





INTEGRATIVE LITERATURE REVIEW ARTICLE

HEALTH EDUCATION: THE PERFORMANCE OF NURSING IN THE SCHOOL ENVIRONMENT

EDUCAÇÃO EM SAÚDE: A ATUAÇÃO DA ENFERMAGEM NO AMBIENTE ESCOLAR

EDUCACIÓN EN SALUD: EL DESEMPEÑO DE LA ENFERMERÍA EN EL ENTORNO ESCOLAR

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ABSTRACT





Objective: to investigate the main health education strategies used in the school environment by nursing professionals. **Method:** this is a bibliographic, descriptive, integrative literature review type, in the LILACS database, from January to February 2018. Data were analyzed in descriptive analysis. **Results:** 241 publications were found, a priori, selecting 39 articles to read in full based on the inclusion criteria. For the final sample, six articles were identified that answered the main question of this research. The collective construction of meanings and learning was emphasized through the use of methodologies such as conversation circles, workshops, group participation to exchange experiences and the use of educational games as strategies described in this work. **Conclusion:** it was identified that the main strategies used in the school environment by nursing professionals are aimed at collaborative work, with the adolescent being an active and co-participant subject in the health education process. Here, a reflection is brought about the importance of these professionals in the school environment, especially nurses, in monitoring students in preventing and promoting health in an equitable and comprehensive manner. **Descriptors:** Adolescent Health; School Health Promotion; Health Education; School Health Services; Health promotion; Primary Prevention.

RESUMO

Objetivo: investigar as principais estratégias de educação em saúde utilizadas no ambiente escolar pelos profissionais de enfermagem. **Método:** trata-se de um estudo bibliográfico, descritivo, tipo revisão integrativa de literatura, na base de dados LILACS, de janeiro a fevereiro de 2018. Analisaram-se os dados de modo descritivo. **Resultados:** encontraram-se, a priori, 241 publicações, selecionando-se 39 artigos para leitura na íntegra com base nos critérios de inclusão. Identificaram-se, para amostra final, seis artigos que atenderam à questão principal desta pesquisa. Enfatizou-se a construção coletiva de significados e aprendizado através da utilização de metodologias como rodas de conversas, oficinas, participação grupal para troca de experiências e o uso de jogo educativo como estratégias descritas nesse trabalho. **Conclusão:** identificou-se que as principais estratégias utilizadas no ambiente escolar pelos profissionais de enfermagem são voltadas para o trabalho colaborativo sendo o adolescente sujeito ativo e coparticipante no processo de educação em saúde. Traz-se, aqui, uma reflexão sobre a importância desses profissionais no ambiente escolar, principalmente dos enfermeiros, no acompanhamento dos discentes na prevenção e promoção de saúde de forma equitativa e integral. **Descritores:** Saúde do Adolescente; Promoção da Saúde Escolar; Educação em Saúde; Serviços de Saúde Escolar; Promoção da Saúde; Prevenção Primária.

RESUMEN

Objetivo: investigar las principales estrategias de educación sanitaria utilizadas en el entorno escolar por los profesionales de Enfermería. **Método:** este es un estudio de tipo de revisión bibliográfica, descriptiva e integradora, en LILACS, entre enero y febrero de 2018. Los datos se analizaron de forma descriptiva. **Resultados:** se encontraron 241 publicaciones, a priori, seleccionando 39 artículos para leer en su totalidad según los criterios de inclusión. Para la muestra final, se identificaron seis artículos que respondieron a la pregunta principal de esta investigación. Se enfatizó la construcción colectiva de significados y aprendizaje mediante el uso de metodologías como círculos de conversación, talleres, participación grupal para intercambiar experiencias y el uso de juegos educativos como estrategias descritas en este trabajo. **Conclusión:** se identificó que las principales estrategias utilizadas en el entorno escolar por los profesionales de Enfermería están dirigidas al trabajo colaborativo, siendo el adolescente un sujeto activo y coparticipante en el proceso de educación para la salud. Aquí, se reflexiona sobre la importancia de estos profesionales en el entorno escolar, principalmente de los enfermeros, en el monitoreo de los estudiantes para prevenir y promover la salud de una manera equitativa e integral. **Descriptores:** Salud del Adolescente; Servicios de Salud Escolar; Educación en Salud; Servicios de Salud Escolar; Promoción de la Salud; Prevención Primaria.

