

## CASE REPORT ARTICLE

### SEXUAL AND REPRODUCTIVE HEALTH EDUCATION OF ADOLESCENT STUDENTS EDUCAÇÃO EM SAÚDE SEXUAL E REPRODUTIVA DO ADOLESCENTE ESCOLAR EDUCACIÓN DE SALUD SEXUAL Y REPRODUCTIVA DEL ADOLESCENTE ESCOLAR CURRÍCULUM

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#### ABSTRACT

**Objective:** to report the experience of Nursing Course students, in the implementation of educational interventions for the promotion of the sexual and reproductive health of adolescent students. **Method:** it is a descriptive study, of related experience type, developed from the following steps: 1) Student training; 2) Presentation of the Research Project; 3) Situational diagnosis in the school context; 4) Selection of themes; 5) Planning strategies and approaches and 6) Execution and evaluation. The information was discussed in accordance with the literature. **Results:** there was a lack of knowledge among adolescent students about the theme of sexual and reproductive health, however, the intervention in the school environment proved to be a promising environment for the health education process carried out, above all, by nurses within the scope of the Strategy Family Health with other health and education professionals. **Conclusion:** the need for activities at the school level is emphasized to promote knowledge and adoption of healthy habits and practices that impact and ensure students the minimum risk of injury to sexual and reproductive health. **Descriptors:** Health Education; Health Promotion; School Health Services; Sexual and Reproductive Health; Adolescent Health; Nursing.

#### RESUMO

**Objetivo:** relatar a experiência de estudantes do Curso de Enfermagem na implementação de intervenções educacionais para a promoção da saúde sexual e reprodutiva do adolescente escolar. **Método:** trata-se de um estudo descritivo, tipo relato de experiência, desenvolvida a partir das seguintes etapas: 1) Capacitação discente; 2) Apresentação do Projeto de Pesquisa; 3) Diagnóstico situacional no contexto escolar; 4) Seleção das temáticas; 5) Planejamento de estratégias e abordagens e 6) Execução e avaliação. As informações foram discutidas em concordância com a literatura. **Resultados:** notou-se a carência no conhecimento dos adolescentes escolares acerca da temática da saúde sexual e reprodutiva, entretanto, a intervenção no ambiente escolar mostrou ser um ambiente promissor para o processo de educação em saúde realizado, sobretudo, pelo enfermeiro no âmbito da Estratégia Saúde da Família com outros profissionais da saúde e da educação. **Conclusão:** enfatiza-se a necessidade de atividades no âmbito escolar a fim de promover o conhecimento e adoção hábitos e práticas saudáveis que impactem e assegurem aos estudantes riscos mínimos de injúrias à saúde sexual e reprodutiva. **Descritores:** Educação em Saúde; Promoção da Saúde; Serviços de Saúde Escolar; Saúde Sexual e Reprodutiva; Saúde do Adolescente; Enfermagem.

#### RESUMEN

**Objetivo:** reportar la experiencia de los estudiantes del Curso de Enfermería en la implementación de intervenciones educativas para la promoción de la salud sexual y reproductiva del adolescente escolar. **Método:** es un estudio descriptivo, tipo de informe de experiencia, desarrollado a partir de los siguientes pasos: 1) Capacitación de estudiantes; 2) Presentación del Proyecto de Investigación; 3) Diagnóstico situacional en el contexto escolar; 4) Selección de temas; 5) Planificación de estrategias y enfoques 6) Ejecución y evaluación. Las informaciones fueron discutidas de acuerdo con la literatura. **Resultados:** hubo una falta de conocimiento entre los adolescentes escolares sobre el tema de la salud sexual y reproductiva, sin embargo, la intervención en el entorno escolar demostró ser un entorno prometedor para el proceso de educación sanitaria llevado a cabo, sobre todo, por el enfermero dentro del alcance de la Estrategia Salud Familiar con otros profesionales de la salud y la educación. **Conclusión:** se enfatiza la necesidad de actividades a nivel escolar para promover el conocimiento y la adopción de hábitos y prácticas saludables que impactan y aseguran a los estudiantes el riesgo mínimo de lesiones a la salud sexual y reproductiva. **Descriptor:** Educación en Salud; Promoción de la Salud; Servicios de Salud Escolar; Salud Sexual y Reprodutiva; Salud del Adolescente; Enfermería.

