

TOGETHER IN DIGNITY



MÉLTÓSÁGGAL EGYÜTT

In our society the right to human dignity is on the table in various different contexts. In general, however, people have no means and perhaps we are reluctant to talk about loss, illness and death as experienced in real life. People's attitude towards situations involving passing away, death and loss is also reflected in their interpersonal relationships, as the communication of such topics is often restrained.

During my work I often witness how difficult it is to experience loss and difficult moments, and move on. The sense of "not being alone" may show a way out to many, and this is why I believe in open discussion when loss is realized and treated. I am proud of our social awareness programme established a decade ago with the help of professionals in Debrecen, which set itself the goal to teach children in kindergartens and primary schools how to provide care. We have a general and lifelong need for dignity and respect for each other. We are aiming to strengthen social skills and, develop emotional intelligence, so that the taboo of death could be collectively overcome and the meaning of life discovered.

We have taken several important measures: nearly one hundred thousand pupils and teachers in dozens of educational institutions, and several cultural institutions joined the Field of Dignity Programme, the transfer effect of which can still be felt. Together, we were involved in mass community movements like the Narcissus Run for the respect of human dignity, the daffodils planting events, the literature contest and Advent recipe competition. Even though the Field of Dignity Programme was rounded off in 2017, this formative initiative is still kept alive by social demands: we annually organise the Dignity Running Festival and Dignity Day to express our respect for and compassion towards patients with terminal illness. The wide-ranging effects of our awareness programme are evidenced by the 2017 launch of the Hospice Palliative and Therapeutic Ward at the Kenézy Gyula Hospital of the University of Debrecen with 20 beds.

Life is sometimes joyful, other times sad, but it is always about us and for us.

Gyöngyi Porkoláb

Director, Field of Dignity Programme

Chair of the Board of Debrecen Hospice House Foundation





Care for each other, and preserving human dignity are undoubted fundamental values. Respecting and supporting such values is much more than a noble goal – it is a must, and therefore I consider it of utmost importance to raise attention thereto via as many ways as possible. Facing the finiteness of life is extremely difficult both for those to pass away and their beloved ones. The “Field of Dignity Programme” addresses the childlike soul in people.

The programme offers invaluable support and opportunity in such distressful life stages of life to express feelings and thoughts that are almost impossible put into words, and accept the order of life. It was pleased to join the Dignity Running Festival which is a great initiative, as it calls attention to such values that we all need to keep in mind. By running together, we express our belief in the value of all moments in life.

Dr. Eszter Vitályos

Secretary of State for EU Developments





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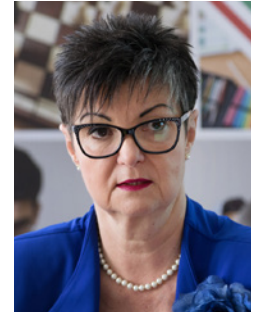
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WHAT DOES FIELD OF DIGNITY MEAN FOR ME?

The Field of Dignity Programme was a specific area of emotional education, which contributed with its inter-institutional programmes of ten years to the development of key competencies, on the one hand, and on the other hand it discussed taboo topics such as death and passing with children through complex activities. It set a good example of integrating a non-governmental initiative in the practice of public educational institutions, enriching them. As an organisation managing schools, we have highly supported the implementation of the programme since the very beginning, as the project represents enormous added value.

Katalin Pappné Gyulai

Director of the Debrecen Educational District Centre



The Field of Dignity Programme prepared children to get acquainted with various stages of life, including passing of life. All of the joint programmes strengthened attention, care and love. It is all about shaping mindset – a programme which it is not only an option, but also a must to participate in as a healthcare institution. I was there at the very first steps over 10 years ago; we set out on a path that has taken us to such heights that we were only dreaming about back then. Together with the program director, we believed that the Hospice House would come to be reality in Debrecen. Such cooperation was created behind the Field of Dignity Programme that has made all this become true.

As a board member of Debrecen Hospice House Foundation, with my school, we are getting prepared to keep on supporting, caring and contributing to actual nursing too.

Tibor Bánk

Head Teacher

Saint Ladislaus Greek Catholic Grammar School, Health Care Vocational Grammar School and Vocational Secondary School

WHAT DOES FIELD OF DIGNITY MEAN FOR ME?