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INTRODUCTION

It is known that adolescence is a phase of significant transformations with biopsychosocial changes that brings with it habits that can be consolidated throughout adult life. Adolescent health needs public attention and commitment, especially with regard to issues related to the prevention and health promotion of these individuals.¹⁻² It is added that these transformations make this phase represent a moment of vulnerability of these individuals for the behavior that can lead to the exposure of several risks.

In this context, the school is trusted as a space for the citizen formation of children and adolescents, considered as a privileged relationship space for critical and political development, which contributes to the construction of personal values, beliefs, concepts and ways of knowing the world and directly interferes in social production and health.³ Thus, health professionals can exercise an important role in the school environment through their skills with a view to preventing and protecting diseases that aim to reduce the vulnerability existing in the adolescence phase.

There are health promotion activities aimed at the adolescent population developed in an educational-preventive approach at school with greater effectiveness, encouraging these adolescents to adopt attitudes and values that can avoid risky situations. In turn, the health education process, while one of the nurses' duties, can boost their presence in the school environment, favoring the health education process, as well as in the Federal Institutes of Science and Technology Education, who are part of the Federal Network of Professional, Scientific and Technological Education, and have nursing professionals with higher education in many of its units.

These professionals actively participate in the health education process of these students, aligning health and education in the construction of a healthier territory, community and school.

It is necessary, in view of the above, that this is yet another field to be explored by the nursing professional and still with few studies on its performance in the school environment, research that incorporates methodologies and strategies to promote health within the school environment with scientific theoretical and practical foundations and bases for carrying out the activities.

Therefore, this research emerges from the need to plan the health actions of school nurses at the Federal Institute of Education Science and Technology in the backlands of Pernambuco, seeking to characterize and describe strategies

and methodologies that are being used by Nursing in schools in the health education process.

OBJECTIVE

- To investigate the main health education strategies used in the school environment by nursing professionals.

METHOD

It is a bibliographic, descriptive, integrative review type study, developed from secondary sources, allowing the synthesis of the results of relevant research studies, enabling the transfer of new knowledge to clinical practice. It is called integrative, that said, because it provides vast information about the issues under study, being a method that, in recent years, has been widely used in the health field and has enabled greater visibility to the contribution of Nursing to the improvement of the provision of health care to individuals.⁴

In addition, the method of integrative literature review supports the Evidence-Based Practice (EBP), an approach that enables the resolution of problems and issues in clinical practice through the application / use of the best available evidence.⁴ Therefore, this study can be an instrument for EBP, through the methodological approach of the integrative review, in order to allow a comprehensive understanding about the analyzed theme, serving as support for health education actions used in the school environment by professionals of nursing.

It is understood, therefore, that Nursing has a significant role in the implementation of EBP in the provision of care, thus helping to disseminate knowledge and promote innovation in clinical practices.⁴ Thus, it was defined as a guiding question: what has been used as a health education strategy by nursing professionals in school settings?

In view of the above, this study followed the following steps for the preparation of this review: identification of the theme and selection of the researched question; choice of research database; definition of search strategies and inclusion criteria; analysis and categorization of results; evaluation of included studies; interpretation of results and presentation of the review/synthesis of knowledge.⁵

The Latin American and Caribbean Literature on Health Sciences (LILACS) was chosen as the database for this study. The research was carried out between the months of January and February 2018, being used as a planning strategy for school nurses at the Federal Institute of Education Science and Technology of Sertão Pernambucano (IF SERTÃO PE).

