HEALTH PROMOTION ACTIONS GEARED TO TEENS AND THE INTERFACE WITH THE SCHOOL - INTEGRATIVE REVIEW

ABSTRACT
Objective: to identify in the scientific literature of health promotion actions geared to teens and to interface with the school. Method: integrative review, conducted from March to April 2013, in databases Science Direct (Elsevier), SCOPUS, VHL and SciELO virtual library, with employment of keywords: nursing, adolescent, health promotion, school health. To guide the research this question was formulated: Which are the health promotion actions geared to teens and their interface with school? Results: the results were presented in figure and the discussion centered on the most relevant aspects of the studies. Conclusion: the results found allow inferring that: the number of articles published is scarce on the relevance of health promotion studies with a focus on adolescents. Descritores: Nursing; Adolescence, Health Promotion; School Health.

RESUMO
Objetivo: identificar na literatura científica as ações de promoção da saúde voltadas aos adolescentes e à interface com a escola. Método: revisão integrativa, realizada de março a abril de 2013, nas bases de dados Science Direct (Elsevier), SCOPUS, BVLS e biblioteca virtual SciELO, com o emprego dos descritores: enfermagem, adolescente, promoção da saúde, saúde escolar. Para nortear esta pesquisa formulou-se a questão: Quais as ações de promoção da saúde voltadas aos adolescentes e a sua interface com a escola? Os resultados foram apresentados em figura e a discussão centrada nos aspectos mais relevantes dos estudos. Resultados: observamos aspectos relacionados com a promoção da saúde sexual e reprodutiva, enfatizando a gravidez na adolescência, e ausência de outros fatores importantes. Em um dos artigos, foi enfatizada a violência escolar. Conclusão: os resultados encontrados permitem inferir que: o quantitativo de artigos publicados é escasso diante da relevância de estudos de promoção da saúde com foco nos adolescentes. Descritores: Enfermagem; Adolescente, Promoção da saúde; Saúde Escolar.
INTRODUCTION

The actions in health, informed by notions of integrality of attention, provide the reorientation of health planning for a specific population-based, as the teenager, who can generate health promotion with general measures and protection with specific measures for the prevention of diseases and clinical care.1

With the family health strategy (FHS) and the focus on primary health care, health workers tend to become closer to and integrated with the values and knowledge of adolescents and their families, which causes such workers to seek other references besides the biological, since it acknowledges that decentralized actions are necessary for adherence to treatment and care. In the long term, these actions are deeply intertwined with culture, i.e. with the lifestyles, habits, routines and rituals in the lives of these young people.2

It is thought-provoking to strengthen health promotion among teenagers, as it has been a challenge the achievement of better living conditions and health of adolescents and youth in Brazil. The promotion of health, as guiding of the Public Health, emerged from the 1970’s, it has been evolving and consolidating itself as a model of health actions. On the world stage, the discussion about health promotion was strengthened through international events, launching new proposals in the redefinition of public policies, leading a new look for the context of health.3

OBJECTIVE

• To identify in the scientific literature the health promotion actions geared to teens and to interface with the school

METHOD

It is an article elaborated from the studies of the subject Introduction to Graduate of the Postgraduate Program in Clinical Nursing and Health Care of the State University of Ceará/UECE.

Descriptive study, integrative literature review, held in electronic databases of capes journals portal: Science Direct (Elsevier); SCOPUS, the VHL (Virtual Health Library) and SciELO, using the health sciences keywords in English: nursing; adolescent; health promotion; school health.

All articles were published in journals indexed internationally, being found in a total of five articles, one on Science Direct (Elsevier), three on SciELO and one in Sciverse Scopus.

For the year, were found in 2008 one article, one of 2010, two of 2011 and one of 2012. For a better understanding of this study, we developed a summary table with the relevant data for each article found.
<table>
<thead>
<tr>
<th>N</th>
<th>Author/ year</th>
<th>Place of publication</th>
<th>Objectives</th>
<th>To identify health promotion actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Horta NC, Sena RR. (2011)</td>
<td>Journal of nursing school - USP /SciELO</td>
<td>Analyze the ways of life, learning the meanings and senses of health in their daily lives</td>
<td>Young people seek health promotion through the welfare projects, in leisure activities, in Church, in relations with colleagues, at work.</td>
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<tr>
<td>2</td>
<td>Gurgel MGI, Alves MDS, Moura ERF, Pinheiro PNC, Rego RMV. (2010)</td>
<td>Gaúcha Nursing Magazine, Porto Alegre (RS)/SciELO</td>
<td>Analyze the practices of the nurse in the prevention of early pregnancy, on skill development perspective</td>
<td>Promote health through the development of skills with regard to sexuality and the prevention of early pregnancy.</td>
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<tr>
<td>3</td>
<td>Gurgel MGI, Alves MDS, Vieira NFC, Pinheiro PNC, Barroso GT. (2008)</td>
<td>Ana Nery School Nursing Magazine/SciELO</td>
<td>Identify the conceptions of teen pregnancy, subject, genre, and vulnerability present in nursing scientific production</td>
<td>Through group discussions, with spaces for reflection and relaxation, actions and promotion health have been identified to teenagers.</td>
</tr>
<tr>
<td>4</td>
<td>Scherer ZAP, Abrahão ES, Curvo P, Scherer EA. (2011)</td>
<td>European Psychiatry / Scopus Sciverse</td>
<td>Describe health promotion practices involving teenagers.</td>
<td>Through group discussions, with spaces for reflection and relaxation, actions and health promotion have been identified to teens.</td>
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</table>

Figure 1. Distribution of articles according to author/year of publication; periodicals/database; objectives; health promotion actions.