Whenever the programme comes to my mind, I think back with love on how we came together: the programme, the leaders, all the people working in it and for it, and the ever broadening circle of institutions. We now look at the world through different eyes, and are living our lives more consciously. We managed to help several thousands of children and adults interpret different concepts properly: handling loss, the importance of forgiveness, the role of positive emotions in our lives. In our cooperation, we have taken a long journey for human dignity, for taking responsibility, for our voluntary mission of raising social awareness. I am grateful to have been involved in this work of value creation.

Angéla Erzsébet Burger

Coordinator, Head Teacher

Debrecen Gönczy Pál Primary School



Pain is unbearable alone, when even light seems dark, suffer is unreasonable, and parting is only a painful despair. What is hospice for me? Where pain becomes bearable, darkness turns light, I realize the purpose of pain, and parting creates a hope for a new meeting.

Barnabás Balogh

Protestant pastor

Board Member of Debrecen Hospice House Foundation



It made our everyday life more colourful and interesting. The thought that we did all this for a noble purpose – for example helping an ill child – still gives me an especially good feeling. It taught us compassion and tolerance, which I am sure will come handy in life.

Virág Lili Berki

Pupil



Each school year we organized a 'yellow T-shirt' day under my coordination. Together with the physical education teachers, our handicapped students – and their parents in the past years – we did sports at the Great Forest Stadium with the other pupils from Debrecen. We talked a lot about the loss of something or somebody. Through the love of sports we managed to fill this day with content that reinforced the feeling of acceptance, assistance, and respect to one another.

Judit Szakál

Teacher

Debrecen Bárczi Gusztáv Unified Educational and Methodological Institution for Children with Learning Disabilities



With the experience of the past ten years I don't hesitate to say that – via the activities – children received a spiritual surplus that was usefully integrated in their personality. It was astonishing to see that even the youngest children (in kindergarten) needed intimate discussions, where they received honest answers to their honest questions. Since then I have been more consciously working on making

children understand in theory and practice that love towards others, towards our direct environment, towards injured and sick people is an inevitable part of our life.

Éva Vargáné Aranyász

Kindergarten Teacher
Boldogfalva Kindergarten



My children actively participated in the Field of Destiny mental awareness programme for years, and they were deeply influenced by these activities, discussions and joint programmes: they have a positive, responsible attitude towards their fellow human beings, whether it is about assistance or acceptance. They do not hesitate but rather take action. This noble work could only be described with the words of Ferenc Deák:

'Never regard people as mere instruments, however low they may be. Respect human dignity in every one of them.'

Ibolya Tóthné Vigvári

Parent

WHY?

The Field of Dignity social awareness programme was modelled on the Krakow and English initiatives in 2007 with the goal to help kindergarten and primary school children process the experience of loss and teach them how to provide care through the symbolism of the daffodil. At the same time it was aimed as a general mental and social awareness programme to reach out to as many people as possible with the message of acceptance, understanding, hospice mindset and importance of human healthcare.



BEGINNINGS? GOALS?



From the lack of information and ignorance towards acceptance. Several dozens of institutions joined throughout the county, and the programme raised several thousand people's attention to the importance of care, as well as to the presence and availability of hospice nursing. The major achievement of this decade-long effort was that in 2017 we set up the Hospice and Palliative Therapeutic Ward with 20 beds in the Kenézy Gyula Hospital of the University of Debrecen. The "Field of Dignity" educational and training programme is available for active teachers, psychologists and mental hygiene specialists under the framework of a 30-hour accredited training.

HOW DID THE PROGRAMME REACH OUT TO THE TARGET GROUP?

The programme was implemented simultaneously at three different, **institutional, inter-institutional and municipal**, levels, communicating the main messages in a coherent way.

At the institutions we organised thematic discussions and activities, accompanied by creative inter-institutional events with talent support and developmental aspects, mainly based on an artistic concept (e.g. literary and graphic competitions), and other urban events mobilising several thousands of people (e.g. running competitions).



THE PARTICIPANTS?