The following search strategy was used: combination of two and even three of the following descriptors registered in the Health Sciences Descriptors (DeCS) - "Nursing", "school health services" and "adolescent health", applying the Boolean operator "AND" to carry out the search strategies among them. Inclusion criteria for the selection of articles were defined: (1) articles available in full that portrayed the theme and described activities developed by Nursing in the school environment; (2) articles published in

Portuguese, English and Spanish; (3) articles that addressed the theme with year of publication between 2008 - 2018.

For data collection, a guiding instrument of the database type was used, which aimed to systematize data related to publications containing authors, year, title, objectives and conclusions of the studies. The flowchart with the search strategies used is presented below, exemplifying the steps that constituted the final selection of the articles in this study.

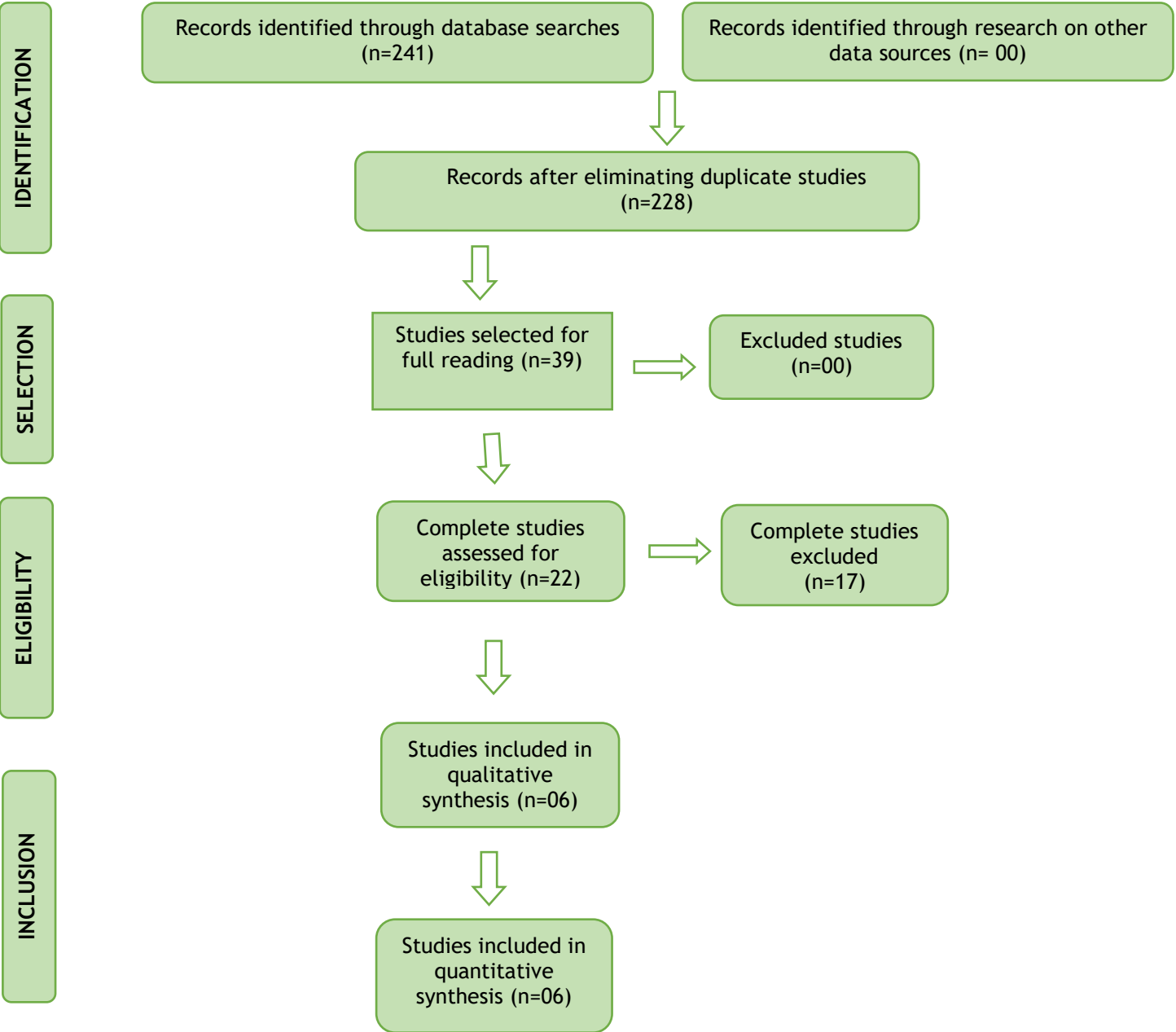


Figure 1. Flowchart for selecting studies adapted from *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISMA 2009). Recife (PE), Brazil, 2018.