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## INTRODUCTION

Adolescence is conceptualized as a unique period in the life of the human being, which comprises the transition between childhood and adulthood. In addition, it stands out as a moment when the individual experiences several changes, which can be classified, above all, as physiological and psychological. It is, therefore, a period naturally marked by one's internal and external conflicts with other subjects, with the environment in which they live and, often, with themselves.<sup>1</sup>

In this context, according to the World Health Organization (WHO), adolescence comprises the chronological period that extends from ten to 19 years of age<sup>2</sup> and, in this phase, the experience with sexuality is more acute and generally materializes by unprepared sexual practices,<sup>3</sup> which can predispose them to risks for a diverse range of Sexually Transmitted Infections (STIs), as well as to unplanned pregnancies.<sup>1</sup>

It should be noted, therefore, that adolescents are exposed to numerous situations of vulnerability regarding STIs, identifying, among these, socioeconomic conditions, early sexual practice, non-adherence to condom use, low level of education, differences in gender and barriers in communication and accessibility in health services at the level of primary care.<sup>4</sup>

It can be seen, therefore, that the high rates of young people with STIs are justified, among others, by their lack of perception of their own vulnerability, since young people are not at a maturity level to experience sexuality and, in addition, they encounter barriers to making decisions, they are in the process of defining their own identity, in addition to living with struggles between reason and emotion, making them completely susceptible to STIs.<sup>5</sup>

On the other hand, teenage pregnancy stands out as a worrying factor in the field of public health, which can have a negative impact on their health, as well as on the future child. It makes sure, above all, that a considerable part of pregnancies in this phase of life was not planned and, with this, the chances for the occurrence of adverse outcomes, such as abortions and postpartum depression, are increased.<sup>6</sup>

It is demonstrated, in the literature, in a study carried out in 70 low and middle income countries, that, in almost all, only 10% or less of all adolescents visited a health unit in the last 12 months and were informed about family planning, pointing to the existence of a certain fragility or even the absence of educational actions aimed at this audience in most health services in the locations investigated.<sup>7</sup>

It is evident, based on this assumption, that the prevention of diseases, health problems and negative outcomes in health has gained

prominence in the Brazilian scenario, and health education, through strategic actions, should be directed to different audiences, including, in largely, adolescent students.<sup>8</sup> Therefore, in view of this scenario, the relevance of Nursing science in promoting dialogue through health education about sexuality, pregnancy and STI among adolescent students is reinforced, solving the main doubts regarding sexual experience, body and psychological changes.<sup>9</sup>

It is inferred, therefore, that Health Education interventions provide a dialogue of questions related to the adolescents' experience, which allows them to get to know each other better and collaborate in the process of forming beings with a more skeptical view of the reality in which they live. Therefore, sexuality can be problematic if adolescents do not have sexual health information, in addition to the lack of communication between family members and influences from the social context that surrounds them.<sup>10</sup>

Therefore, there is a need for educational interventions aimed at promoting the health of adolescents, especially in promoting sexual and reproductive health, using strategies that culminate and encourage the adoption of healthy sexual practices, promoting knowledge and making them protagonists in the care of their health, transforming the school context into a health-promoting locus that offers, in addition to knowledge, quality of life, aiming at reducing vulnerabilities and risks to adolescent health.

## OBJECTIVE

- To report the experience of Nursing Course students, in the implementation of educational interventions for the promotion of the sexual and reproductive health of adolescent students.