The programme's principal target group included kindergarten and primary school children (mainly in forms 3 and 4), while the secondary target group consisted of teachers, parents and families. The project involved a broad cross-section of society: the non-governmental sector as well as the municipality and the educational district. The programme received professional support from professionals of the University of Debrecen, as well as from renowned psychologists and mental hygiene experts. Educational institutions, parent collectives, families and cultural institutions (Csokonai Theatre, Vojtina Puppet Theatre, Kölcsey Centre, Méliusz JP County Library) were also involved. The Field of Dignity Programme, however, found supporters also in the private and entrepreneurial sector. **The participants' attitudes to the subject matter were mutually influential factors: a certain transfer effect was realised** between the patients and their families, their closer and broader environments, the doctors, the health care employees, the media, the children and their institutions, the average public, the municipalities, the decision-makers and the entrepreneurial sector.



THE SKILLS DEVELOPED?

- » volunteering
- » empathy
- » acceptance
- » involvement
- » service
- » courage
- » escorting care

The teachers involved in the programme – learning about new methods – could adequately react to and support the children's behaviour, school achievements, moods and attitudes towards their peers in relation to the experience of loss.





**SUCCESSFUL PROGRAMMES WITH
SEVERAL THOUSANDS OF PARTICIPANTS...**

DAFFODIL PLANTING

In the framework of the Field of Dignity Programme, a community event of daffodil planting was organized every autumn for 10 years... The daffodil (Narcissus) is a worldwide symbol of care and compassion, and one of the main emblems of empathy for terminally ill patients. Each institution participating in the programme was represented at the daffodil planting event.



DAFFODIL PICKING

In addition to the daffodil planting, the spring daffodil picking event has also become popular. Each year, volunteering students pick several hundreds of the yellow harbingers of spring, gather them into bouquets, and then distribute them at the Debrecen Hospice and Palliative Therapeutic Ward, as well as in Debrecen's old age nursing homes. The daffodil is a symbol of life, hope, overcoming death, love and affection.



NARCISSUS RUNNING FESTIVAL – DIGNITY RUNNING FESTIVAL

The basic idea behind the running festival was provided 11 years ago by one of the pupils involved in the Field of Dignity Programme – this is how the Narcissus Run was launched only with a few hundred people back then, and has become a movement mobilizing several thousands of people each spring.

Even though the Field of Dignity Programme was closed in 2017, due to the large interest and willingness to join the running festival is organised each year by the Debrecen Hospice House Foundation, to support the 20-bed Debrecen Hospice and Palliative Therapeutic Ward.

The participants run a circle around the Great Forest Stadium – paying their respect to human dignity and express their compassion towards terminally ill patients.



LITERATURE CONTEST

Writing honestly on our feelings, thoughts, fears, pain or joy is one of the most courageous acts in life. Several hundreds of applications are submitted every year to the literature contest organized around the subject matter of dignity. Applicants wove their ideas around thematic quotes such as 'Each minute is of value', 'Everything that is loved becomes beautiful' or 'You need music because it embraces you'. The competition in poetry and prose categories was each year been open to primary school pupils (from the first to the eight form), as well as to high school students in.

ADVENT RECIPE COMPETITION

'Feeding, cooking, nurturing are pillars of care. When we cook or cater for others, we take care of them. This is true whenever a baby is born, and it is still true when one can't cater for themselves anymore or get out of bed and they need help.' – Gyöngyi Porkoláb, founder of the Field of Dignity Programme.

The Advent recipe competition organised in the Christmas season also abounded in miracles. The Christmas-themed 'applications' included among others a video recipe, a menu in an exquisite picture frame arriving on a paper sledge and tasty treats wrapped in tracing paper.





SCHOOL YEAR CLOSING BARBECUE

Throughout the decade, the school year closing barbecue has also become a tradition which is organised as a year-closing event in the framework of the Field of Dignity Programme, with the participation of the institutions involved in the programme.

DAFFODIL CAMP

The children in the thematic camps of the Field of Dignity Programme learnt to manage conflicts so that they can face potential future difficulties more easily. Naturally the focus was on games, sports and trekking, but development trainings also accompanied the programmes on the camp's agenda. Pupils from the institutions involved in the Field of Dignity Programme participated in the camp free of charge.



