PROMOTION OF HEALTH EDUCATION FOR THE PARASITES PREVENTION: EXPERIENCE REPORT

ABSTRACT

Objectives: to describe the promotion of health education for the parasites prevention, as well as to convince the individuals to experience the prevention measures. Method: descriptive study, in the format of experience report, conducted at a Municipal School of Primary and Secondary Education in the city of João Pessoa, state of Paraíba, Brazil, having as subjects 40 students and the school community. Some methodological resources were used: projector, information leaflets, poster, souvenirs, images, previous readings of articles on health education and observation of the subjects' participation. Results: it was observed that the individuals had previous knowledge about some parasites, as well as a good interaction about the theme, emphasizing the commitment to experience the prevention measures. Conclusion: therefore, the subjects, through an educational action, could build their own knowledge and doing about the theme worked in the classroom, with the commitment of experiencing in the daily life the prevention measures and the parasitosis control. Descriptors: Education; Cheers; Parasitosis.

RESUMO

Objetivos: descrever a promoção de educação em saúde para prevenção de parasitoses, bem como persuadir a vivência das medidas de prevenção pelos sujeitos. Método: estudo descritivo, tipo relato de experiência, realizado em uma Escola Municipal de Ensino Fundamental e Médio do município de João Pessoa (PB), Brasil, tendo como sujeitos 40 discentes e comunidade escolar. Utilizaram-se alguns recursos metodológicos: projetor, folhetos informativos, cartazes, lembranças, imagens, leituras prévias de artigos sobre educação em saúde e observação da participação dos sujeitos. Resultados: observou-se o conhecimento prévio dos sujeitos sobre algumas parasitoses, uma boa interação acerca da temática, dando ênfase ao compromisso de vivenciar as medidas de prevenção. Conclusão: os sujeitos a partir de uma ação educativa, puderam construir o saber e o fazer acerca da temática trabalhada em sala de aula, com o compromisso de vivenciar no cotidiano as medidas de prevenção e controle das parasitoses. Descriptores: Educação; Saúde; Parasitose.

RESUMEN

Objetivos: describir la promoción de la educación en salud para prevenir la parasitosis, así como persuadir la vivencia de las medidas de prevención por los sujetos. Método: estudio descriptivo, tipo relato de experiencia, realizado en una escuela municipal de enseñanza básica y secundaria del municipio de João Pessoa (PB), Brasil, teniendo como sujetos a 40 estudiantes y a la comunidad escolar. Se utilizaron algunos recursos metodológicos: proyector, folletos informativos, carteles, recordatorios, imágenes, lecturas previas de artículos sobre educación en salud y observación de la participación de los sujetos. Resultados: se observó el conocimiento previo de los sujetos sobre algunas parasitosis, una buena interacción sobre la temática, dando énfasis al compromiso en el cotidiano de medidas de la prevención. Conclusión: los sujetos, a través de una acción educativa, pudieron construir el saber y hacer sobre la temática trabajada en clases, con el compromiso de experimentar en el cotidiano las medidas de prevención y control de las parasitosis. Descriptores: Educación; Salud; Parasitosis.

1Student, Graduation in Nursing, University Center of João Pessoa. João Pessoa (PB), Brazil. E-mail: jardenesoares@gmail.com; 2Nurse, Master Professor in Human Movement Sciences, Department of Women’s Health, University Center of João Pessoa / UNIPÊ. João Pessoa (PB), Brazil. E-mail: wilma_fgr@msn.com
INTRODUCTION

School has been an important venue for the meeting between health and education, with extensive possibilities for initiatives. The school’s health programs provide services for students and also serve the school community. Health education and health promotion are linked by a mutual goal - to encourage people to achieve the highest possible level of well-being, so that they can enjoy life as healthily as possible and avoid diseases.

The Health in School Program (Programa Saúde na Escola - PSE) aims to integrate health and education, for health promotion and disease prevention. Therefore, parasitoses are diseases caused by worms or protozoa. They represent a public health problem, since it presents high prevalence in the poorest populations, due to the precarious conditions of education, housing and basic sanitation. Contamination occurs in several ways, and the main one is the ingestion of contaminated food or water, direct contact with blood or secretions. Specifically, in children, these parasites continue to be an important public health problem in Brazil.

The incidence of intestinal parasitosis is associated with hygiene habits and the living conditions of individuals, but can affect all social classes.

Health Education can effectively contribute to the control and prevention of parasitic diseases, and can achieve more lasting effects, in comparison to other approaches, since the individual can avoid the acquisition of parasitic diseases and their consequences, if he is aware of such knowledge.

This study aims to describe the promotion of health education for the prevention of parasitic diseases, as well as to convince the participants to experience prevention measures.

METHOD

A descriptive study, in the format of experience report, was carried out in a Municipal School of Primary and Secondary Education, in the city of João Pessoa, Brazil, in October 2015, in compliance with the acceptance of the school management, as well as with the student and school community availability, totaling 40 students, each of them belonging to a class from the 6th to the 9th grade of elementary school, and the school community.

