HEALTH EDUCATION FOR ADOLESCENTS IN THE SCHOOL CONTEXT: A RELATED EXPERIENCE

EDUCAÇÃO EM SAÚDE PARA ADOLESCENTES NO CONTEXTO ESCOLAR: UM RELATO DE EXPERIÊNCIA

EDUCACIÓN EN SALUD PARA ADOLESCENTES EN EL CONTEXTO ESCOLAR: UN RELATO DE EXPERIENCIA

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ABSTRACT

Objective: to report the experience of students of the Bachelor of Nursing course in health education practices to adolescents in the school context. **Method:** descriptive study of the type of experience lived during the practices of the Adolescent Health Discipline of the Nursing undergraduate course of the IESM College at the public school in the municipality of Timon (MA). The topics developed were teenage pregnancy, sexually transmitted infections and drugs. **Results:** the experience constituted an opportunity for health education in adolescents, favoring skills and dissemination of knowledge acquired during graduation, as well as providing students with a moment of clarification and relevant information in the promotion and prevention of health. **Conclusion:** it was evidenced that the study was of great relevance for undergraduates, since it served as an experience and helped in the acquisition of knowledge when they are acting in the future professional career and the need for intensification in the actions of health education aimed at the teenagers was verified. **Descritores:** Health Education; Adolescent; Pregnancy in adolescence; Nursing Care; Disease Prevention.

RESUMO

Objetivo: relatar a experiência de discentes do curso de Bacharelado em Enfermagem em práticas de educação em saúde aos adolescentes no contexto escolar. **Método:** estudo descritivo do tipo relato de experiência vivenciada durante as práticas da Disciplina Saúde do Adolescente do curso de graduação de Enfermagem da Faculdade IESM junto à escola pública no município de Timon (MA). As temáticas desenvolvidas foram gravidez na adolescência, infecções sexualmente transmissíveis e drogas. **Resultados:** a experiência constituiu oportunidade de realização da educação em saúde a adolescentes, favorecendo habilidades e disseminação de conhecimentos adquiridos no decorrer da graduação, além de propiciar, aos discentes, um momento de esclarecimento e informações relevantes na promoção e prevenção da saúde. **Conclusão:** evidenciou-se que o estudo foi de grande relevância para as graduandas, pois serviu de experiência e ajudou na aquisição de conhecimentos quando elas estiverem atuando na futura carreira profissional e constatou-se a necessidade de intensificações nas ações de educação em saúde voltadas aos adolescentes. **Descritores:** Educação em Saúde; Adolescente; Gestação na adolescência; Assistência de Enfermagem; Prevenção de Doenças.

RESUMEN

Objetivo: relatar la experiencia de discentes del curso de Bachillerato en Enfermería en prácticas de educación en salud a los adolescentes en el contexto escolar. **Método:** estudio descriptivo, del tipo relato de experiencia vivenciada durante las prácticas de la Cátedra Salud del Adolescente del curso de la graduación de Enfermería de la Facultad IESM junto a la escuela pública en el municipio de Timon (MA). Las temáticas desarrolladas fueron: embarazo en la adolescencia, infecciones sexualmente transmisibles y drogas. **Resultados:** la experiencia constituyó en oportunidad de realización de la educación en salud a adolescentes, favoreciendo habilidades y diseminación de conocimientos adquiridos en el curso de la graduación, además de propiciar, a los alumnos, un momento de esclarecimiento e informaciones relevantes en la promoción y prevención de la salud. **Conclusión:** se evidenció que el estudio fue de gran relevancia para las graduandas, pues, sirvió de experiencia y ayudó en la adquisición de conocimientos en cuando ellas estuvieron actuando en la futura carrera profesional y se constató la necesidad de intensificaciones en las acciones de educación en salud direccionada a los adolescentes. **Descritores:** Educación en salud; Adolescente; Enbarazo en adolescencia; Atención de enfermería; Prevención de Enfermedades.

