

A MODEL OF NARRATIVE MEDICINE IN PALLIATIVE CARE: HOW TO USE IT TO CREATE A COMPASSIONATE CITY

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INTRODUCTION

Since February 2024, the project “**Towards a compassionate city. Lodi tells this story**” has embarked on a significant journey to build a community that cares for its members during moments of vulnerability and suffering. By integrating **narrative medicine** with **palliative care**, the project aims to raise awareness among citizens of all ages about compassionate support. Activities are conducted in collaboration with schools, associations, social services, and the **Territorial Health Plan**, including workshops, intergenerational meetings, and educational initiatives.

METHODS

1. Involvement of Children and Adolescents

Educational workshops: Programs focused on raising awareness about care and compassion, fostering emotional expression, and understanding pain and grief.

Narrative medicine initiatives: Young people shared their experiences and reflections on illness and care, contributing to a collective support culture.

Concrete actions: Children and adolescents created posters with 10 tips for a compassionate city and wrote letters to lonely or ill individuals.

2. Youth and Adults

Training workshops: Sessions dedicated to creating a “**Caring Community**” through the sharing of experiences, such as the workshop “**It Takes a Village to Raise a Child**”.

Community events: At the **Ethical Photography Festival**, a space for collective reflection on compassion and suffering was created using global and local imagery.

3. Elderly and Seniors

Intergenerational meetings: Narrative medicine sessions using the palliative care approach strengthened the sense of community and intergenerational bonds.

Support for vulnerabilities: Meetings at day centers and **Death Cafés** provided spaces for discussing death and grief in a context of empathetic listening.

4. Narrative Medicine for People with Illnesses

Personalized pathways: Individuals with chronic and oncological conditions were supported through the **NaMPaC Model® (Narrative Medicine in Palliative Care)**, giving voice to their illness experiences and transforming them into tools for care and collective awareness.



RESULTS

Individuals supported: 10 people with chronic or oncological conditions were followed through individualized narrative medicine pathways in palliative care.

Educational engagement: Hundreds of children and adolescents were involved in compassion education workshops through the **Medical Humanities and Narrative Medicine**.

Collaborations: The project facilitated new collaborations with public and private entities, consolidating the care network of the city.



CONCLUSION

The project “**Towards a compassionate city. Lodi tells this story**” is contributing to transforming Lodi into a more attentive and compassionate community. It is a virtuous example of a “**Caring Community**” that utilizes narrative medicine in palliative care and integrates with the **Territorial Health Plan** to address the complex needs of the population. The project aims to expand the care network, replicate the model in other municipalities, and continue developing new collaborations to enhance the city's support system. A final event in January 2025 will present the results and discuss future prospects.