Some material instruments were used as methodological resources: projector, information leaflets, poster, souvenirs and images. In addition, some methodological resources were also used, as previous readings of articles on health education and observation of the subjects’ participation in the educational activity.

In order to promote health education actions, it is very important to plan them in advance. Therefore, in the first moment, the planning of the intended educational action was carried out, with a project elaboration. This project was divided into topics, presenting the following structure: theme, objective, location, necessary resources, development, final considerations, with emphasis on the contributions to the school community.

In the second moment, after the project elaboration and with the definition of the place where the health education action would be conducted, the direction of the chosen school was informed about the activity that could be developed in the educational institution, and the researchers obtained the consent of the school management to carry out the activity.

In the third moment, health education actions were performed and implemented in the school setting.

RESULTS AND DISCUSSION

The actions of health education on parasitoses, developed in the school, had the objective to emphasize their preventive measures. These actions were performed through the following moments: a lecture on Parasitoses, among them amebiasis, ascariasis, giardiasis, visceral leishmaniasis, myiasis, among others; debate, open to the participants for questioning and doubts; the subjects’ participation; parody about parasitoses, as a playful activity intended to learning setting; and the final moment, when the participants had the opportunity to make the commitment to live the preventive measures.

“It is considered that, following these premises of dialogue, problematization, active participation of the user and reflection for action, the process of health education can be effective, producing changes in the quality of life and health of users”. Therefore, the results can be described based on three thematic axes: health education; participation of the school community and prevention measures.

♦ Health Education

The promotion of health education was given mainly through the lecture, which addressed amebiasis, ascariasis, giardiasis,
visceral leishmaniasis, myiasis, among other parasitoses. It was clear the influence of this educational action on the construction of the individuals' knowledge about the parasitoses and the satisfaction that the latter demonstrated in making new discoveries about the subject. Thus, this educational action was effective and contributed to the learning of the subjects involved.

Health education should be worked in the perspective of knowledge construction and take advantage of the individuals' experiences, to whom it is destined, without authoritarianism, allowing the target public to experience changes in behavior. In addition, the focus was on the subjects’ learning about parasitosis, emphasizing prevention measures.

School Community Involvement

For the construction of knowledge in the teaching-learning process, it was extremely important to value the participation of the school community. Therefore, this participation took place mainly through debates and questions addressed to the subjects. As results it was possible to observe: the students' previous knowledge about certain parasitoses and the lack of knowledge about others; a good interaction on the subject and a facilitated understanding of the information offered.

The participation of those involved in the educational process took place in an active way, making it possible for the process facilitators to carry out the educational actions, as well as the perception of the participants’ understanding about the educational practice. It should be emphasized here that health actions do not depend only on professionals who possess technical and scientific knowledge, but also on community participation.

Prevention measures for parasites

Health education aims to prevent diseases and, in consequence, promote health. Therefore, in order to finish this action of health education, the subjects assumed the commitment of experiencing the prevention measures for the non-development of parasitoses, whether at school, at home or in the community where they are inserted, as the best alternative to promote health. They were responsible for experiencing the main prevention measures, as follows: wash hands with soap before and after meals and when using the bathroom; keep nails cut and clean; drink only filtered or boiled water; eat in clean places; always wear shoes, especially where there is no basic sanitation; keep the garbage bag and the water box always tightly closed; wash fruits and vegetables thoroughly before eating; wash kitchen utensils and protect them from dirt and insects; cook food thoroughly, especially meats.

It is essential to practice preventive measures in the family context with regard to parasitoses, especially in relation to the food manipulation, storage and preparation, and the way in which the water is consumed, as well as to inform population about this type of health problem, being this knowledge preferably acquired through an educational process, which enables the individual to change behaviors for the promotion of their health.

CONCLUSION

Health education within the school environment is an opportunity for learning and socialization of information, with the objective of informing, guiding and promoting significant changes in the subjects' lives, as well as in the families and in the community involved, related to a given theme.

The benefits provided to all the subjects included in the teaching-learning process are emphasized, and the participation of the school community is important because it also has some kind of knowledge. Therefore, it is important the construction of knowledge through the exchange of experiences and the students’ participation in the debate in the classroom, bringing their present knowledge about the theme.

It is necessary to develop educational actions, in the search for community empowerment, as well as the publication of their practices developed in the daily work. Thus, it is possible to know and evaluate the effectiveness of the actions performed and, thus, serve as an example for other professionals in the execution of educational processes.

The students and the school community, through an educational action, were able to construct their knowledge and doing about the thematic work done in the classroom, with the commitment of experiencing in the daily life the measures for prevention and control of parasitoses.

REFERENCES

Promotion of health education for the parasites...

Tavares JS, Rodrigues WFG.


Submission: 2016/06/01
Accepted: 2017/06/05
Publishing: 2017/08/01

Corresponding Address
Jardene Soares Tavares
Rua Ass. Nova Vivência, s/n
Bairro Centro
CEP: 58340-000 — Sapé (PB), Brazil