS) is a syndromecharacterizedbywidespreadchronicpainassociatedwith fatigue, insomnia, anxiety, depression, memoryloss, dizziness and generalizedmusclepain. Resultfromabnormalities in the central processing of nociceptivesignals, probablyresultingfromcombinations of interactionsbetweenneurotransmitters, extressoresexternalbehavioralprofiles, hormonal and sympatheticnervoussystem. Because of pain and chronicity of thisdisordergenerallyhad a negativeeffectonquality of life (MATSUDA et al, 2010).

Base dupon thecharacteristics of thepersonwith FMS,

itisimporanttoanalyze,besidesthepatient'sreactionwiththedisease and theirenvironment, thepathologicalpicture as a wholeencompassing: quality of life, familyties, interpersonal, social and economic.

Thereisevidencethatthephysicalsymptomsthat are notexplained in SFM and may be associatedwiththewaythesepeopleinterrelate. Suggestingthatpatientswithpoorrelationshipswillsupport social and emotionaldeficitsleadingto a greaterlikelihood of creating a viciouscircle in thecomposition and maintenance of thedisease (Primore; ROSA, 2001).

For more researchthatfocusesonbiologicalfactors, forunderstandingthephysiology of theorigin of FMS, thereis a behavioralapproach of thedisease, whichcontributestotheresearch and treatment of disease, leadingtotheunderstandingthatthefamilymatter and themedium in whichthepersonwith SFM isinserted (OLIVEIRA, 2006.)

Sincethenthefamilythekeypoint of understanding of SFM, and withitisthatthepersonwith FMS spendsmost of the time, weneedtounderstandthismeans, howthisfamilymanagement, howthepersonbehaveswith FMS and howothersfamilymembersdealwiththissituation, thenwe can feel and actforthegood prognosis. Oliveira (2006), statesthatthepotentialforchangeisinherentinterfamilyrelationshipsis more decisivethanthe individual healingpotential.

METHODOLOG

The research that follows is characteristic of qualitative descriptive and seeks to know and understand the interfaces in family relations eae people (women) diagnosed with Fibromyalgia Syndrome (FMS). Used as a tool for collecting data to evaluate family through the genogram and eco-map. As Wright and Leahey (2002) states that the genogram is a diagram of the family group and the eco-map is a diagram of family contact with others beyond the immediate family.

These diagrams represented in this study the important connections between the family and the bearer of fibromyalgia syndrome, in order to understand the interrelationships of these women and their environment, making it possible to analyze the main networks of care that women with fibromyalgia syndrome and search as it happens restructuring behavior, relationship and bonding time with families, from this, having a perception of people with FMS and their families and networks.

As this data collection strategy, we use a few sessions interdisciplinary program of FMS to establish the link between the researchers and the group and creating a favorable environment for the participants to know our research. It is believed that the bond they can maintain a closer relationship of trust in our work places like Wright and Leahey (2002) citing that the link refers to a unique and emotional bond that resists between two specific people, providing a collection data more valuable.

During the period of data collection participated Assistance Program Interdisciplinary 35 women diagnosed with Fibromyalgia Syndrome. Of these 9 women were invited to constitute the sample of the study. This happened randomly choice and convenience. The call came during hydrotherapy activities of their program. From this we built the genogram and eco-map, happened only after signing the consent form (ICF) by each participant, this construction phase had a mean duration of 40 minutes and always happened with the explanation of the diagrams and the meaning of each symbol for that paticipante had a prior understanding of it. This moment was recorded and then digitized by the researchers that carried out to analyze the results and interpretation of instruments obtained.

The diagrams were under the responsibility of the researchers in a file folder in the outpatient physiotherapy department, where only the researchers have access.

The results came from the results shown in the genogram and eco-map, the connections maintained with women and the elements that compose and participate in their midst. The data diagrams were worked from the model Calgary family assessment, this model distinguishes between family development and the life cycle of the same.

Wright and Leahey (2002), mentions that the development of the family is a unique path built by a family, which is modeled by foreseen or unforeseen events (disease, fires, earthquakes), and the family life cycle refers to the typical trajectory that most families travels, events typical associate cliclo vital to the entrances and exits of family members. These events generate consequences that directly reflect within families, and these are effects that we are interesting in finding out. So we do not know, but we have curiosity about this study among all the history that surrounds the family development and fibromyalgia.

The results were returned to the participants through a pre-scheduled meeting with the researched.