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INTRODUCTION

Brazil, in the last decades, has undergone an important demographic change related to the fall of the infant mortality and of the fecundity, the increase of the life expectancy and the migratory movements and of urbanization. There has been a slowdown in the growth rate of the adolescent and young population with the expectation that this segment will continue to grow, albeit at a decreasing pace. Adolescents represent 18% of the world's population.¹

Adolescence is a critical period in the life of each individual, for at this stage adolescents experience meaningful discoveries and affirm personality and individuality. To characterize adolescence only as an age group would be a very simplistic way of observing it, since it understands the transformation of the young person to adulthood not only from a biological but also a social and, especially, a psychological point of view.²

In turn, thinking about the health of adolescents means thinking about the different ways of living adolescence and living life. However, it implies a movement to rethink health education practices that turn to this significant part of society.³

The concept of health education is anchored in the concept of promoting healthy practices that deal with processes that encompass the participation of the entire population in the context of their daily lives and not just those at risk of becoming ill. This notion is based on a concept of health considered as a positive and dynamic state of well-being that integrates physical and mental (absence of disease), environmental, personal and social aspects.⁴

The contemporary reality, experienced worldwide, has posed new challenges in Nursing care, mainly in the way in which certain subjects are usually approached, mainly in the field of health education.⁵

Therefore, Nursing professionals should use health education as a strategy for the formation and development of new behaviors and the empowerment of vulnerable groups, so that they become more critical and aware of their legal rights, promoting the exercise of citizenship.² Thus, health education can not be reduced only to the practical activities that are reported in transmitting information. It is considered an important tool of health promotion that requires a combination of educational and environmental support that aims to achieve actions and living conditions that are conducive to well-being.⁶

In this study, the purpose of this study was to report the experience of undergraduate Nursing students in health education practices for the adolescent public in the school context, focusing on teenage pregnancy issues, Sexually Transmitted Infections (STI's) and drugs.

OBJECTIVE

- To report the experience of undergraduate nursing students in health education practices for the adolescent public in the school context, focusing on teenage pregnancy, Sexually Transmitted Infections (STIs) and drugs.

METHOD

It is a qualitative, descriptive study of the type of experience report that shares a practical experience in order to contribute to other similar situations. The experience report in question was experienced during the implementation practices of the project "Young Antenado", carried out in the Discipline Systematization of Nursing Assistance to Adolescent Health, from April to June 2017, in a public school located in the municipality of Timon (MA) Brazil, for high school students in the same school, in the age group of 15 to 19 years of age.

The project consisted of three interrelated stages: project design, execution and analysis of the results obtained. The first stage was carried out during the month of March and consisted in the choice of the school, in the definition of the objectives, in the search of the literature in the electronic databases LILACS - Latin American Literature in Health Sciences and SciELO - Scientific Electronic Library Online and in discussion of the following topics to be addressed: teenage pregnancy, sexually transmitted infections and drugs.

The second stage comprised the execution of the project and was developed in April and May, where, at that moment, the themes defined in the previous stage were addressed. And the third stage consisted of the analysis of the data obtained resulting in the consolidation of the project.

The resources used in the lectures were: data show, notebook, pen drive, brush, acrylic frame, eraser, slide projector, male and female genital organs prostheses, male and female condoms and posters, which aided in the content approach favoring the transmission of learning, as well as the exchange of knowledge to the participants who were adolescents aged 15 to 19 years who were attending high school.

Thus, it is reported that this study, because it is an experience report, was not submitted to the Ethics Committee's evaluation. However, during its development, it is emphasized that the ethical precepts of Resolution 466/12.⁸

RESULTS AND DISCUSSION

The themes developed during the second stage of the project, which consisted of the implementation of the project, were: teenage pregnancy, sexually transmitted infections (STIs) and drugs. All the lectures were held for high school students in the same school, in the same shift, differentiating only the day of achievement and the series: first, second and third years.

The choice of the theme of adolescent pregnancy was indicated by the school director, because she realized that in past classes, this was the reason why many adolescents were absent from school or even

drop out and lose the school year. STIs were an issue addressed by the students' decision to voice it during a classroom vote that contained three themes to choose from: healthy eating, drugs, and STIs. Drugs was one of the most voted topics after STI's, and for this reason, the academics responsible for implementing the project decided to address this content.

The first issue addressed, teenage pregnancy, was given to two classes of first year students. Of the twenty-seven students enrolled in these two classes, only 13 students were present. This amount of students occurred because this lecture was given on a day that happened on a holiday. It was observed that, of the total number of students that participated, nine were female and four were male (Figure 1).

Figure 1. Number of students, by sex, present in the lecture about Pregnancy in Adolescence. Timon (MA), Brazil, 2016.

The age range of the attending students was fifteen to eighteen years of age (Figure 2). It was also possible to observe the greater interest on the part of the girls, perhaps because they have already experienced this situation or because they have someone nearby who is going through this moment, in most cases, without partner support. This is confirmed in a research⁷ that affirms that the role of the child's father is not always portrayed, always focusing on the role and responsibility of the adolescent mother and parents.

