Men in the family health unit.



CASE REPORT ARTICLE

MEN IN THE FAMILY HEALTH UNIT HOMENS NA UNIDADE DE SAÚDE DA FAMÍLIA HOMBRES EN LA UNIDAD DE SALUD DE LA FAMILIA

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ABSTRACT

Objective: to report the experience of revitalizing a group of men in a Family Health Unit. **Method:** a qualitative, descriptive study of experience report type about the activities carried out by students of the Nursing course of the Federal University of Recôncavo da Bahia, for the revitalization of the group of men of a Family Health Unit. **Results:** six meetings were held, with an average duration of two hours, with a median participation of seven to 20 men, in the age range of 30 to 80 years. Through the implementation of techniques that were based on communication, corporeality and active methodologies, men were able to break up with their masculinities and interact with each other, revealing anxieties, fears, worries and prejudices. **Conclusion:** the participation of FHU men was considered satisfactory in view of positive adherence and evaluation during all meetings. An increase in perception about quality of life and self-care with HE activities carried out was observed. **Descriptors:** Health Education; Men's Health; Community Health Nursing; Access to Health Services; Family Health Strategy; Health Policy.

RESUMO

Objetivo: relatar a experiência de revitalização de um grupo de homens em uma Unidade de Saúde da Família. *Método*: estudo qualitativo, descritivo, do tipo relato de experiência, acerca das atividades realizadas, por alunas do curso de Enfermagem da Universidade Federal do Recôncavo da Bahia, para a revitalização do grupo de homens de uma Unidade de Saúde da Família. *Resultados*: realizaram-se seis encontros, com duração média de duas horas, contando com a participação mediana de sete a 20 homens, na faixa etária de 30 a 80 anos. Por meio da implementação de técnicas que estiveram pautadas na comunicação, corporeidade e em metodologias ativas, os homens puderam romper com arranhaduras das suas masculinidades e interagir entre si descortinando anseios, medos, preocupações e, também, preconceitos. *Conclusão*: considerou-se a participação dos homens da USF como satisfatória tendo em vista a adesão e a avaliação positivas durante todos os encontros. Observou-se a ampliação da percepção sobre a qualidade vida e o autocuidado com as atividades de ES realizadas. *Descritores*: Educação em Saúde; Saúde do Homem; Enfermagem em Saúde Comunitária; Acesso aos Serviços de Saúde; Estratégia Saúde da Família; Política de Saúde.

RESUMEN

Objetivo: relatar la experiencia de revitalización de un grupo de hombres en una Unidad de Salud de la Familia. *Método:* estudio cualitativo, descriptivo, del tipo relato de experiencia, acerca de las actividades realizadas, por alumnas del curso de Enfermería de la Universidad Federal del Recôncavo de Bahía, para revitalización del grupo de hombres de una Unidad de Salud de la Familia. *Resultados:* se realizaron seis encuentros, con duración media de dos horas, participación mediana de siete a 20 hombres, en el grupo de edad de 30 a 80 años. Por medio de la implementación de técnicas que estuvieron pautadas en la comunicación, corporeidad y en metodologías activas, los hombres pudieron romper con arañazos de sus masculinidades, e interactuaron entre sí, descortinando anhelos, miedos, preocupaciones y también prejuicios. *Conclusión:* se consideró la participación de los hombres de la USF como satisfactoria, teniendo en cuenta la adhesión y evaluación positiva durante todos los encuentros. Se observó la ampliación de la percepción sobre calidad de vida y autocuidado con las actividades de ES realizadas. *Descriptores:* Educación en Salud; Salud del hombre; Enfermería en Salud Comunitaria; Acceso a los Servicios de Salud; Estrategia Salud de la Familia; Política de Salud.