ANALYSIS OF RESULTS

From the analysis of genograms and ecomaps women with fibromyalgia syndrome that we observed was divided into positive relationships and social factors as negative and focused on family relationships.

In more positive results which showed that the group was Fibromyalgia UNIVALI for all 9 interviewed, has a very

important role in the personal life of every woman and that this group positively interfere in treating these. They also reported that they feel very well, and that after the group began its body aches decreased considerably, interfering in improving their quality of life. The second strong point that appears was more spirituality where they are focused on your religious side to get over their pain and difficulties. In the third dot appears the relationship with friends, grandchildren, children, psychologist and occupation, stating that these relationships are important because they serve as support for the improvement of the somatic. In the company of children, grandchildren and friends they feel good, and the relationship of the psychologist and the profession are places you can focus your thoughts, so to forget or even talk about their family problems.

On being asked about the undesirable points in their lives, everyone was on the same level of importance: the absence of parents, poor relationship with children, deaths of children, sons users drugs, alcoholism, aggression and death of her sister. These issues stir much with the psychological state of them. Every time we talked about these issues, they altered the tone of voice and facial expression. Reported these matters to the left very sad and could not deal with these problems are issues that are unresolved within them and as much as they are in the distant past still has the same degree of importance.

Every interview we watched the patients were in a new world into being / living / living with Fibromyalgia Syndrome and still be able to talk, express their feelings while looking at ways of how to use his body and his mind to interact with their families and with society in a more healthy. Given the recorded interviews, sensibly heard and transcribed for a file, begin the process of building ecomaps and genograms that followed as proposed by Galgary.

Often people from the same family or social group may not have the same vision about the disease, giving diverse opinions on the influence of family with the disease.

From the analysis of genograms and ecomaps women with fibromyalgia syndrome perceive a difference in results in positive relationships and social factors and negative outcomes, facing the family relationship.

In more positive results which appeared was the Assistance Program for Interdisciplinary Women with Fibromyalgia Syndrome (PAIMSFM), known as the group of Fibromyalgia UNIVALI. All, without exception, reported that the group has a very important role in your personal life. This group positively interfere in the treatment of participants and they report feeling very well, and that after starting the group, their body aches decreased considerably, and have a better quality of life.

The physiotherapy group is constructed from the theory of group work, in the water in the form of hydrotherapy and using adapted and ample physical space that we have available, associated teacher training in responsible, based on the belief that when the therapist , the caregiver, the physical therapist, the physical therapist treats / cares for each other and this process complements reason and emotion, listening sensibly, sensitively observing the point of knowing that body he touches upon their approach, in brings to his strange life history of the person the door, inserted within the family, community and social, he is able to help others find their own healing, awakening him your commitment to your evolution.

Play humans through the hands of the therapist, without a doubt, this will make a difference when playing for the expression of the recognition that he has in his hands the entire life of the person who sings it.

The entire care process proposed here is guided by integrity, coupled with the technical scientific contribution of teachers who make up the team. Therefore, any therapeutic method proposed here is focused on understanding the entirety of the human being, in respect of its uniqueness, the epistemological reference to interdisciplinarity in the act of treating / caring can only contribute to the recovery of the harmony of this human being and therefore , diminish pain and disease, they will be understood and motivate people for change (OLIVEIRA, 2011).

The second positive point is that most appear to spirituality, where they focus on the religious side to get over their pain and difficulties.

Respondents understand that going to a church is a way for users to seek some kind of comfort or understanding for their suffering. It was also highlighted that spirituality / religiosity can be a comfort in difficult times, because having a religious experience enables rid of some pain (ALVES, 2010).

To Pietrukowicz (2001), the demand for religion happens to provide relief afflictions, where the individual seeks a form of comfort, sympathy and support. Both in spiritual centers, in evangelical churches, the Catholic church, in Umbanda and the other, are places where there are different ways to search to reduce the problems and the relief diseases. Thus, religion is seen as a means to cope with problems of everyday life, because of the support needed to live the faith.

The community can unite, because the church is a place where people can establish bonds, mutual aid. For the socially weak population, belong to a religious group can be an important factor for survival and solution of problems for which the company does not respond (ALVES, 2010).

Thirdly became friends, grandchildren, children, psychologist and occupation. Women with FMS reported that these relationships are important because they support the improvement of the somatic, In the company of children, grandchildren and friends they feel good, and the relationship of the psychologist and the profession are the places in which they can focus on themselves without thinking of family problems.