WEEK OF DIGNITY

The event entitled Week of Dignity that closed the Field of Dignity Programme reached out to several thousands of people. A professional day filled with personal accounts and experiences, arts programmes, theatrical and puppetry performances based on the theme of human dignity, picking and gifting daffodils, a jubilee literature contest, as well as film screenings made the Week of Dignity more colourful. The event series celebrating the 10th anniversary of the programme was supported by renowned artists and cultural institutions such as Attila Till, István Csutka, the Csokonai Theatre and the Nagyváradi Szigligeti Theatre. The week's events called attention to the fact that we are obliged to pay our respect to human dignity.





DIGNITY DAY

Dignity Day has been organized around All Saints' Day since 2018. Dignity Day was made more interesting with a human chain of children, a joint walk of several hundred people with yellow flowers along a defined path, a community run, and daffodils and tealight holder making workshop. The event, which was unique in Hungary, was supported by several primary schools with their own creative programmes, expressing their respect for patients suffering in terminal illness.



HOW CAN ART BE RELATED TO LETTING ONE GO?

Csokonai Theatre's drama titled "Oscar and the Lady in Pink" was born as a result of a close brainstorming with cultural institutions, which was put on stage at the National Theatre too. What did the play give to those involved?



What did this play give me? A new friend, insight into another world, tranquillity, joy, sense of freedom – which I had not felt for a while. The book had been haunting me for years. I read it several times, recommended it for several places, but it was not used anywhere. And suddenly, my dream came true in Debrecen. If only all realizations turned out so well...

Human dignity? Fundament. Right. It is an obligation to respect it. No matter if one is Hungarian, gipsy, coloured, Jewish, Muslim, Christian, gay, married, homeless, liberal, illiberal, healthy, dying, whatever – all deserve equal treatment and equal rights. And if we are all equal, no one's dignity is hurt.

Gábor Tengely

Director

"Life is fragile, delicate and short", this thought should permeate our life every day – this is the key message of our play Oscar and the Lady in Pink. Birth and death are people's loneliest moments that all of us must go through. Such unique moments, hours however can be largely supported by a caressing, gentle touch, a smile, an honest and true word that make all of us feel humans – those who give, as well as those who receive.

Anna Kubik

*Kossuth and Jászai Mari Prize-winning actress
"The Lady in Pink"*



The walls of a paediatric hospital – this is what Oscar got from life to learn and teach though and within them. He was given several opportunities to meet, the biggest of which was to meet his Lady in Pink. He was waiting for miracle, while the greatest miracle was all the way with him. He was fighting an adult's strength and believed with a child's soul. He crushed walls into the ground, and not only in himself, but also in those around him, proving that he was the coolest boy ever, who made it to become the coolest angel in heaven, where he could finally stretch out...

László Rózsa

Actor
"Oscar"

HOSPICE ÉS PALLIATÍV TERÁPIÁS OSZTÁLY



One of the greatest achievements of the Field of Dignity Programme is that – by raising social awareness – it has significantly contributed to the creation of a 20-bed Hospice and Palliative Therapeutic Ward. The background of the ward's multidisciplinary staff is provided jointly by the hospital's existing professionals (licensed physicians of the clinical centre of the university, skilled and experienced nurses, constantly available psychologist, pastor, physiotherapist and dietician). Their work is supported by volunteers, too, who become professional caregivers through completing accredited trainings.

The goal of the hospice activity is to ease the physical and mental suffering of terminal cancer patients. The Debrecen palliative team – specialists, specialised nurses, specialised psychologists, a mental hygiene professional, a pastor, a physiotherapist, social workers and trained volunteers – make an effort day to day so that patients may hold on to their human dignity in the final stage of their lives.

My father was transferred to the Debrecen Hospice Foundation's Hospice and Palliative Therapeutic Ward because of his terminal illness. When we first arrived, the door of the lift opened, and I caught sight of a group shot in the shape of a yellow heart on the wall, taken at the Great Forest Stadium. When I looked at my father I was beset by an elevated feeling as well as a deep pain... He managed to finish his life on earth in dignity.

Judit Szakál

Relative of a patient



WHAT IS MY MISSION THROUGH THE HOSPICE WORK?

Human dignity even in the moments after the final moments of life.

