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CASE REPORT ARTICLE

MENTAL HEALTH CARE OF PATIENTS WITH DOWN SYNDROME: EXPERIENCE REPORT

ATENÇÃO À SAÚDE MENTAL DE PACIENTES COM SÍNDROME DE DOWN: RELATO DE EXPERIÊNCIA

ATENCIÓN A LA SALUD MENTAL DE PACIENTES COM SÍNDROME DE DOWN: RELATO DE EXPERIENCIA

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ABSTRACT

Objective: to describe actions to promote mental health for patients with Down Syndrome treated at a Special Activities Center. ***Method:*** descriptive study, of the type of experience, carried out by students of the Nursing Course, with subjects with Down Syndrome of both sexes. ***Results:*** are offered, by the Center for Special Activities, physical activity; music, dance and theater workshops; group dynamics; weekly tour; multiprofessional health monitoring and family support as actions that contribute to the promotion of patients' mental health. ***Conclusion:*** it was verified that cultural activities, leisure activities and multiprofessional follow-up are essential in the promotion of mental health for patients with Down's Syndrome, making it relevant to insert these actions in health care planning for these patients. ***Descriptors:*** Nursing; Mental Health; Down Syndrome.

RESUMO

Objetivo: descrever ações de promoção à saúde mental para pacientes com Síndrome de Down atendidos em um Centro de Atividades Especiais. ***Método***: estudo descritivo, do tipo relato de experiência, realizado por estudantes do Curso de Enfermagem, com sujeitos com Síndrome de Down de ambos os sexos. ***Resultados***: são ofertados, pelo Centro de Atividades Especiais, atividades físicas; oficinas de música, dança e teatro; dinâmicas de grupo; passeio semanal; acompanhamento multiprofissional à saúde e apoio familiar, com ações que contribuem para a promoção da saúde mental dos pacientes. ***Conclusão***: constatou-se que as atividades culturais, de lazer e o acompanhamento multiprofissional são essenciais na promoção da saúde mental para pacientes com Síndrome de Down, tornando-se relevante a inserção destas ações no planejamento da assistência à saúde para estes pacientes. ***Descritores***: Enfermagem; Saúde Mental; Síndrome de Down.

RESUMEN

Objetivo: Describir las acciones de promoción a la salud mental para pacientes con síndrome de Down asistidos en un centro de actividades especiales. ***Método:*** un informe descriptivo de tipo relato de experiencia, realizado por los alumnos del curso de enfermería, con sujetos con Síndrome de Down de ambos sexos. ***Resultados:*** se ofrecen, actividad física en el Centro de Actividades Especiales, actividades físicas; talleres de música, danza y teatro; dinámicas de grupo; paseo semanal; acompañamiento multiprofesional a la salud y apoyo familiar, como acciones que contribuyen para la promoción de salud mental de los pacientes. ***Conclusión:*** Se constató que las actividades culturales, de ocio y multiseguimiento son esenciales en la promoción de la salud mental para pacientes con síndrome de Down, por lo que es relevante la inserción de estas acciones en la planificación de la atención a la salud de estos pacientes. ***Descriptores:*** Enfermería; Salud Mental; Síndrome de Down.

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INTRODUCTION

Down Syndrome (DS) has ancient records in the history of man and the earliest scientific work is dated to the nineteenth century.[1] It is the most well-known intellectual disability characterized by low cognitive functioning associated with deficits in adaptive behavior.[2] It is set by a genetic syndrome, caused by the trisomy of the chromosome 21, with consequent mental deficiency.[3]

Health care in Down Syndrome should be singled out in life cycle models. In each cycle, care is aimed at maintaining health, with a view to improving the potential of the person with Down Syndrome, aiming at their quality of life, social insertion and autonomy.[4]

Mental health interventions should promote new possibilities for modifying and qualifying conditions and ways of life, being guided by the production of life and health and not restricted to the cure of diseases. For this, it is necessary to look at the subject in its multiple dimensions, with its desires, desires, values and choices.[5]

OBJECTIVE

● Describe mental health promotion actions for Down Syndrome patients seen at a Special Activities Center (SAC).

MÉTHOD

This is a descriptive, experience-based study carried out in a Special Activities Center in the city of João Pessoa-PB, by Nursing students during the second period of the technical visit, with subjects with Down Syndrome of both Sexes.

The visit was made on two consecutive days of September 2014, in the evening shift, guided by teachers of the Nursing course. They were used as methodological instruments to carry out this work: discussion wheel, with questions related to the theme; observation of the subjects' experience in the institution and detailed observation of the activities performed by the patients.