The family influence on Fibromyalgia Syndrome, both the discovery and after the diagnosis. The family, regardless of color, race or social distinction, comes first, and she" safe haven" of each person who composes, thus the recurrence of any problem, being related or not the disease, seeks help in the family.

In Fibromyalgia Syndrome, family support is critical to the coexistence of the disease is of great importance to support and care for each person that makes up this family group, to help overcome and win the days of suffering that accompanies each individual (MILK And LISKA, 2011).

What one person feels is expressed through your body. " Emotions are bodily events are movements or impulses within the body that result in an automatic external action and lead to expression of feelings and emotions" (Goleman, 1995).

In this sense, it helps the person find their way to the middle, in the case of patients with FMS, is the dialectical relationship between the approximation and the expulsion of its completeness, between your world of shadow and light, between life and death. Living a chronic situation, does not imply die in the process, but finding a way to revive the middle. This is the role of the therapist interdisciplinary (MILK AND LISKA, 2011).

In determining a physical process painful emotions act strongly, as Schulz (1998) and Goleman (1995) already evidenced in their work. It is they who interfere in the energy anatomy of the person and trigger harmony (health) or disharmony (illness). Furthermore, the therapeutic focus should not be on the person's pain, but rather in its pleasure in what she has to potentiality, as Lowen had foreseen in 1970.

Regarding the negatives, had no more relevance. Everyone was on the same level of importance, they are: absence of parents, poor relationship with children, deaths of children, children of drug users, alcoholism, aggression and death of her sister. All these have a much stronger with women with fibromyalgia syndrome, stir these issues very psychological in them, each time it was touched on these issues changed the tone of voice and facial expression, report that these issues leave very sad and can not cope problem with these are issues that are unresolved within them and as much as they are in the distant past still has

the same degree of importance.

The episodes included traumatic childhood loss, hunger and even aggression that could not be disclosed or even psychological experienced while grieving. The feeling of fear of not believing in them, generated anger and guilt of this and hence the functional somatization were found out by them.

A mixture of feelings of hatred, anger and guilt reflected in a physical body unkempt, unloved by themselves, came to be seen as the source and pains and disappointments that served only to cause suffering and even a body of other causative , their brutality, their lack of love for them. This speech was silent being passed from generation to generation (MILK and LISKA, 2011).

Violence has always been a way for people to relate to oppress, dominate and subjugate another about whom such act was performed, as well as to achieve certain end (FERRARI and VECINA, 2002, Fuster, 2002).

We realized that in all the above points, whether negative or positive, or not contribute to the recovery of this human harmony and therefore the insertion participants within the family, community and society, so that they are able to find their own healing, your well being and a better quality of life.

FINAL

Our goal in this research was to know the family relationship of women who have fibromyalgia syndrome using the genogram and eco-map (synonymous with Familiogram) of patients who attend the program of interdisciplinary UNIVALI. Also, identify what could be a putative somatic problem for the appearance of said muscle aches, depression, sadness, and self-care.

The genogramming demonstrated to be appropriate for use in studies that encompass the dynamics and structure of families. It is noteworthy that, unlike other interviews, the interview making of genogramming should not follow a previously established order, but an order proposed by each family. Moreover, it is necessary that during the interview the researcher not only watch the demonstrations continued verbal and nonverbal of respondents, as in their own, because their reactions can facilitate, inhibit or even intimidate the interviewee's story, especially on issues related to family privacy.

When we started the work, we thought that the result would be, but in the course of data collection and analysis process each genogram and eco-map arrived at other results, where some responses were expected and others were surprises.

From the analysis of genograms and ecomaps women with fibromyalgia syndrome, it was realized that it was divided into positive relationships and social factors (group Univali, spirituality, friends, children and grandchildren, psychologist and occupation) and negative results oriented for family relationships (absence of parents, poor family relationships, drugs, alcohol and aggression).

The interactive construction of the genogram and eco-map, and the interest shown by the narrative and the individual's family history, favor the bond and communication, contributing positively to the relationship between health professional and patient.

The eco-map and genogram is a tool that facilitates the understanding of the complex processes of health and disease in psychosocial context, and may also contribute to the development of therapeutic strategies, expanding health actions.

We note that during the interviews, the participants failed to establish a link, which, in turn, made it difficult to obtain information of a more intimate.

Also with respect to the eco-map and genogram, highlights the need to build them for the different phases experienced by the family to explain the modifications family over time. However, as this family does not map covers the temporal dimension, it is suggested to construct two or more ecomaps and genograms explanation for the changes.