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INTRODUCTION

It is contemplated in Health Education (HE), the principles of the Unified Health System (UHS), are contemplated through the promotion of health actions, with the awareness of individuals and the community, and the empowerment of these as subjects. It is thus encouraged, through the articulation of mechanisms that make a correlation between education and health, the promotion of the autonomy of the individuals in their choice for habits that can contribute to minimize the risks and enable them to live in a healthier way.¹

One should consider the reality of the group to be worked on and the way it relates to nature in choosing the type of activity to be developed. It is necessary to have the perception, on the part of the professionals that work with the health care, that each individual has a reference of life, values and established beliefs, and, often, it is not taken into account this popular knowledge and the experiences of each user attended at the Family Health Units (FHU).²

It is necessary, before carrying out a health education activity with the communities, that professionals establish a relationship between health science, social science and education, in order to promote popular educational action, based on respect and individual freedom.²

It becomes essential to analyze the epidemiological data of the group that was involved in the activity in this study, in order to perform preventive actions. In the search for men's mortality indicators, it was found that, between 2002 and 2012, the highest causes of mortality in the 25-59 age group were related to external causes (35%), followed by diseases of the circulatory system (18%), and, occupying the third place, neoplasia (18%).³

It can be observed that the male indicators, regarding the morbidity and mortality profile, are high, however, the men's demand for health services is still low.⁴ Even today, on the part of man, a role full of meanings and senses in what is usually seen as a strong and invulnerable being, disfavoring health care, expressed by high mortality rates.³

Given this scenario, in 2009, the Ministry of Health established the National Policy for Integral Care to Human Health (NPICHH), whose proposal is to qualify the health care of these individuals, based on the principle of integral care, providing better health conditions, as well as understanding the

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singularities of these individuals in their diverse cultural, social, political and economic.⁵

Preventive measures such as health promotion and education practices are avoided in this population. However, the actions performed in the PHC are often not directed specifically to the men, causing them to move away from the care in the FHU, leading to greater demand for specialized care services when the signs and symptoms of the diseases are already installed.⁶

To encourage preventive care, FHU should be considered as the place where the male community can be educated and encouraged to adopt these habits, making them everyday. In this way, prevention is associated with prevention and directed action whose purpose is not to allow the individual to become ill and, thus, to have a better quality of life.⁷

It is necessary to have, as the focus of your actions, the change of this reality for the PHC professionals. Among these, it is important to highlight the performance of the nurse, who works mainly in health education and, therefore, can play a relevant role in the demystification process, through educational actions to promote health and prevent injuries, with the clarification of doubts and encouragement for the male population to practice self-care.⁸

The following guiding question was asked based on the information obtained through the scientific studies and the students' own approach to the needs of that public: What are the alternatives to stimulate the contact of these individuals with the professionals and services offered in FHU'S?

OBJECTIVE

• To report the experience of revitalizing a group of men in a Family Health Unit.

METHOD

This is a qualitative, descriptive, experience-type study about the activities to revitalize the group of men from a FHU in the region of Recôncavo da Bahia.

RESULTS

The intervention project entitled "Revitalization of the Group of Men from Alto do Sobradinho" was carried out during the course component Supervised Internship I, from October 2017 to March 2018, by students of the Nursing Course of the Federal University of Recôncavo da Bahia (UFRB).

This project was chosen based on the application of the Quick Estimate Questionnaires (QEQ), in which the demand

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presented by some residents, during territorialization in the area of coverage, expressed the yearning for the return of the activities of a group of men in the unit and by the finding of the low demand of the men in the attendance of the FHU.

The group of men was created in the year 2015, according to residents' reports, after other UFRB nursing trainees identified the need to have a dedicated space for men. The physician and the dentist who worked at the FHU were then asked to help with the meetings. The meetings were held every 15 days, always on Wednesdays afternoon, where hypertension, diabetes, prostate cancer and others were involved, with the majority of men over 50 years old. With the departure of its creators, around the year 2016, the activities of the group ended.

Strategies for the intervention, execution and evaluation of actions were planned with the purpose of promoting an environment of approximation, reception, dialogical construction of knowledge and exchanges of experiences. To do this, days before each activity, individual invitations were distributed to the Community Health Agents (CHA), addressed to the residents of their areas, with the expectation that they organize their work agenda in advance.