The article 1 reports that young people are not included in the health actions in their daily experiences, because in Brazil the health care to the young has been focused on non-health aspects and sustained in the benchmark of adolescence regarded as synonymous with youth. This centrality makes the young is seen only by the optics of puberty, focusing on just the caretakers practices in aspects of biological character: as pregnancy, sexually transmitted infections, drug use, prevention of diseases among others. There are few considerations related to health care. The results of the research showed that young people build caretakers of health actions in their daily lives, but are results of other practices that occupy the core of their daily lives. These actions were regarded as indirect result on the options of living life, of sociability and relationships that express the juvenile condition, being the health provider of this vitality. It is concluded that, for youth health promotion, it is necessary from the lifestyles of young people, interact with them in their daily lives and deconstruct the traditional perspective that the health care actions materialize in specific spaces. It is observed that the professionals who watch the teens don’t consider them as differentiated group, unaware the peculiarities of this phase of life, permeated of subjectivities.

To this end, the Ministry of Health is looking to develop strategies more accepted by that clientele, such as the National Policy of Integral Attention to Health of Adolescents. Adolescence is a period, whose characterization is given by the striking body and psychosocial changes of puberty, which is why it is important to define with teenagers the priorities, identify their real needs, promote health from a situational diagnosis and involve other sectors, with the school, in the quest to develop actions strategies and for autonomy. The article 2 underlines the challenge of nurses working with development of skills in adolescent sexual and reproductive health, with a view to promote health in order to prevent early pregnancy. The authors conclude that the conception of health and health promotion to found the strategy of health education, providing better reflection, planning, implementation and evaluation of educational activities, not only of the nurses, as well as the entire staff of the FHS - the Family Health Strategy and other professionals, who use the Health Education.
as a working tool. It is essential to intensify the educational activities, in particular, about the sexuality and the prevention of teenage pregnancy, through groups of teenagers and of direct talks with the youth and the community in order to reduce this phenomenon and, consequently, contribute to the promotion of sexual and reproductive health of adolescents. In this context, Still the authors report that the teenage group requires the promotion and protection by the potential for contribution to the personal, family and community development, with a view to energy, the creative, innovative and constructive spirit present at this stage.

It is worth noting that working in the Family Health Strategy (FHS) with skills development, from the perspective of health promotion, prevention of early pregnancy, constitutes a challenge for health care professionals, because a person who finds himself in the middle of biopsychosocial and transformation process guided the action, taking into account the needs and peculiarities of this group, requires a process of growth and acquisition of new skills: knowledge, skills and attitudes to the two protagonists of the process: nurse and teenager.

The second and third articles complement each other while highlighting the role of the nurse in the actions focused on triad promotion, prevention and assistance, the first two of greater relevance in the work process, that meets the principles and guidelines of the Unified Health System, with the purpose of identifying the health needs of adolescents and to emphasize these relations, those involving the reception, the bond and the listening.

The third article describes teenage pregnancy as a challenge for public policy and brings up relevant issues, such as health education and their strategies: the group activity and the circle of culture; as a necessity to develop actions for the prevention of teenage pregnancy, taking into consideration the gender perspective, the intersectoral approach, the social familiar network, the sex education approach across the biomedical field, with subjectivities as values, beliefs, attitudes and desires, articulated with the conception of subject, vulnerability and gender.

In article 4, indexed in Scopus Sciverse, it is highlighted the external causes and increased morbidity and mortality among adolescents in Brazil. The field study was in a Care Center for Children and Adolescents, in São Paulo. Topics such as drugs, sexual and reproductive health, and interpersonal violence at school and in the neighborhood came from interrogations of the teenagers to carry out the tasks proposed in different environments. The group discussions were perceived as spaces for reflection and relaxation, and also as facilitators of lead and, at the same time, the adhesion of the group.

In article 5, is a reflection about teens and new understandings of the diverse and dynamic effects on adolescent health, including insights into the effects of puberty and brain development, along with social media. The focus on adolescence is critical to the success of many public health agendas, with the goal of reducing infant mortality rates, HIV/AIDS cases, and the more recent emphasis on mental health, non-transmissible diseases and injuries.

**FINAL REMARKS**

The results allow inferring that the number of articles published in the period of five years, in databases, as compared to the study-themed production, is scarce on the relevance of health promotion studies focusing on adolescents, their involvement in social practices and their interface with the school.

We believe that, to act on the actions of surveillance and adolescent health care, we need to integrate shared strategies, multidisciplinary and intersectoral. The school health services constitute the area of attention and listen to young people and families isolated from a network of protection and solidarity.

Greater attention is needed to adolescence within the fields of public health, planning strategies to improve attention; to identify external causes, such as violence and traffic accidents; working with interdisciplinary, intersectoral approach. Strategies that put center on stage of adolescence-instead of focusing only on health-specific schedules - offer important opportunities to improve health both in adolescence and into adulthood.

**REFERENCES**

Health promotion actions geared to teens...