## METHOD

This is a descriptive study, like an experience report about the planning and execution of an educational intervention carried out in a state public school located in the city of Picos, central-south region of Piauí.

The educational activity is contextualized in the actions developed by the Collective Health Research Group (GPeSC) / Child and Adolescent Health Line and within the scope of a larger project entitled **“Analysis of adolescents' knowledge and practices about sexuality and vulnerabilities for the use of alcohol and other drugs”**, linked to the Dean of Research and Innovation (PROPESQI) of the Federal University of Piauí (UFPI), Senador Helvídio Nunes de Barros Campus. It is intended, with this research project, to develop activities that provide knowledge about topics related to sexual and reproductive health of adolescents, including, in these, the prevention of sexually transmitted infections, teenage

pregnancy and knowledge about contraceptive methods. Eleven students and one teacher-coordinator linked to the Nursing Bachelor's degree course at the Federal University of Piau , Picos Campus are part of the research project (PI).

The steps taken for the development of educational intervention are shown in the figure below.

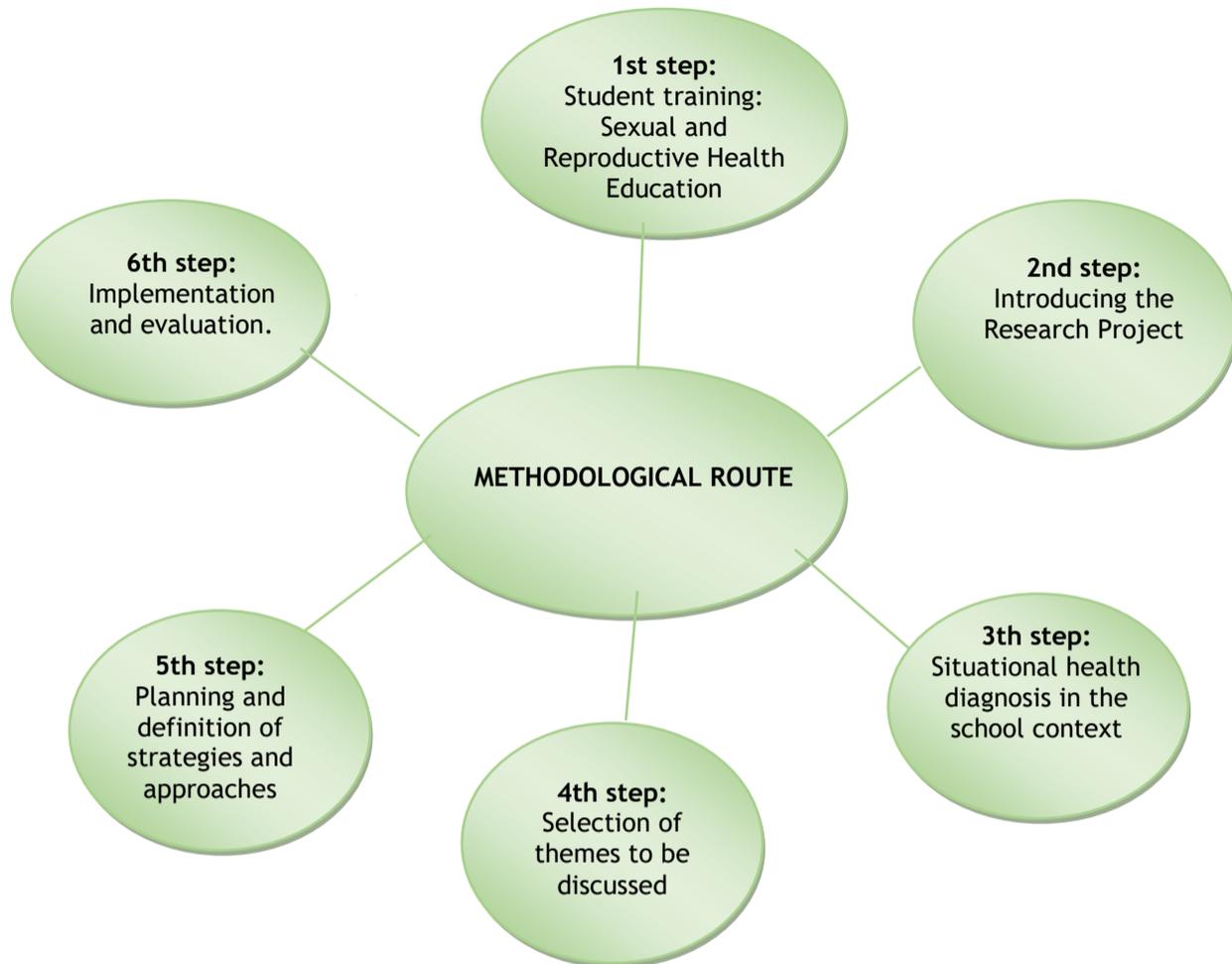


Figure 1. Steps taken for the development of educational intervention. Picos (PI), Brazil, 2018.

Didactic resources were used: data show, prostheses of the male and female reproductive devices for demonstrating the anatomy and physiology of Organs genital organs and some contraceptive methods, including male and female condoms, oral pills, Intrauterine Device (IUD) and diaphragm.

It is noteworthy, respecting the precepts of research ethics, that, in order to carry out the activities within the scope of the project, it was submitted to the Research Ethics Committee REC of the Federal University of Piau /UFPI (Ordinance: 2.429.523; CAAE: 80634017.4.0000.8057).

## RESULTS

The path developed for the elaboration of the material resulting from the educational intervention under discussion is described below.