The included studies were classified by the level of evidence, namely: level one - meta-analysis of multiple controlled studies; level two - individual experimental study; level three - study with quasi-experimental design as a study without randomization with a single pre- and post-test group, time series or case-control; level four - non-experimental study, as descriptive and qualitative research or case studies; level five - case report or data obtained systematically, of verifiable quality or program evaluation data; level six - opinion of authorities based on clinical competence or opinion of expert committees, including information not based on research.⁶

Another instrument was scored: title, journal and level of evidence of the included studies. The synthesis of the results was presented through the discussion of relevant findings in the literature in the format of categories that emerged from the common descriptions, analysis and interpretation of the results extracted from the studies.

RESULTS

A priori, 241 publications were found, selecting 39 articles for full reading based on the inclusion criteria, 17 articles were excluded for not meeting the research question and 22 articles potentially

suitable for the inclusion and elaboration of database for selecting information.

theme: promotion of health education used in the school environment by Nursing professionals.

For the final sample, six articles were identified that met the main question of this research, which were categorized and analyzed according to title, objectives and conclusions, scientifically supporting the discussions on the

For the analysis and extraction of the main results found in the selected articles, it was decided to present the information through figure 2 with data referring to the authors, year, title of the article, objectives and conclusions of the studies included in the final sample.

Authors	Year	Title	Objectives	Conclusions
Salum, Monteiro.	2015	Health education for adolescents at school: an experience report	To present the experience of a group of Nursing students from a private university center in the municipality of Sete Lagoas-MG about an educational health intervention involving the themes of Sexually Transmitted Diseases (STDs), drugs and body hygiene and malnutrition with a group of teenagers from a municipal school in that municipality.	Finally, it is noteworthy that the educational action in health at school for adolescents enabled Nursing students to glimpse new methods of acting in health in primary care, having, at school, a favorable scenario for the exercise of health education as an interface of Nursing care in primary health care.
Brandão Neto, Monteiro, Aquino, Lima, Almeida Filho, Silva.	2014	Educational intervention on violence with adolescents: possibility for Nursing in the school context	Conduct an educational intervention with adolescents on violence in the school context, using the methodology of Culture Circles.	The health education intervention opened up possibilities for the insertion of nurses in the school scenario in order to strengthen network connections for violence prevention work, based on the Culture Circle strategy used.
Martins, Horta, Castro.	2013	Promotion of adolescent health in the school environment	To present the report of a nursing internship experience in which an educational intervention was carried out in relation to sexual education, with adolescents, in a public school in the area covered by a health center in the city of Belo Horizonte.	The role of nurses is very important as an actor in multidisciplinary and intersectoral actions aimed at health promotion, which is a field yet to be explored in health practices in primary care.
Silva, Vieira, Pinheiro, Dias.	2010	Reflections on drug abuse and violence in adolescence	Carrying out Health Education actions aiming at the critical reflection of adolescents on drug abuse and consequent violent behaviors.	The strategies used in Health Education must involve the adolescent, the family and society, as these tactics help adolescents in future experiences, forming their concepts and values and reference standards.
Freitas, Dias.	2010	Adolescents' perceptions of their sexuality	To know the adolescents' perceptions about the development of their sexuality.	The study contributed to the adolescents' knowledge about their sexuality, which favors the subject's emancipation and promotes self-care. The importance of building a critical awareness that leads participants to think about the formation of their identities is emphasized.
Barbosa, Dias, Pinheiro, Pinheiro, Vieira.	2010	Educational game as a health education strategy for adolescents in STD / AIDS prevention	Report the use of educational games as a health education strategy for adolescents.	The use of the educational game was a successful experience as it favored the execution of the educational process through the union of information, discussion, reflection, interaction and group participation, in which adolescents were able to clarify their doubts, fill knowledge gaps in relation to issues such as sexuality and STD and AIDS prevention and interact with themselves in a relaxed way, facilitating the participation of all in learning.