Dr Ervin Berényi

Chairman

University of Debrecen Clinical
Centre



During their treatment and care, all patients should be provided with the chance to go through their disease in the most humane and natural way. This is one of the toughest tasks in the case of oncological patients – we still have much to do in this field, and hospice services need serious development. With my work, I wish to contribute to such efforts.

Dr Zsolt Lampé

Director

Kenézy Gyula Hospital, University of Debrecen



When getting acquainted with and involved in hospice care, the biggest challenge for me was to establish and operate a ward that provides unique, life-end palliative care to patients suffering in malignant tumour. Another challenge was to select staff that is most suitable for operating the ward, which – in my opinion – was managed successfully, as an enthusiast team has been working together since the launch of the ward. As nursing manager, I am making efforts to spread the reputation of the ward, and make the philosophy behind hospice care widely known, supporting the needy, the patients and relatives under the framework of either hospital or home care service.

Judit Seres

Nursing manager

Kenézy Gyula Hospital, University of Debrecen

Working in hospice care requires a great deal of preparedness. I consider my mission to provide nurses and volunteers involved in hospice care with the chance to acquire adequate preparedness. To this end, I organize regular trainings for specialized staff and volunteers.

Mária Gál

*Deputy Head of Nursing and Specialized Staff
Clinical Centre of the University of Debrecen
Department of Nursing and Specialized Staff*



MULTIDISCIPLINARY TEAM

- » Dr Árpád Juhász: head surgeon, specialized physician of home hospice care
- » Ildikó Pogácsás: head nurse, coordinator of home hospice care
- » Dr Andrea Gonda: specialized physician of home hospice care
- » Adrienn Szöllősy-Bálint: specialized clinical psychologist
- » Tünde Varga: physiotherapist
- » Éva Daniné Bíró: protestant hospital pastor, mental hygiene expert / Zsolt Laczkó: catholic hospital pastor, mental hygiene expert
- » Erzsébet Szebenszki: dietician
- » Beáta Irinyi: social worker
- » Cintia Gonda: volunteer
- » Ida Kiss: coordinator

WHAT IS MY MISSION THROUGH THE HOSPOCE WORK?



For me, hospice is about ending a story, about memories, about saying farewell: even if it ends soon, it was not useless, but full of experiences and joyful moments, the story of which is further written by our children. As a physician, this is both a noble mission and a challenge in hospice to create an environment for a dignified passing, targeting the most comprehensive symptomatic control possible...

Dr Árpád Juhász

Head Surgeon

Debrecen Hospice and Palliative Therapeutic Ward



*The end of life is also a part of life!
The patient is escorted along the way
so that their human dignity is preserved
throughout.*

Ildikó Pogácsás

Head Nurse

*Hospice and Palliative Therapeutic Ward
Kenézy Gyula Hospital, University of Debrecen*



*My goal is to create a safe, accepting
environment, in which fears and doubts
about the end of life are dissolved, where
the family escorts the patient with love; to
help so that the illness and the proximity of
death does not raise walls between people;
and to create the conditions where human
dignity can be retained until the very end.*

Adrienn Bálint-Szöllősy

Psychologist

*Hospice and Palliative Therapeutic Ward
Kenézy Gyula Hospital, University of Debrecen*

HOME CARE TEAM

The home care team provides home nursing for such patients with severe conditions who do not wish, or cannot afford using hospital care. These patients are cared for – in accordance to their condition – in their homes.

- » Dr Andrea Gonda, specialized physician for home hospice care
- » Ildikó Pogácsás, head nurse
- » Kosán Lászlóné, nurse
- » Anita Doroginé Szántai, nurse

Contacts: +36 20 620 7717



VOLUNTEER WORK IN HOSPICE



The volunteer training aims to train helpful people who – under professional supervision – can provide physical and mental support to patients and their families in the course of the disease and grief. The training is organized by the Clinical Centre of the University of Debrecen, with the involvement of experienced experts who provide excellent performance in the care of patients with terminal illness. The training of hospice volunteers is organized continuously; the training is launched twice a year. Helpful volunteers may only work in the hospice system if they have completed this training.