Actions were taken monthly, making a total of six meetings, in which subjects relevant to human health were addressed (Figure 1). Each activity carried out showed the importance of working as a group, since, as a being belonging to a society, man needs to live in a group and, for this, the sharing of ideas, problems, wills, doubts and the suggestion of changes for the improvement of the health of them all.⁹

Activities were held in the waiting room of the FHU and the auditorium of the 4th Regional Health Board of the municipality, with an average duration of two hours, with the average participation of seven to 20 men, in the age group of 30 to 80 years, as may be observed in figure 1.

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Date	Activity theme	Average amount participants	of	Method/Techniques
27/11/2017	* Importance of seeking the public health service; * Intimate male hygiene.	*20 participants.		* Wheel of conversation and dynamics of myths and truths.
28/11/2017	* Major cancers that affect men and the importance of self-examination of the scrotum.	*13 participants.		* Exhibition talk and use of the box of secrets, where the men took a question about the topics addressed and answered. * Exclusive outpatient care with the Unit's doctor.
29/11/2017	* STI's and Importance of condom use.	*Seven participants.		 * Wheel of conversation with men; * Exhibition of images on STIs; * Simulation of the correct use of condoms (female and male).
*30/11/2017	* Importance of the consultations carried out by the physiotherapist, psychologist and nutritionist of NASF; * Objectives of the rapid tests performed at FHU.	*12 participants.		* Presentation of NASF professionals; * Offer of breakfast; * Quick test run.
13/12/2017	* Importance of self- assessment to prevent skin cancer and cancer of the mouth and visit to the dentist; * Clarification of general doubts about the daily life of man.	*Ten men.		*Talk wheel about skin cancer and mouth cancer; * Simulation of the use of the male condom in the hand of a volunteer to demonstrate the preservation of sensitivity; * Exclusive service with the FHU dentist; * Performing quick tests.
16/03/2018	* Healthy living habits; *Violence against women; * Importance of seeking the health service for disease prevention; * Masculinities.	*20 Men.		*Participant guest speaker, who used dynamics through a projective technique with the use of meter paper and images for collage with the intention to tell "the story of John"; *Breakfast offer.

Figure 1. Description of the activities developed. Santo Antônio de Jesus (BA), Brazil, 2018.

DISCUSSION

It is understood that the object of this study, which is to report the experience of nursing students in the revitalization of a group of men in FHU, was duly achieved, since, in all the proposed meetings, there was a participation of a reasonable number of men from the community attached to the unit. Initially, these were shy and insecure, having difficulty to express their opinions, but with the follow-up of activities, they were more confident and participative.

It is added, through the implementation of techniques that were based on communication, corporeity and active methodologies, that men could break with scratches of their masculinities and interacted with each other revealing anxieties, fears, worries and also prejudices. During the discussions, we noticed the statements of the

elements that were based on the cultural, moral and religious references.

It is also complemented, during the meetings, that some men indicated dissatisfaction as to: access to specialized care (urologist); the understanding of the functioning of the network of attention and the invisibility of health actions directed at men. Based on these reports, other studies in which the users' dissatisfaction was noticed when they went in search of specialized care, and also the lack of reception of some professionals.^{8, 10-3}

It is inferred that some men did not appear in the schedule and the day of the accomplishment of the activities due to the impossibility of being absent from the labor activities. In view of this, it was suggested to change the schedule of activities for the night period or weekends. This difficulty is recurrent in the literature, being pointed out as one of the major impeding factors for men's

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demand for health services, and due attention should be paid to this by those who develop planning, programming and management of health care in the FHS.^{11, 14-5}

There is little concern with the prevention of diseases and health problems during activities with users, who only sought spontaneous demand service to solve a problem, in a timely and acute manner, when they were already present of some complaint that could often be prevented through the attendance at the FHU. In this way, analyzes of other research are reaffirmed which identify that men usually only seek health services to cure some illness. Thus, these individuals give priority to curative actions over prevention. 11,15-6

It is stated in this respect that men, during the evolution of their participation in the group, exposed health issues, including those related to sexual health, to sex without the use of condoms, to reproduction, to paternity, marital and family status, and violence against women and interpersonal. The strong relationship with the distancing of self-care practices, the masculine resistances for the exercise of the care practice was revealed, but also showed interest and concern in reshaping this scenario.