RESULTS AND DISCUSSION

The promotion of mental health for patients with Down's syndrome is through their participation in the services that are offered by the SAC for the promotion of mental health and the cognitive development of the subjects, with the support of the family members. They are inserted into different activities that are performed weekly. The integral health care of the person with DS should be based on the maintenance of their physical and mental health, as well as the development of their autonomy and social inclusion.[6]

♦ Educational activities

In this service, patients with Down Syndrome are inserted into play activities, two to three times a week, in order to develop their different abilities and talents, guided by a pedagogue. This professional seeks to value the creativity and gifts that each one presents, according to their abilities, with individual and collective works on literacy and reading, mainly.

Students with disabilities have the right to access the cultural heritage of everyone, even if their experience does not exactly match that of their peers. By promoting opportunities for participation, the teacher may find that the limitations he considered impeding are not as restrictive as he imagined.[7]

♦ Physical activity

The patients are also inserted in physical activity, guided by a physical education teacher, respecting the capacities and limits that each one presents and valuing their potentialities, in search of the best results. In this way, patients feel capable, valued and with good self-esteem.

In practice, one can see how important the role of the physical educator is for the inclusion of students with disabilities, since the student identifies with the proposed activities, showing all its motor potentiality, through the performance of exercises and collective play games, as accurately as possible among its physiological abilities.[8]

♦ Music, dance and theater workshops

The insertion of the subjects in the workshops of music, dance and theater, which happen weekly, guided by teachers of music, dance and theater, with specialized training. Patients develop their skills by learning to play an instrument and participating in rehearsed choreography and role-playing.

Such learnings are consummated in the formation of a musical band, composed by Down Syndrome patients, from vocal to instrumentation. Through this, they feel valued, and provide motivation and their self-esteem improvement. In addition, they still participate in cultural events outside the institution, with musical presentation, dance and theater.

In the educational work with students with disabilities in the context of Specialized Educational Assistance (SEA) or in the common class, music has been used for various purposes, including the establishment of

bonds, the search for a territory of common cultural sharing, as well as at work with literacy.[7]

♦ Group dinamics

The moments of group interaction are presented as fundamental for the promotion of the mental health of the subjects. Therefore, group dynamics are performed through recreational activities, aiming at the exchange of experiences between subjects and also leisure.

The analysis of the social interaction with the other colleagues is also of paramount importance, in order to understand the student in a whole (physical body and its insertion with the environment), that is, a subject with a limiting body, but presenting attitudes, or not, Socialization in front of the situations experienced.[8]

♦ Weekly outing

Patients with Down Syndrome of the SAC carry out, once a week, an outing, accompanied by professionals or caregivers. These actions allow moments of leisure and new discoveries for patients. These actions are potentialized mainly if the patients and are in the company of the parents.

In this way, sports, culture and leisure go beyond promoting the quality of life or well being. They are means by which the subject develops and exercises his citizenship, in addition to appropriating his physical and social space.[9]

♦ Multiprofessional health monitoring

The multiprofessional accompaniment is done by the doctor, nurse, social worker, psychologist, pedagogue, physiotherapist and physical educator, with the purpose of promoting the health of these patients in an interdisciplinary way, aiming to analyze them in a holistic way.

The interdisciplinary team, that is involved with the inclusion of the physically handicapped, needs to understand that it is fundamental that this subject feel less different, to stimulate their actions of citizenship and guarantee quality of life. To do this, this team must link all their knowledge, proposing the best work to be accomplished with the subject.[8]

♦ Family support

It is worth stressing the importance of family support by the SAC team to promote the mental health of patients with DS. This action is paramount, considering that parents and caregivers are subjects that can directly and indirectly contribute to the mental health of patients. Therefore, the support of the family becomes so important in the moments of participation in the activities, in the valorization of their capacities, in the increase of the self-esteem, and, consequently, in the mental health promotion of the parents and responsible ones.

In fact, it is necessary to consider the power of the family. It is it that shapes, firstly, the values of a person, it is with the members of the family that the disabled will relate and, perhaps, are the only personal relationships that it has.[10]

CONCLUSION

It was verified the importance of the multidisciplinary actions carried out in a SAC, which act in the promotion of the mental health of patients with Down Syndrome, becoming relevant the insertion of these practices in the planning of the mental health care for these subjects in other institutions.

However, it was noticed the need to carry out other studies aimed at evaluating the nature and results of multidisciplinary actions in the promotion of mental health for people with Down Syndrome, seen in several health services. However, it is pointed out that this technical visit contributed to the teaching-learning process, helping the academic to contextualize the theory with the experience, lived in the health institution.

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