“Volunteerism is like a gift for me: I enter the ward, sit down beside a patient, we talk, and they gift me their trust – I can be part of their story, and they are pleased to be heard by someone” – says Cintia, a volunteer of the Debrecen Hospice House Foundation. The young lady has been caring since 2017 for patients with terminal illnesses, making their last months more pleasant and bearable.

DEBRECEN HOSPICE HOUSE FOUNDATION

The major task of Debrecen Hospice House Foundation is to form people's mindset. Several years of background work was the driving force behind the implementation of the Hajdú-Bihar County hospice service, that was launched in Debrecen with a 20-bed, inpatient hospice ward, in addition to home care service: the foundation's activity focuses on life-end dignity, the public acceptance of escorting patients on this journey, as well as the concept that every moment is valuable. The foundation's colleagues – together with specialists and volunteers – work day by day together to make hospice and palliative approach – via the symbolism of the yellow daffodil – wide-known for as many people as possible, and facilitate life with dignity.

BOARD MEMBERS

GYÖNGYI PORKOLÁB

Chair of the Board of Debrecen Hospice House Foundation

DR CSABA DÓZSA

Deputy Chair of the Board of Debrecen Hospice House Foundation

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Gál Mária

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Nursing manager

János Szentgyörgyi

Journalist

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Director of the Debrecen Educational District Centre

Krisztián Nyáry

Author, literary historian

Dr Éva Skultéti

Secretary General
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Tibor Bánk

Head Teacher
Saint Ladislaus Greek Catholic Grammar School, Health Care
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Coordinator:

Ida Kiss

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INTERNATIONAL RELATIONS

The foundation supports the work of the hospice service via international relations and exchange of experience to allow continuous professional development, and therefore we foster close collaboration and professional exchange programmes with hospitals, NGOs, ecclesiastical institutions in several European cities (German, Dutch, British, Polish).



St Christopher's Hospice
London, United Kingdom

Verpleeghuis Salem Hospice
Rotterdam, the Netherlands

Laurens Cadenza Zuid Hospice
Rotterdam, the Netherlands

Hospiz Essen-Steele
Essen, Germany

Juliuspital Hospiz Würzburg
Würzburg, Germany

Evangelisches Krankenhaus Düsseldorf
Düsseldorf, Germany

St Lazarus Hospice
Krakow, Poland





Saint Ladislaus Greek Catholic Grammar School, Health Care Vocational Grammar School
 and Vocational Secondary School
 Debrecen Vörösmarty Mihály Primary School and Institution of Art Education
 Debrecen Karácsony Sándor Primary School
 Ibolya Street Primary School Debrecen Benedek Elek Primary School
 Hajdú-Bihar County Primary School
 Debreceni Hatvani István Primary School
 Saint Ephrem Greek Catholic Kindergarten, Primary School and Institution of Art Education
 Debreceni Kinizsi Pál Primary School
 Beregszászi Pál Vocational Grammar School and Vocational Secondary School
 of Debrecen Vocational Centre
 Saint Basil Greek Catholic Secondary School
 Debrecen Bocskai István Primary School
 Debrecen Bolyai János Primary School and Institution of Art Education
 Petritelep Primary School (Püspökladány)
 Irinyi Károly Primary School and Institution of Art Education (Esztár)
 Mikepércs Hunyadi János Primary School and Institution of Art Education
 Gennaro Verolino Primary School, Skill Development School and Dormitory (Budapest)
 Tabán Primary School and Institution of Art Education
 Létavértes Irinyi János Primary School
 Derecske I. Rákóczi György Secondary Grammar School, Vocational School and Dormitory
 Acsa Petőfi Sándor Primary School, Csővári Site
 Bocskaikert Németh László Primary School and Institution of Art Education
 Ebes Arany János Hungarian-English Bilingual Primary School and Institution of Art Education
 Újtikos-Tiszagyulaháza Primary School
 Nagyhegyes Veres Péter Primary School
 Angyalkert Kindergarten
 Közép Street Kindergarten
 Lehel Street Kindergarten
 Simonyi Road Kindergarten
 Görgey Street Kindergarten
 Thaly Kálmán Street Kindergarten
 Kemény Zsigmond Street Kindergarten
 Kuruc Street Kindergarten

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