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## Care philosophy

Part of our care philosophy is to "awaken" emotions such as hope, joy and esteem so that the course of rehabilitation is positively influenced. Positive emotions bring strength, are pleasant, enhance physical and mental well-being, promote a balanced relaxed mood, stimulate self-healing and create new possibilities and abilities.

The nursing team enjoys the work, and joy brings energy and creativity. Happy people treat others well. The world is a little nicer when you do something for others. The guest is consciously included; enjoyment and positive feelings are shared. This forms memories that are long the topic of conversation and that give reason to smile. To involve others, to try to make them happy and enjoy the day, it takes no more that to turn the attention to our guest.

**"Professionalism, warmth and humanity** - in the treatment of neurological disorders these three values are, in my opinion, indispensable and invaluable to our guests" (Andrea Kulisev, neurologist and medical director's representative).

Taking the effort to make someone's day enjoyable spreads positive emotions. The caregivers orientate themselves to promoting health and not solely on the concept of preventing illness. The nursing staff are esteemed and appreciated as life teachers.

"Who are our guests and how can we ensure they have a positive day?" One can busy oneself with many things at the same time, but can you really "be there" for one person in one moment?

The health care team is supported in their daily activities by various nursing theories, concepts and care systems.

The philosophy of **"primary nursing"** that is lived throughout Klinik Pirawarth describes a holistic orientated approach, in which a caregiver is assigned to a particular group of people who need care, with the task of structuring the workflow. **Each guest has a reference caregiver who is primarily responsible for them and who accompanies them from admission to discharge.**

The caregiver use regular talks to build a relationship with the guest and their reference caregivers, who essentially belong to the helper's circle. We carefully train them to be able to professionally support the guest after their period of rehabilitation. The reference caregiver is responsible for the nursing process, communication with other professional groups and the organization of aftercare.

The guest has the advantage of always being looked after by the same caregiver. A professional relationship is experienced through the high level of continuity, the focus on your specific needs and an ideal course of care and a partnership. A relationship of trust



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develops between you and "your" caregiver. And trust creates security - a mainstay on your path to health.

Guests are given further support in the form of "**Aroma Care**".

Aroma care is a part of herbal medicine and a recognized, complementary care method, which is orientated to the individual care problems and needs of the guest as part of the care process.

Aroma care concerns itself with the use of 100% natural essential oils, vegetable oils rich, hydrolates and the care products made from them. The application and effect takes place via the sense of smell by room fragrancing and applying to intact skin.

Our guests perceive the subtle scent of essential oils when they arrive at the Klinik Pirawarth. You benefit from the selected use of different oils that create a agreeable atmosphere. You will also feel a soothing relaxation and improved sleep, a strengthening of your immune system and deeper breathing. Your freedom of movement is eased, tension relaxed and physical and mental health promoted.

One of the clinics other care concepts is a holistic care and treatment plan for people with movement disorders known as the "Bobath Concept", which was developed in 1940 by Mr. and Mrs. Bobath.

"A hand should not crush, yet it should still be strong enough to hold another" (Damaris Wieser).

The **Bobath Concept** of care supports the perception of the ability of one's own body to move or maintain balance. One of the teachings is the beneficial use of muscle activity in everyday life, ensuring a balanced relationship between the tension and relaxation of the muscles and making sure that both halves of the body work together. There are opportunities to learn about posture, how to move and guidance on how to care for oneself.

If you receive care at the Klinik Pirawarth according to the Bobath Concept, we strive together to regain lost motor skills, the inhibition of spasticity and preventing pain. You will also increase your independence and your safety in everyday situations.

Another central role in the treatment is the concept of "**activating care**". Monika Krohwinkel (nursing scientist) established the term in the 1980s in relation to the care of stroke patients. Her goal was to reduce the dependence of the patient on others and to strengthen their self-confidence. Understood as "help for self-help", the therapy places special emphasis on the preservation of life skills. Existing skills are taken into account in the implementation of individual care measures.



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The concept is intended to prevent any further the decline of skills due to lack of physical and / or mental exercise. In an ideal case, skills that have already been lost can be recovered.

The ability to wash and dress, to eat and drink independently, make telephone calls and walk, activities that are taken for granted by healthy people, can cause severe distress and frustration following a neurological disorder. This is where the concept of active care can lend tremendous support. Our primary goal is to preserve existing skills and reduce the need for help in dealing with everyday activities, thereby improving independence and quality of life.

The "**Art and Ceramics**" group provides sensitive hands with plenty of clay under care supervision, expertise and appreciating assistance. It is not rare for true artistic talent to be discovered. This activity promotes concentration and skill, as well as crafts and artistic creativity. The teaching of initially simple techniques leaves considerable scope for working freely. There are magical moments when our guests gaze at their work full of pride, happiness and emotion.

Working with **pupils, students and interns** is a pleasure, a great gift and an invaluable asset. On average 50 people are helped along their learning path every year. Here there are people who are inquisitive and keen to learn among guests who have experienced illness, while supervised by practiced instructors. And ultimately all parties benefit from each other!

"I'm not asking you to go ahead of me, because I might not follow you. I'm not asking you to go behind me, because maybe I would not rely on you. I only wish you to go beside me and accompany me, while I hesitantly and tremulously try to find my way" (unknown author).

This is the challenge that our care team faces every day.