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FAMILY RELATIONSHIPS OF WOMEN HAVE FIBROMYALGIA SYNDROME AND USING ECOMAP GENOGRAM

ABSTRACT

Fibromyalgia syndrome is a rheumatic disease characterized by widespread pain in skeletal muscles, which in no specific treatment, the goal is pain relief and improved quality of life. FMS has a major impact on quality of life, affects the personal, physical, family, professional and social. The inter relationship and family fribromialgia is the key point of understanding of SFM, it is with the individual with SFM spends most of the time, then we need to understand this medium. Understanding the inter-family relationships of women who have FMS using the genogram and eco-map. The research was conducted with 9 women with FMS participants Assistance Program Interdisciplinar-Univali/Itajaí-SC, which were constructed genogram and eco-map for each participant, which seeks to evaluate the inter-family relationships. We find positives as the group Fibromyalgia UNIVALI, religion and the company of children, grandchildren and friends, and the relationship with psychologist profession. In

negative points was the absence of parents, poor relationship with children, deaths of children, children with drugs, alcoholism, aggression and death. Conclusion: genogramming demonstrated to be appropriate for use in the study that encompasses the dynamics and structure of families. It is noteworthy that different from other interviews, the making of the genogram and eco-map should not follow a previously established order. Moreover, it is necessary that during the interview the researcher not only pay attention to the verbal and nonverbal expressions. From the analysis of the genogram and eco-map perceives that was split in results strong relationships and social factors (group Fibromyalgia Univali, spirituality, friends, children, grandchildren, psychologist and occupation) and negative toward the family relationship (absence of parents, poor family relationships, drugs, alcohol and aggression).

KEYWORDS: eco-map, genogram, fibromyalgia syndrome and family.

RELATIONS FAMILIALES DES FEMMES ONT LE SYNDROME DE LA FIBROMYALGIE ET UTILISATION GÉNOGRAMME ECOMAP

RÉSUMÉ

Le syndrome de fibromyalgie est une maladierhumatismalecaractérisé par une douleurgénéraliséedanslesmusclessquelettiques, quienl'absence de traitementspécifique, lebut est de soulagerladouleur et améliorerlaqualité de vie. FMS a un impact majeursur la qualité de la vie, affecte le personnel, physique, familial, professionnel et social. La relation entre la famille et fribromialgiaest le point clé de la compréhension de la gestion durable des forêts, ilest avec la personne avec GDF passe la plupart du temps, alors nous avonsbesoin de comprendrece milieu. Comprendrelesrelationsinter-familialesdesfemmesquiont FMS utilisantlegénogramme et l'éco-carte. La recherche a étémenéeavec9femmesavec FMS participantsduProgramme d'aide Interdisciplinar-Univali/Itajaí-SC, quiontétéconstruitsgénogramme et de l'éco-carte pourchaqueparticipant, qui vise à évaluerlesrelationsinter-familiales. Noustrouvonspositifs que legroupe UNIVALI fibromyalgie, lareligion et lasociétédes enfants, despetits-enfants et amis, ainsi que larelationaveclaprofessionpsychologue. Dans les points négatifs, c'estl'absence des parents, de mauvaises relations avec les enfants, les décèsd'enfants, les enfants drogue, l'alcoolisme, l'agression et la mort. Conclusion: genogrammingdémontréêtreapproprié pour uneutilisationdansl'étude qui englobe la dynamiqueet la structure des familles. Il est à noter que différentsautresentretiens, l'élaborationdugénogramme et de l'éco-carte ne devraitpassuivreunordrepréalablementétabli. Enoutre, il est nécessaire que lors de l'entrevuelechercheur non seulementprêterattentionauxexpressionsverbales et non verbales. De l'analysedesperçoitgénogrammeet de l'éco-carte qui a étédivisédanslesrésultats de solides relations et lesfacteurssociaux (groupefibromyalgie UNIVALI, laspiritualité, les amis, les enfants, petits-enfants, psychologue et profession) et négative à l'égard de larelationfamiliale (absencedesparents, lesrelationsfamilialespauvres, les drogues, l'alcool et l'agression).

MOTS-CLÉS: éco-carte, génogramme, lesyndrome de lafibromyalgie et de lafamille.