Figure 2. Summary of studies included according to the author, year of publication, title, level of evidence, objective, and conclusions. Recife (PE), Brazil, 2018.

It is noteworthy that all articles were published after the institution of the HSP (Health in School Program) in 2007, inferring, then, that this is an important instrument for the standardization and validation of the importance of the nurse's performance within the school environment. Therefore, it is considered that the school should be a space for health-promoting actions, as a fundamental component, committed to the

collective health issues of adolescents, as a strategy that encourages the development of health education with different methodologies focused on in encouraging individuals' critical awareness and autonomy.⁷ Figure 3 shows the classification of studies included by the level of evidence.

ID	Title	Journal	Level of evidence
01	Health education for adolescents at school: an experience report	Mineira Journal of Nursing - REME	V
02	Educational intervention on violence with adolescents: possibility for Nursing in the school context	Anna Nery School Journal	IV
03	Promotion of adolescent health in the school environment	Revista de PHC - Primary Health Care	V
04	Reflections on drug abuse and violence in adolescence	Anna Nery School Journal	IV
05	Adolescents' perceptions of their sexuality	Nursing Text & Context Journal	IV
06	Educational game as a health education strategy for adolescents in STD / AIDS prevention	Electronic Journal of Nursing	IV

Figure 3. Distribution of included studies according to title, journal and level of evidence. Recife (PE), Brazil, 2019.

DISCUSSION

After a thorough reading of each article that was part of the sample, in order to deepen the analysis of the themes presented, a categorization was made based on the descriptions in common between the journals, analysis and interpretation of the results extracted from the main information found, in which four categories emerged described and studied separately below.

♦ **Category 01: The student as a participant in the health education process**

It is evident, in this category, that the analyzed articles point to observation and integration with adolescents as a way of inserting them as participants in the health education process. This participation took place in several ways, such as: suggested themes; the approach based on the student's prior knowledge; the exposure of doubts by students before applying the dynamics. In all these alternatives, the student is placed as a participant, thus being an active and co-responsible subject for the construction of knowledge.

It is believed that strategies like this are fundamentally important for the success of school promotion in the educational environment. Therefore, health professionals must be prepared for the school reality and, if there is no participation of the beneficiaries of the health action and / or those responsible for planning, the

action is often characterized as a pedagogical practice of a traditional nature.⁸

Therefore, the importance of the health education process is emphasized, whose implementation must be seen as a preventive and social action in order to awaken, in adolescents, changes in their behaviors and attitudes towards the realities and themes presented through the offer of information, use of language closer to the youth audience, holding conversations to exchange experiences, among other effective alternatives, such as health promotion methods and quality of life for this population.⁹

It is also warned that issues such as the use of legal and illegal drugs by adolescents deserve attention, in order to exemplify the need for health education methods with a preventive eye and committed to the necessary changes in the face of the vulnerabilities presented in the period of adolescence.⁹

♦ **Category 02: School health as a preventive activity**

The second category was constructed from the repetition, in the articles, about the importance of the student's citizen formation in this phase and about how educational activities have positive impacts on self-reflection and self-responsibility for health. In one of the articles, the health education process in adolescence was presented as a justifiable challenge due to the typical changes of this phase that make adolescents try to rebel against the experienced reality.