Among the demands presented by the men in the group, we highlighted some clinical situations that were related to cardiovascular health, especially acute myocardial infarction, arterial hypertension, as well as obesity. Work relations and the interface with health, such as stress, problems related to mental health, and aspects of the construction of masculinities that hindered the exercise of self-care as the hegemonic exacerbation of attributes of virility, strength and honor.

Some reasons are justified for the small number of male users in FHUs, and one of these may be related to the social context in which men are inserted, whether by social, cultural or gender influence. Even today, care is not seen as a priority in human health, causing great losses to health prevention, because in society man is described as "strong, virile, invulnerable" and the search for care in health services can be understood as weakness and femininity. 16

The success of the activities was largely due to the involvement of the multidisciplinary team of the FHS, that encouraged the participation of men and collaborated in all the planned actions, which was configured to strengthen the collective construction of health education through integration of the interdisciplinary knowledge, conferring an amplification of the discussion

and the themes addressed to the male audience.

In addition to this aspect, the performance and the evolution in the participation of the men in the group recognized by the involvement, commitment and attendance, as well as the active and free participation during the execution of the methods and techniques applied during the activities.

The importance of preventive work through health education activities is enhanced by increasing individual and collective capacities with the objective of improving the life and health of individuals. It thus becomes a fundamental action for the stimulation of selfcare, raising the self-esteem of the users of the service as well as of the whole family and community.2 Thus, the unit's workers were encouraged to be linked to this population group and, consequently, to effect the NPICHH. It is observed that in most health services, unfortunately, the lack of health promotion and prevention activities is still a reality, which makes it difficult to develop links between professionals and population in health facilities. 12

It is demonstrated, through several studies, the importance that these public policies are not only created, but also that it is essential to implement them effectively, so that their objectives can be achieved, making it perceptible to improve the health conditions of the different groups.^{8, 11-2, 17-8}

It is believed that, in the current reality, in a large part of the health services, the activities directed to the health of the man have been far below the peculiarities of this group, being restricted to examinations, the family planning and the attendance of the hypertensive and diabetic ones. Therefore, professional training courses are urgently needed in order to attend to the needs of this kind, as well as health education actions that contribute to increasing the demand of these individuals for care, besides stimulating them to understand their health needs and the importance of adopting preventive measures. 12

CONCLUSION

From the experience gained by the Supervised Internship, it is possible to perceive that group activities are successful strategies in the implementation of health education. In view of this process, the approximation with the male population was valued, as well as the strengthening of the bond between men and FHU workers, constituting a potent methodology for the educational work in health.

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It can be seen that, when considering the positive adherence and evaluation of men in all the meetings, the objective of the intervention project was reached. involvement of these individuals during activities in terms of the increase in the perception about quality of life, the signaling of changes made after the knowledge obtained in the conversation wheels after each meeting and/or the emotion demonstrated when the men were sensitized due to the theme addressed.

It is necessary, given the importance perceived through the accomplishment of the activities or experiences verified in the literature, to continue the preventive actions through the work of health education, as well as to create strategies to guarantee the search of the men for the services offered by the FHU's, adopting the following measures: implementation of actions in the evening and / or extension of the opening hours, opening of specific agendas for the care of men, among others.

It is concluded from this experience that, before undertaking any work aimed at this specific group, it is necessary to consider the masculine diversity, to provide a qualified assistance, focusing on the reception and access to the actions and the health services of the PHC. It is imperative that health professionals know the guidelines of the NPICHH and that their actions are based on them. In addition, it is also necessary to encourage publications on the subject, as there is a need to encourage discussion about ways to raise awareness among these users the importance of avoiding occurrence of diseases and diseases that could be prevented with a greater demand for them health services.

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