



Espera, La (Spanish Edition)

María Getino Canseco

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La muerte es un hecho presente en la consciencia de las personas solo en apariencia. En realidad la muerte es algo con lo que no contamos en nuestra trayectoria diaria, ya que pertenece, en última instancia, a los otros. Solemos vivir ajenos a ella, tanto social como individualmente. Los protagonistas de *La espera* nos guiarán en su proceso de enfermedad, terminalidad y muerte, mostrándonos en su trayectoria la capacidad de luchar contra la adversidad. Tanto al inicio como en todas las etapas de la enfermedad, las malas noticias suelen ser, para los enfermos y familiares, narradas como algo muy traumático, y para los profesionales, como algo difícil de comunicar. A medida que la enfermedad avanza, enfermos y familiares transitan por el mundo de los cuidados paliativos enfrentándose a una realidad difícil de afrontar y, casi siempre, aceptar. Para poder soportarla suelen establecer estrategias dirigidas a combatir la adversidad que se les presenta; la esperanza es una de ellas. La esperanza suele ser la tabla de salvación que hace más llevadera la última etapa de vida de los enfermos. Los familiares que les acompañan suelen fluctuar según el estado emocional, físico y mental en el que se encuentre el enfermo. En cuanto a los profesionales, estos suelen responder a las demandas de ambos para ofrecerles apoyo y ayuda, implicándose emocionalmente en las diferentes historias personales en función del grado de afinidad que establezcan. *La espera* relata unas historias contadas por los portadores de una enfermedad irreversible que nos acercan a unas vivencias de muerte en la que la fortaleza y la valentía ante la adversidad, así como sus desfallecimientos en los momentos más difíciles, nos enseñan a contactar con la muerte y a sentirla más próxima y no como una extraña.

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