### ◆ Student training: Sexual and Reproductive Health Education

In principle, evidence was sought in scientific journals that contained pertinent information about the theme for the intervention, aiming at the elaboration of a literature review. Subsequently, training was organized for students who were members of the project to carry out the educational intervention. In this stage, previous knowledge of matters pertinent to the field of

sexual and reproductive health was approached. For this purpose, as a guide and reference for consultation, the Primary Health Care Notebooks n  26 - Sexual Health and Reproductive Health<sup>11</sup> and No. 24 - Health at School,<sup>12</sup> made available by the Ministry of Health through the Primary Care Portal.

### Introducing the Research Project

In principle, a visit was made to the school unit in order to learn about aspects of the functioning and structure. At this stage, the integrity of the institution's physical space, the number of classes and the number of students enrolled per class/shift were verified. After this first moment, information about the project was presented to the manager / director of the unit, above all, regarding the research theme and the target audience, in this case, adolescent students, emphasizing on the importance of carrying out the same and the school's adherence to projects that promote health knowledge and healthy practices.

### ◆ Situational diagnosis of health in the school context and the HSP

At this stage, the school's governing body and coordination were asked about the health actions carried out at the school level in order to identify the existence of agreements with programs that promote health at school, such as, for example, the Health at School Program (HSP). Specific

activities were pointed out, but without specific focuses, mainly aimed at the school's target audience, which is mostly composed of adolescents. It was identified, along with the reports, a lack of actions aimed at health promotion and education in the field of sexual and reproductive health of the students enrolled there, alerting to relevant problems in the lives of adolescent students, among these, STIs, teenage pregnancy, proper use of condoms (male and female), in addition to the lack of knowledge about other contraceptive methods that provide protection against these conditions. Therefore, based on the dialogue between the school-health dyad, the need for health actions aimed at changing this reality in the school space was verified.

