

Laughter and Humor Therapy in Dialysis

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Questions provided by Venus Tongpao, Monica Svab, Lisa Tamiakis and Luisa Cavallaro

1. What is the aim of the study?
2. What are the goals of laughter & humor therapy in healthcare settings?
3. Which department has seen the highest uptake of laughter therapy?
4. In what ways could laughter potentially affect the dialysis population?
5. What are the limitations to the current research into laughter therapy?
6. Name 3 of the potential laughter therapy interventions in dialysis and what they could be used for.
7. What are the barriers to laughter therapy by healthcare professionals?
8. What are the documented physiological changes in people when laughter therapy is used?
9. What are the psychological benefits documented when using laughter therapy?
10. In the healthcare setting, would laughter therapy be effective in dispelling aggression? Effectiveness/Appropriateness?

Thanks to Paul Bennett for kindly allowing us to use this article