

# Spots for mothers

Authors – Serpa B., Cruz M.S.

Fundación de la Hemofilia de Salta - Argentina

## Introduction:

Since the creation of the Hemophilia Foundation of Salta, several workshops have been held for mothers of children with hemophilia, in which issues related to two important aspects were discussed: knowledge about the disease and the expression of experiences and feelings of each of the members. As regards the concepts they know about hemophilia, we noticed that, as time went by, they have deeply and firmly acquired them.

In reference to their feelings about living together with the disease, we realized that mothers need to be supported by others, especially people who are familiarized with the pathology. These meetings are coordinated by a technical team trained in these pathologies. The activities are always part of an established program, with objectives and activities that are fulfilled on each day.



## Objectives:

To enable knowledge

To benefit interrelation of the members

To favour a spot for communication and mutual support between the group of mothers and the Hemophilia Foundation

## Methods:

Presentation and educational Workshops

Approaching various issues related to being a mother of a child with hemophilia

Talks of discussion

Evaluation surveys



## Results:

From the various methods implemented throughout this process, we observed a greater participation, commitment and satisfaction of mothers in the suggested activities by the Foundation Team. Since most women acquire knowledge about hemophilia, we could see that it increases confidence and self-esteem, reduces anxiety, fears and overprotective attitudes, which positively impacts the mother - child relationship. Mothers also highlight the fact that these activities facilitate the interaction with other mothers and health personnel and help them learn about the rights of people with hemophilia, all in an atmosphere of mutual respect, sharing up to date information.

## Conclusions:

Creating spaces for mothers not only gave us the chance of learning about the reality of each of them, but also about their knowledge of hemophilia. This fact served as a starting point for planning each meeting.

Furthermore, the promotions of meetings facilitate intercommunication between mothers and health personnel. Over time, social networks have been created to offer support in the nearby areas.

At present, mothers envision the possibility of dealing a healthy life with this disease in the family, and this positively impacts in their life quality.