#### ◆ Selection of themes to be discussed

Based on the diagnosis of the health situation in the school context, the themes to be discussed with the target audience were selected. With regard to STIs, the most incident and prevalent diseases in the age group of the intervention were defined, considering, for this, those of greatest epidemiological importance, with the potential to cause damage and sequels to health and variety of forms and ease contagion, highlighting HIV infection, syphilis, gonorrhea, chlamydia, trichomoniasis, herpes, Human Papilloma Virus (HPV) infection and soft cancer. The thematic approach included pregnancy in adolescence, presenting risk factors, impacts on the adolescent's life and the support network and/or services, highlighting, here, the role of the school in social, emotional, family and school support. In addition, it was decided on contraceptive methods, discussing the acquisition, conservation, use and disposal of male and female condoms, promoting knowledge of the anatomy and physiology of reproductive organs, in addition to the existence of other methods that can be used as preventive measures that promote sexual and reproductive health, such as IUDs, diaphragms and oral contraceptives.

#### ◆ Planning, definition of strategies and approaches

An educational strategy to be implemented was defined as a lecture aimed at students from all high school classes at the school. Teachers and other employees present for the educational moment were also involved so that, together, adolescents are sensitized to awaken attention about the activity. It was chosen to use the central courtyard of the school because it is the most appropriate space to concentrate all those present during the lecture. In this way, the collective approach to the participants was used, allowing greater reach of the information passed on, as well as greater clarification of any doubts, benefiting the simultaneous learning of all.

For the display of information, a slide show was used by means of a data show, as it is a practical educational material, of low cost, simple to be elaborated and with a greater potential to gather illustrative items, such as images and diagrams, items for analysis and comparison of information, such as tables and graphs, in addition to other teaching resources that provide better articulation between the verbal and visual content transmitted, allowing, subsequently, greater absorption and fixation of the knowledge assisted by adolescents and others participants.

Prostheses for exemplifying male and female reproductive devices were also adopted as didactic resources to demonstrate the proper use of condoms. Finally, it was considered to explain how to correctly use oral contraceptive drugs, emphasizing the importance of monitoring by the health team, especially medical professionals and nurses and dialogue with the family.

#### ◆ Implementation and evaluation

The lecture was held during the afternoon shift, time agreed between the teachers and the direction, comprising students enrolled in the 1st, 2nd and 3rd grades of High School, totaling a target audience of 149 students.

The distribution of intervention participants by sex, age and class is shown in the graphs below.

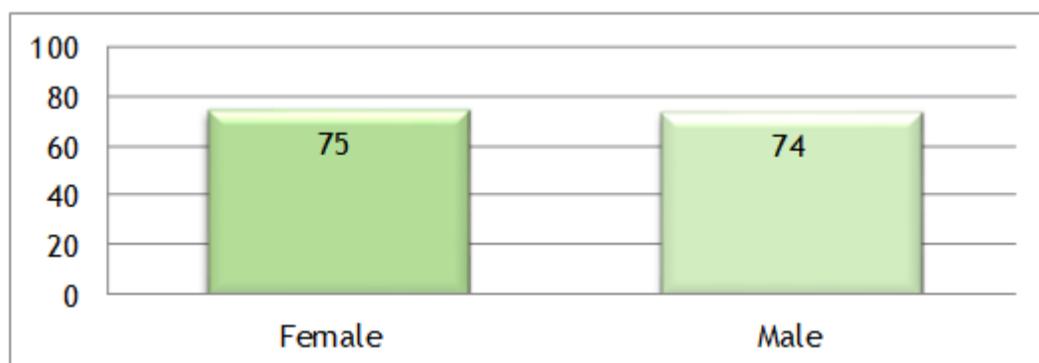


Figure 2. Distribution of students by sex participating in the educational intervention. Picos (PI), Brazil, 2018.