RELACIONES FAMILIARES DE LAS MUJERESTIENEN EL SÍNDROME DE FIBROMIALGIA Y EL USO GENOGRAMA ECOMAPA

RESUMEN

La fibromialgia es una enfermedad reumática caracterizada por dolor generalizado enlos músculos esqueléticos, que de ningúntratamiento específico, el objetivo es aliviar eldolor y mejorarlacalidad de vida. FMS tieneungran impacto enlacalidad de vida, afecta a la vida personal, familiar física, profesional y social. La relación entre familia y fribromialgiaeselpunto clave de lacomprensión de laordenaciónforestalsostenible, es conla persona conlaordenaciónforestalsosteniblepasalamayor parte deltiempo, entoncestenemos que entender este medio. Comprenderlas relaciones entre lasfamilias de lasmujeres que han FMS utilizando elgenograma y el eco-mapa. La investigación se realizócon9mujerescon FMS participantes del Programa de Asistencia Interdisciplinar-Univali/Itajaí-SC, que se construyerongenograma y eco-mapa para cada participante, que busca evaluarlas relaciones entre lafamilia. Nos parece positivo que el grupo UNIVALI fibromialgia, lareligión y lacompañía de hijos, nietos y amigos, y larelaciónconlaprofesión de psicólogo. Enlospuntos negativos eslaausencia de los padres, mala relaciónconlosniños, lasmuertes de niños y niñas, losniñosconlas drogas, elalcoholismo, laagresión y lamuerte. Conclusión: genogramming demostrado ser adecuado para su uso enelestudio que abarca ladinámica y estructura de lasfamilias. Cabe señalar que diferente de otras entrevistas, laelaboracióndelgenograma y eco-mapa no debe seguir unorden previamente establecido. Además, esnecesario que durante la entrevista el investigador no sólo prestar atención a lasexpresionesverbales y no verbales. A partir delanálisis de lospercibegenograma y eleco-mapa que se dividióenlos resultados de las sólidas relaciones y losfactoressociales (grupo de fibromialgia Univali, espiritualidad, amigos, hijos, nietos, psicólogo y ocupación) y negativa hacialarelación familiar (ausencia de los padres, las malas relaciones familiares, las drogas, elalcohol y laagresión).

PALABRAS CLAVE: eco-mapa, genograma, el síndrome de la fibromialgia y lafamilia.

RELAÇÕES FAMILIARES DE MULHERES QUE TEM SÍNDROME DE FIBROMIALGIA UTILIZANDO O ECOMAPA E O GENOGRAMA

RESUMO

A Síndrome de Fibromialgia é uma doença reumática caracterizada por dor generalizada na musculatura esquelética, o qual não há tratamento específico, o objetivo é o alivio da dor e a melhora na qualidade de vida. A SFM exerce um grande impacto sobre a qualidade de vida dos pacientes, afeta os aspectos pessoais, físicos, familiares, profissionais e sociais.A relação inter familiar e a fibromialgia é o ponto chave de compreensão da SFM, é com ela que o indivíduo com SFM passa a maior parte do tempo, então precisamos compreender este meio. Compreender as inter-relações familiares de mulheres que tem SFM utilizando o ecomapa e o genograma. A pesquisa foi realizada com 9 mulheres portadoras de SFM participantes do Programa de Assistência Interdisciplinar-Univali/Itajaí-SC, as quais foram construídos os genograma e ecomapa de cada participante, que visou avaliar as inter-relações familiares. Encontramos como pontos positivos o grupo de fibromialgia da UNIVALI, a religião e a companhia de filhos, netos e amigos, a relação com psicólogo e a profissão. Nos pontos negativos foi ausência dos pais, relacionamento ruim com filhos, morte de filhos, filhos com drogas, alcoolismo, agressão e morte. Conclusão:o genograma e o ecomapa demonstraram-se adequado para a utilização do estudo que engloba a dinâmica e a estrutura das famílias. Ressalta-se que diferentes de outras entrevistas, a confecção do genograma e ecomapa não deve seguir uma ordem previamente estabelecida. Além disso, é necessário que durante toda a entrevista o pesquisador não apenas preste atenção nas manifestações verbais e não verbais. A partir da análise do genograma e ecomapa percebe-se que ficou dividido em resultados fortes de relacionamentos e fatores sociais (grupo de fibromialgia da Univali, espiritualidade, amigos, filhos, netos, psicólogo e profissão) e resultados negativos voltados para o relacionamento familiar (ausência dos pais, relacionamentos ruim na família, drogas, alcoolismo e agressão).

PALAVRAS CHAVES:ecomapa, genograma, síndrome de fibromialgia e família.