Matrix based strategies in mental health in the...

NOTE PREVIEW ARTICLE

MATRIX BASED STRATEGIES IN MENTAL HEALTH IN THE FAMILY HEALTH STRATEGY AS A PERMANENT EDUCATION TOOL
MATRICIAMENTO EM SAÚDE MENTAL NA ESTRATÉGIA DE SAÚDE DA FAMÍLIA COMO FERRAMENTA DE EDUCAÇÃO PERMANENTE
MATRICIAMIENTO EN SALUD MENTAL EN LA ESTRATEGIA DE SALUD DE LA FAMILIA COMO HERRAMIENTA DE EDUCACIÓN PERMANENTE

Rodrigo Oliveira de Carvalho da Silva1, Ândrea Cardoso de Souza2

RESUMO
Objetivos: verificar se o Matriciamento em Saúde Mental se constitui num recurso para as equipes de Saúde da Família e identificar elementos/estratégias presentes no matriciamento que a equipe atribui como sendo de Educação Permanente. Método: estudo descritivo exploratório, de abordagem qualitativa, que terá, como cenários, dois centros municipais de saúde da cidade do Rio de Janeiro (RJ), Brasil. Para a coleta de dados, será utilizada uma entrevista semiestruturada e os dados serão tratados segundo a técnica de Análise de Conteúdo. Resultados esperados: mapear as estratégias de matriciamento em saúde mental adotadas na Estratégia de Saúde da Família, encontrando nexo deste conceito com a Educação Permanente. Serão elaboradas oficinas de matriciamento em saúde mental para as equipes das unidades onde a pesquisa se dará, com viés à Educação Permanente. Descritores: Saúde Mental; Saúde da Família; Educação Continuada.

ABSTRACT
Objectives: to verify if Mental Health Matrization is a resource for the Family Health teams and identify elements/strategies present in the matriciamento that the team attributes as Permanent Education. Method: exploratory descriptive study, with a qualitative approach, which will be based, on two municipal health centers in the city of Rio de Janeiro, Brazil. For data collection, a semi-structured interview will be used and the data will be processed according to the Content Analysis technique. Expected results: mapping the strategies of matriciamento in mental health adopted in the Strategy of Family Health, finding connection of this concept with the Permanent Education. Mental health training workshops will be developed for the teams of the units where the research will take place with bias to Permanent Education. Descriptors: Mental Health, Family Health, Continuing Education.

RESUMEN
Objetivos: verificar si el Matriciamiento en Salud Mental se constituye en un recurso para los equipos de Salud de la Familia e identificar elementos / estrategias presentes en el matriciamento que el equipo atribuye como siendo de Educación Permanente. Método: estudio descriptivo exploratorio, de abordaje cualitativo, que tendrá, como escenarios, dos centros municipales de salud de la ciudad de Río de Janeiro (RJ), Brasil. Para la recolección de datos, se utilizará una entrevista semiestructurada y los datos serán tratados según la técnica de Análisis de Contenido. Resultados esperados: mapear las estrategias de matriciamento en salud mental adoptadas en la Estrategia de Salud de la Familia, encontrando nexo de este concepto con la Educación Permanente. Se elaborarán talleres de matriciamento en salud mental para los equipos de las unidades donde la investigación se dará, con una mirada de Educación Permanente. Descriptores: Salud Mental; Salud de la Familia; Educación Continuada.
INTRODUCTION

Among the health effects of greater expression in the Global Illness Burden in the planet, five are due to mental disorders. In Brazil, the increase in life expectancy and the improvement of the health indicators of the last decades have placed the mental disorders among the problems of public health, bringing them closer to cancer, cardiovascular diseases and infectious diseases. The high prevalence of mental disorders, combined with a shortage of human resources, implies in the exclusion of treatment of several people with severe and incapacitating mental disorders.

The World Health Organization (WHO) advocates integrating mental health care into the general health system, increasing the demand for mental health professionals. Countries that have adopted this approach have achieved significant results.

There are major difficulties for the incorporation of mental health actions in Primary Care, through the Family Health Strategy (FHS). In order for this insertion to take place, the Ministry of Health adopted the matriciamento as a tool. This instrumentalizes and qualifies the Primary Care professional for mental health care.

Matrizing or matrix support is a way of producing health in which two or more teams, in a process of shared construction, create a proposal for pedagogical-therapeutic intervention. In the process of integrating mental health into primary care, in the Brazilian reality, this new mode / operator has been the guiding principle of the experiences implemented in several municipalities over the last years. The matrix support has structured, in our country, a kind of collaborative care between mental health and primary care.

The inclusion of mental health actions in primary care allows direct and close contact with the health needs of this clientele, since one of the main characteristics of this practice is not to segregate and matriciation is considered an essential tool in the organization of the Psychosocial Care network (PSCN). In addition, the Family Health Strategy, as a model for access to the Unified Health System, as a health promoter and as a preventive agent, must also meet the demands of mental health.

Mental Health and FHS have common principles with respect to articulated care in the territory, care centered on the subject and not on his illness, the expansion of access and both work from the perspective of the extended clinic. The two areas advocate the follow-up of the subject in the course of their existence, establishing themselves in the bond and acceptance as strategies of intervention in health.

Despite the strength of this articulation for the advancement of the Psychiatric Reform, it is observed that the professionals still need qualification to operate the care in the perspective of Psychosocial Attention. It is necessary to qualify the care and this can be accomplished through the Permanent Education (PE).

Permanent Education considers learning at work, where learning and teaching are incorporated into the daily life of organizations and work processes. Therefore, it represents the possibility of recognizing their practices as learning opportunities.

The core of the Permanent Education is the possibility of passing through the reality of health services and devices and their potential for change, of reform. Vocational training, experiences and possible experiments can produce reflections and self-analysis, not only on an individual but collective, plural and institutional spectrum. This power influences the profiles and behaviors of professionals in their praxis, giving feedback to the qualification of actions and services.

The matrix support resonates with the EPS principles, making it indispensable for the recognition of the needs of a service and its users through problematization and critical-reflexive analysis. These acts reinforce the quest for the qualification of the assistance under the support of technical/theoretical foundation, in addition to the practice and assistance experience of the matrix support team.

OBJECTIVES

- Ensure that Mental Health matrification is a resource for Family Health Teams;
- Identify elements / strategies present in the matriciamento that the team attributes as Permanent Education.

METHOD

Descriptive study, of a qualitative approach, whose objective will be matriciamento in mental health as a tool of Permanent Education in the Strategy of Family Health.

The scenarios will be two basic health units of the Program Area (PA) 3.1, of the Municipal Health Department of Rio de Janeiro, where there are family health teams. The sample will be composed by the professionals linked to the family health teams, being the criterion
of inclusion: having a minimum period of six months of experience in this care logic. Exclusion criteria are: professionals who perform only administrative functions, ie do not provide direct assistance to users, be on vacation and/or licenses.

The research will use, as a source of data collection, a semi-structured individual interview, directed to professionals linked to the Family Health teams representing each of the teams of the two units. The data will be analyzed using the technique of Content Analysis, in the Thematic Analysis modality.

The research will be in compliance with resolution 466/12 and will be submitted to the Ethics and Research Committee of the Hospital Universitário Antônio Pedro, of the Federal Fluminense University.

**EXPECTED RESULTS**

To produce knowledge about mental health matriculation in the Family Health Strategy as a tool for continuing education, qualifying the assistance and training of professionals, of this level of care, based on their own experiences.

**REFERENCES**