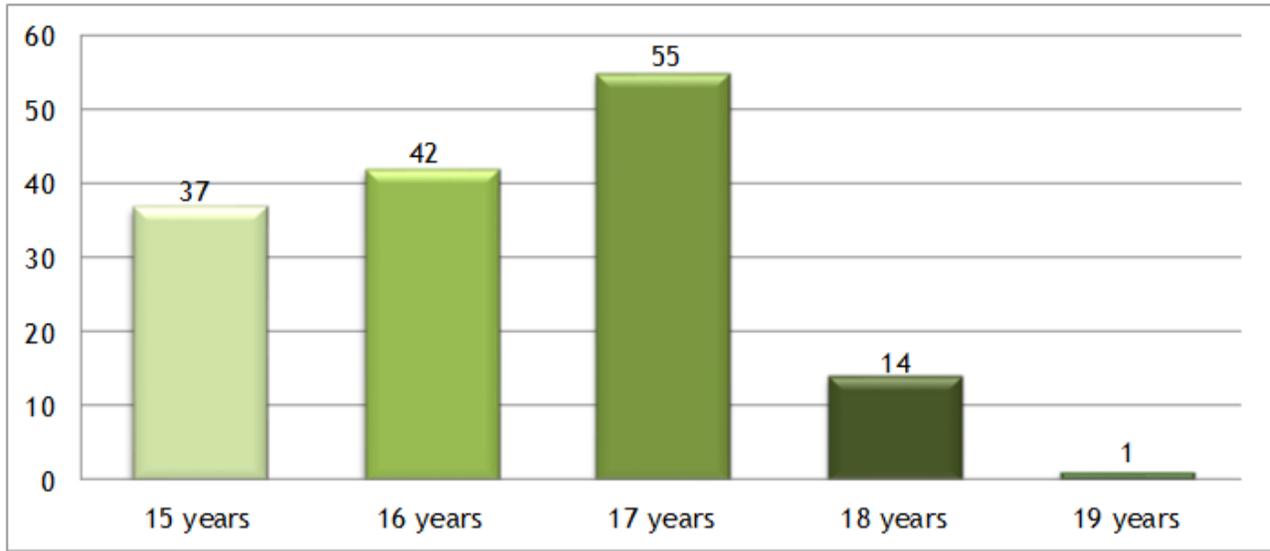


Figure 3. Distribution of students, by age, present in the educational intervention. Picos (PI) Brazil. 2018.

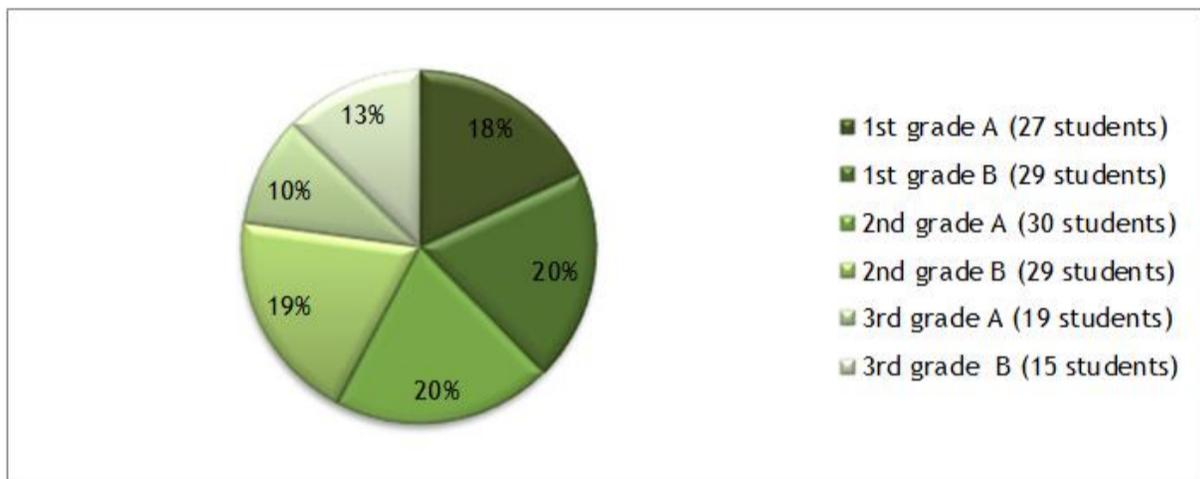


Figure 4. Distribution of students, by class, present in the educational intervention. Picos (PI) Brazil. 2018.