It is considered that the school space is one of the important locus of practices and actions to promote and prevent the health of adolescents, and this type of activity is important for the personal and professional training of these individuals, increasing the interest of managers in maintaining these activities continuously.¹⁰

Therefore, the importance of the planning and performance of continuous actions of promotion, prevention and health education in the school environment is ratified, actions based on the multidisciplinary performance in which the nurse must act, performing an effective and resolute work, in a way collaborative and transformative.¹¹

Furthermore, support for adolescents is essential in understanding the transformations that this individual is going through, creating, at school, a privileged space for the implementation of actions aimed at health promotion and healthy development, making, thus, this location is a potential environment for the establishment of a support network for this population.¹²

Category 03: School health promotion: a collective responsibility

This category reveals, in all articles, the importance of the involvement and alignment of activities between health-society-education. At that moment, the school appears as a proponent of health service activities within the school environment, without leaving aside the need for family involvement in this educational process.

In this context, it is noticed that the availability of health units for the demand of schools is still a problem, a different situation from what occurs in federal institutes, which make health professionals available within the school, making the educational process easier.

It is pointed out that, having said that, as a direct reflection on health indicators, it is a fact that the adolescent population lacks knowledge and information, therefore, the development and implementation of actions aimed at promoting the health of these individuals becomes cogent, thus generating positive impacts on the autonomy of these subjects. They are helped by actions such as planning activities with moments of reflection through conversation circles and group participation to exchange experiences, especially with issues related to quality of life, adolescents to assume new health care practices, thus becoming healthier and more aware of these issues.¹³⁻⁴

Category 04: Strategies and methodologies used by nurses in school health education

In the last category, strategies and methodologies used by nurses in school health education are brought and these will serve as a basis for planning health actions within a teaching unit of the Federal Institute in the Sertão

Pernambucano. Strategies are traversed by slides with images to promote the collective construction of meanings. One of the articles used the "Culture Circle" and puppet theater to describe students' perceptions of violence at school.

For two articles, the workshop was brought as a successful strategy to discuss topics such as violence, drugs and sexuality at school. It was about approaching the creative method and an educational game in two other articles. It is detailed that a necessary observation to be scored is that none of the articles brought the nurse in individualized care, but always in group work and with playful activities or the conventional "lecture".

It was analyzed that the themes covered by two major themes: sexuality and violence, in addition to discussions about drug use, personal hygiene, malnutrition, among others of importance in this context and prevalent in this phase of life.

Furthermore, there are two very current themes that have a direct influence on the lives of adolescents, which are bullying and internet games, which encourage self-injurious behaviors, such as the "blue whale" example, a very popular among children and adolescents, even motivating suicidal ideas in this population¹⁵, in which no article was found with action strategies focused on this theme with a focus on disease prevention, awareness and awareness of the subject presented.

It is necessary, however, to consider the performance of specific health actions, a practice that is still very common, often caused by insecurity, academic training and / or technical and practical unpreparedness of professionals. Therefore, health actions must be based on integrative relationships with interventions appropriate to the needs of the groups, with dynamic planning and the adoption of educational practices in a dialogical manner, capable of generating the active participation of adolescents, promoting protagonism and participation and to co-responsibility.¹⁶

Given the above, it is recommended to promote the health of adolescents to improve the quality of life of these subjects, to be developed in an intersectoral and interdisciplinary way, thus substantiating the importance of Nursing in the construction of a new vision to the themes in question.¹⁶

CONCLUSION

It is reiterated that the objective of the review was achieved, with a view to analyzing a panorama of health education strategies and fundamental steps for the success of interventions. It was identified that the main

health education strategies used in the school environment by nursing professionals are focused on collaborative work, with the adolescent being an active and co-participant in the health education process. Here, a reflection is brought about the importance of health professionals in the school environment, especially in the monitoring of students for prevention and health promotion in an equitable and comprehensive way.

Through this research, health professionals working in the school environment can be subsidized in the planning and execution of actions. The need to re-signify health promotion within the school environment is made explicit, and all the strategies described in this work reinforce the fundamental need to promote the health of adolescents and encourage healthy behaviors.

It becomes evident, in view of the above, the need for continued research to develop practices aimed at preventing and promoting the health of adolescents within schools, focusing on health professionals who develop work within these institutions, placing interdisciplinarity as a fundamental focus for the construction of knowledge aimed at health education in the promotion of healthy habits in adolescence.

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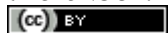
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