Capability - possible in health promotion for people with unexplained chest pain?

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Aim

- Illuminate the meaning of physical activity in life among people with unexplained chest pain, and discuss if capability is possible in health promotion
Background

- Persistent and worsening of symptoms over time
  - Increased morbidity
  - Functional limitation
  - Reduced quality of life
  - Emotional distress
  - Huge costs for the society
Method

- A phenomenological hermeneutical approach inspired by the philosophy of Ricoueur (Lindseth & Norberg, 2004)
  (http://eltalondeaquiles.pucp.edu.pe/ricoeur)
Method cont.

- 9 women
- 6 men

**Inclusions criteria:**
- unexplained chest pain
- aged over 18 years
- ability to understand and speak Norwegian

**Exclusion criteria**
- absence of chest pain
- pathological cardiac findings after the bicycle test
Data collection

- Individual interviews
  - tape recorded
  - transcribed word by word
  - each interview lasted for approximately one hour
Result

- Comprehensive understanding

- «Being physically active while living with unexplained chest pain means balancing between existential uncertainty and existential certainty»
The capable person
Capability - «the good life»

- Physical activity give strength for body and mind
- Interaction between individuals and their environments
- Valued functioning
- To be seen holistically in the dialogue with the health personnel
“Well, well (tearfully) I feel when I make an effort and walk (sighs) up a steep hill or stuff, I’m in pain. Yes, but if I do other things like, that are fun. For example, I go dancing – and that’s a lot of fun. Then I don’t feel any pain at all.”
The person - «the hub of the meeting»
Gulspurv
Questions

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Thank you!