## DISCUSSION

It was noticed that the intervention could supply the expected number of students present. It was also observed that the adolescents aroused interest in the topics discussed, as there was a lot of interactivity and participation, on the part of all, by asking questions, expressing opinions and previous knowledge on the subject.

The presentation of this lecture signaled the effectiveness of employing this type of educational strategy, in addition to the fact that the school environment proved to be a promising terrain for the work of health professionals, especially the nurse at the FHS level, so that they can act as promoters of development together with other health and education professionals with measures that provide changes in unfavorable realities, benefiting the health and well-being of young students.

It is noticed, in line with the reports of the directors and teachers of that school, the lack of knowledge that involves the theme of sexual and reproductive health on the part of their students and that the poverty of this knowledge is configured as a great vulnerability to the emergence STIs and teenage pregnancy. Apathetic educational measures focused on the sexuality of

this population are evident, so that, in the school environment, they are restricted to the limited classes of the Biological Sciences discipline.<sup>13-4</sup>

Based on the discussed STIs, it was found that the knowledge of knowledge is scarce, which is understood through the frequent doubts expressed by students during the explanation of the theme, which converges with research from several other states that found that debates and discussions about STIs were restricted, requiring a greater demand for educational interventions through the Health at School Program.<sup>15</sup>

It was found, consistently, that among the reports of students' prior knowledge directed to contraceptive methods, those related to the male condom prevailed, however, such understanding is quite limited due to the fact of not using it correctly, which supports results found in other descriptive studies, which ratified the male condom as the most mentioned, to the point where they pondered the lack of practical knowledge of it.<sup>16-7</sup>

On the other hand, in the aspect of teenage pregnancy, the importance of addressing the health promotion of those permeated by a pregnancy at this stage of life is emphasized, to the point that issues of school dropout and gestational risks are quite frequent problems in

this population, therefore, the educational activities of teenage pregnancy are not restricted to contraceptive methods only.<sup>18</sup>

Thus, through the method of health education produced in this study, research conducted in cities in the states of Maranhão, Amapá and the Pondicherry settlement is ratified, in India, to the point that corroborated the results observed in the dissemination of knowledge in the promotion of sexual and reproductive health for adolescent students.<sup>13-4,19</sup>

Thus, educational practices aimed at sexuality and reproductive health for adolescents are essential, since they contribute to the process of training adolescents. It is inferred that it is in these educational practices that dialogue, the transfer of information and the acquisition, by the adolescents, of knowledge inherent to the practice of the safe sexual act are promoted.<sup>20</sup>

## CONCLUSION

From this study, it was allowed the approximation of nursing students with the school space, making it possible to understand, understand and experience the role of nurses as health educators from the operationalization of existing devices such as the HSP to promote the health of specific groups like adolescents. There was an intervention, constructively and dialogically, with the students, promoting an enriching environment in the dimensions of knowledge about their sexual and reproductive health.

However, there were gaps in this experience regarding the discussion of sexual and reproductive practices in the school context with adolescents, which points to greater attention in the programming of the themes that deserve to be discussed by educators, since the risks and vulnerabilities existing in the adolescent phase leave the sexual and reproductive health of young people at the margin of problems and difficulties that can be avoided by health education.

It is suggested, then, to carry out new studies that use the school space with adolescents, parents, relatives, educators, health services and society in general for the propagation of dialogues regarding the themes that plague adolescents' daily lives, like pregnancy and STIs, allowing them to know and enjoy safe and effective methods, making them aware of health education to adopt healthy sexual and reproductive habits and practices, thus expanding the social role of the school as an institution that promotes and promotes health in adolescence.

## CONTRIBUTIONS

It is informed that all authors contributed equally in the design of the research project, collection, analysis and discussion of data, as well as in the writing and critical review of the content

with intellectual contribution and in the approval of the final version of the study.

## CONFLICT OF INTERESTS

Nothing to declare.

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