

The following text deals with the perception of patients who practice relaxation during chemotherapy in clinical Occupational Therapy

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Introduction: Oncologic patients need care related to occupational adaptation which has to be structured in the appropriate environment, in order to participate actively and best. This is why the Occupational Therapist uses relaxation during chemotherapy. Objective: Analyze the perception of oncologic patients who practice relaxation during chemotherapy in clinical Occupational Therapy. Methods: Descriptive study with qualitative approach, based on the theories of Payne, Schkade and Schultz. The study was undertaken in the Oncologic Reference Center in Fortaleza (Brazil). 5 women between 23 and 65 years receiving chemotherapy participated. Data was obtained through semi-structured interviews, participating observation and a field diary. Results: The interviews were phenomenologically analyzed and resulted in the following categories: My body feels pain; sensations perceived by women during relaxation while undergoing chemotherapy; the meaning of the relaxation experiences conducted by the Occupational Therapist during chemotherapy. Conclusions: Parting from sense-perception and bodily construction offered by the relaxation technique, the patients were given the opportunity to enjoy knowledge and action, to perceive sensations of pleasure and the freedom to live. Contribution to practical work: Patients reported that practicing relaxation during chemotherapy led to a decrease of collateral effects like nausea.

Key words: Cancer, chemotherapy, relaxation, Occupational Therapy.