



FINDING SELF-WORTH -EXPERIENCE FROM A MULTIMODAL REHABILITATION PROGRAMME WHEN STAYING AT A PATIENT HOTEL

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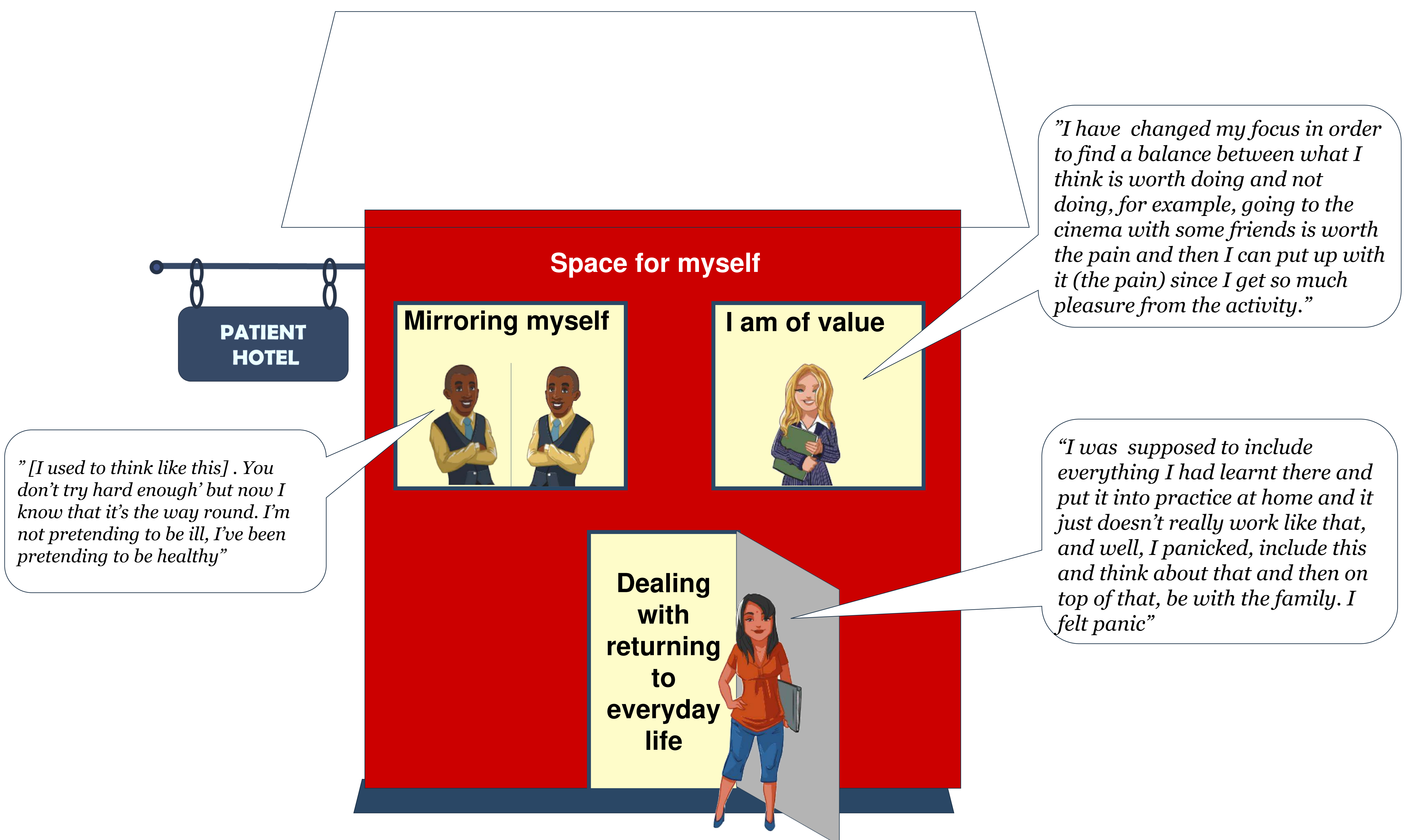
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Aim: Explore how patients with chronic pain experience participation in multimodal rehabilitation program while staying at a patient hotel.

Method: Twelve participants in northern Sweden were interviewed. The data were analysed qualitatively and Grounded theory method with an emergent design was used.

Result: The analysis formed the core category: Finding my self-worth. In addition to the core category, the model consisted of four categories, Space for myself, Mirroring myself, I am of value and Dealing with returning to everyday life. The model illustrates the process when participants get space for themselves and get opportunity to mirror themselves in interaction with other participants. That provided insight about their own value. This value and insight about themselves was valuable when return to their everyday life at home and at work.

FINDING MY SELF-WORTH



Conclusions: The results showed that the participants appreciated and valued the time they had had to find themselves, the opportunity to reflect with others in a similar situation, and the realisation that they were important in their own and in other people's lives.