In one study,⁸ the interest of adolescents in receiving information and services on pregnancy prevention was observed. In this same research, the high risk of unintended pregnancy among adolescents was evidenced and, in another study,⁹ the need for efforts related to pregnancy prevention actions for

young people and adolescents was highlighted, as well as to improve educational resources related to this issue.

Thus, the importance of the insertion of the nurse in the school world, as a true health educator, aiming at the accomplishment of the follow-up of the adolescents, using various educational strategies with the objective of empowering them and making them autonomous in their promotion of the health and thus avoiding the main problems that affect this age group, such as unplanned pregnancy and sexually transmitted infections.¹⁰

Figure 2. Number of students, by age, present in the lecture about Pregnancy in Adolescence. Timon (MA), Brazil, 2016.

As for the use of contraceptive methods discussed in the first lecture, it was seen that the boys showed more knowledge regarding the use of the male condom and did not know the female condom, while the girls knew about the method, but they did not know the correct way to use it.

In one study,¹¹ it was observed that the lack of knowledge regarding the correct use of condoms is the reason for the high rates of pregnancy in adolescence, and the consequences are generally school dropout and conflicts with the family that imply greater difficulty in inserting them into

influencing the future of these individuals. When an open discussion for the exchange of information on this issue is promoted, access to health care becomes more likely among adolescents.¹¹

The second and third lectures were held on the same day, however, in different classes, with STI's and drugs themes being approached, respectively. The STI's theme was taught in two classes of the second year that had forty students enrolled. Of these, thirty-three were present. Of the total number of participants, twenty-one were female and twelve were male, as can be seen in figure 3.

Figure 3. Number of students, by sex, present at the IST lecture. Timon (MA), Brazil, 2016.

The students who attended the STI lecture were all from the age group of fifteen to nineteen (Figure 4). The presence of adolescents in the age group of 18 to 19 years

was due to erroneous information that was passed on by the direction of the school in relation to the age of the students enrolled.

Figura 4. Number of students, by age, present at the lecture on IST's. Timon (MA), Brasil, 2016.

There was a greater participation of the boys, although the girls were in a much larger number. They were fearful, and were surprised to know the signs and symptoms of STIs.

The lack of knowledge of adolescents about sexual issues, poor information about existing methods and the idea that contraceptive interferes with sexual pleasure are factors that lead to their involvement by STIs.¹²

Adolescents represent a group that is vulnerable to the risk of HIV infection and other STIs, therefore, providing them with knowledge and, above all, having them adopt

safe behaviors in their sexual relations have been a major challenge for education and health.¹³

The drug theme was addressed in the third grade class, which contained twenty-three students enrolled. Of these, seventeen were present in this third moment, all being in the age group of sixteen to nineteen (Figure 5).

Figure 5. Number of students, by age, present at the lecture on Drugs. Timon (MA), Brazil, 2016.

It is worth mentioning that there was a greater participation in the lecture on drugs of female students, with thirteen students, as opposed to males, with only four students participating. In the study, it was noticed that there was a greater participation and interaction among the boys, who demonstrated greater knowledge regarding the types of licit and illicit drugs and the consequences that they bring to the human being and society. One of them reported meeting people who used drugs and their role was to guide and advise that drug use is not good for health.

It is important to highlight the great problem that drugs can cause: physical and psychological dependence, besides causing other damages such as accidents, suicide, violence, unplanned pregnancy and transmission of diseases. Drug consumption also tends to favor trafficking and, with it, increased crime, especially in large urban centers, and the consequences are incalculable, so the importance of this issue is addressed among adolescents.¹⁴

During the lectures, it was possible to observe the participation and the interaction of the students. There was a greater participation in the second and third lectures because they dealt with themes that aroused curiosity in them, besides being themes chosen by the students themselves. The

dynamics accomplished provided a moment of interaction and promotion and knowledge fixation.

CONCLUSION

The study constituted as an opportunity for the students of the Bachelor of Nursing course in health education practices directed to the adolescent public in the school context with the purpose of disseminating and clarifying, through health education, relevant information regarding the promotion and prevention of teenage pregnancy and major Sexually Transmitted Infections (STIs), as well as the impact of drugs on adolescents' lives.

In this way, the research contributed to the creation of a link with adolescents and undergraduates, providing a moment of interaction and integration between health, since the understanding of the determinants of the health-disease process offers subsidies for the adoption of new habits and healthy behaviors.

Thus, it was concluded that the study was of great relevance for undergraduates, as it served as an experience, and it helped in acquiring knowledge when they are acting in the future professional career and it was verified that there is a need for more intensification in the actions of health education, by health professionals and public

and private academies, to work on preventive measures aimed at the adolescents' public.

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