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GROUPS OF ELDERLY AND THE INCLUSION OF NURSING ACADEMICS: AN EXPERIENCE REPORT

GRUPOS DE IDOSOS E A INSERÇÃO DE ACADÊMICOS DE ENFERMAGEM: RELATO DE EXPERIÊNCIA

GRUPOS DE EDAD AVANZADA Y LA INCLUSIÓN DEL ACADÉMICO DE ENFERMERÍA: UN RELATO DE EXPERIENCIA

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ABSTRACT

Objective: reporting the experience of nursing academics participants of a university extension project, with groups of elderly community. **Method:** a descriptive study, of type experience report about an extension project developed by nursing students in groups of elderly community in a town in the north of Rio Grande do Sul (RS). **Results:** there was stressed the importance of the older age groups to promoting integration and social inclusion of these, beyond emphasizing the value of group activities in the training of the nursing professional. **Conclusion:** the inclusion of nursing students in groups of living space creating possible exchange of knowledge among seniors and students, in which they had the opportunity to expand knowledge about aging and develop skills in group activities, and promoting social inclusion of those through space interaction between different generations; too, realized the satisfaction of the elderly by the activities. **Descriptors:** Elderly; Health Promotion; Nursing.

RESUMO

Objetivo: relatar a vivência de acadêmicos de enfermagem participantes de um projeto de extensão universitária, junto a grupos de convivência de idosos. **Método:** estudo descritivo, do tipo relato de experiência, sobre um projeto de extensão desenvolvido por estudantes de enfermagem em grupos de convivência de idosos em um município do norte do Rio Grande do Sul (RS). **Resultados:** salientou-se a importância dos grupos de idosos para promover a integração e a inserção social destes, além de ressaltar o valor das atividades grupais na formação do profissional de Enfermagem. **Conclusão:** a inserção de acadêmicos de enfermagem em grupos de convivência possibilitou criar espaço de troca de saberes entre idosos e estudantes, em que estes tiveram a oportunidade de ampliar conhecimentos acerca da terceira idade e desenvolver habilidades em atividades grupais, além de promover a inserção social daqueles, mediante espaço de convívio entre diferentes gerações; também se percebeu a satisfação dos idosos pelas atividades. **Descritores:** Idoso; Promoção da Saúde; Enfermagem.

RESUMEN

Objetivo: presentar la experiencia de los académicos de enfermería que participan de un proyecto de extensión universitaria, con grupos de la comunidad de edad avanzada. **Método:** un estudio descriptivo, del tipo relato de experiencia, a cerca de un proyecto de extensión desarrollado por estudiantes de enfermería en grupos de comunidad de ancianos en una ciudad al norte de Rio Grande do Sul (RS). **Resultados:** se destacó la importancia de los grupos de mayor edad para promover la integración y la inclusión social de estos, además de enfatizar el valor de las actividades de grupo en la formación del profesional de enfermería. **Conclusión:** la inclusión de los estudiantes de enfermería en grupos de convivencia hizo crear espacio de intercambio de conocimientos entre las personas mayores y estudiantes, en el que tuvieron la oportunidad de ampliar el conocimiento sobre el envejecimiento y el desarrollo de habilidades en actividades de grupo, y promover la inclusión social de aquellos a través de espacio de interacción entre las diferentes generaciones; también, se dieron cuenta de la satisfacción de las personas mayores por las actividades. **Descriptor:** Ancianos; Promoción de la Salud; Enfermería.

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INTRODUCTION

The Census of the Brazilian Institute of Geography and Statistics (IBGE), conducted in 2010, shows that 12% of the population consists of elderly people - individuals aged 60 or older - who correspond to more than 18 million people.¹ In this scenario, the projections show that Brazil will be the sixth most aged country in the world in 2025, with more than 34 million elderly, covering about 13% of the population.² It is estimated that this population growth will produce increasing social and economic demands.³ Considering this, it can be said that all countries, especially the developing ones, should promote measures to encourage older to remain inserted for active and healthy people in society.

Historically, the elderly have experienced social segregation and there are still situations in which they live excluded from the fellowship of the society, especially from their retirement, when they lose or diminish their bonds of friendships. The National Policy for the Elderly was launched only in 1994 with the aim of ensuring social rights of the gerontes.⁴ In 2003, after years of pending in Congress, the Elderly Statute was approved, bringing in its paragraph IV the need for viability of alternative forms of participation, occupation and living of the elderly with the other generations.⁵ In 2005, the World Health Organization (WHO) indicated three pillars of the policy framework for active aging: participation, health and safety.³ It is worth noting that the different spheres of government, whether federal, state or local, have the responsibility to provide conditions for the elderly to remaining in the family and social area. However, such policies are still relatively new and are covered by some governments and also by the general population.

In this context, the municipalities have been challenged to provide these population segments assistance of a higher quality, which exceeds the scope of charity and segregation. These issues demand new ways of thinking and operating dealing with elderly, requiring coordinated action by government bodies, professionals in the field of health and social care and society as a whole. When considering these aspects, the elderly groups emerged, still in 1970, in São Paulo, through the Social Service of Commerce (SESC) as one of the alternative forms of social participation of older people and, over time, broadcast - the experience for the whole country.⁶

Specifically in relation to old age, the

activity of group nature assumes great importance in this context, providing a listening space for socialization and exercise in this population group. Group meetings with older people play a significant role in promoting the reconstruction of their identity, which may be compromised, and provide a reconnection with the family.⁷

A study carried out with coexistence groups identified that the majority of elderly goes regularly to these spaces in order to get in touch with people and thus build new friendships. Moreover, after attending the groups, changes occurred in your life, such as enlargement of the bonds of friendships, involvement in new activities and also started to feel better physically and psychologically.⁸

Another research has shown that groups of elderly community can be important vehicles for health actions reaching a significant number of gerontes. It also described the profile of their regulars: in the majority were women, widows, aged 65-74 years old, with primary schooling. Also showed that the elderly had at least one disease, using, on average, a drug whose most frequent indications were: hypertension, diabetes mellitus, heart disease and osteoporosis.⁹

It is understood that the group as a resource for health care, is a strategy that allows changes in the way humans understand and accept responsibility for your health, improving quality of life and increasing the effectiveness of the relationship between users and health services. This indicates that the domain of this technology is critical and professional training for both is an urgent need.¹⁰

Working in groups is, for nursing, one of the ways to stimulate the process of health education, because this area has the professional responsibility to make disease prevention and health promotion activities. Furthermore, in relation to nursing and group activities, group work is a form of intervention used by this profession since the academic training, either in direct patient care or in interaction with other team professionals.¹¹

In research aimed at understanding the life of an academic undergraduate degree in nursing health education activities, it is evident that participation in extension projects is the main way to develop the practice of health education, and come to approximate the training institution with health services.¹²

In a study that sought to understand the expectations of the elderly who experience nursing actions in primary care and point out

their needs in this context identified gaps in technical and non-technical nature. Among the main technical actions are referenced by the elderly: take medications, check blood pressure and blood glucose. In non-technical actions are activities such as walking together, give directions, explain how to live better and chat.¹³ These data demonstrate that the expectations of senior public regarding the actions of the nursing professional activities transcend technical and actions of socialization, like walking and talking, are recognized as professional competence and has its due importance in the interaction between both.

This study aims to describe the experiences of nursing students with groups of living for the elderly in a municipality in the north of Rio Grande do Sul. The insertion of academics in this space is given by means of an extension project in partnership with the City Desk Social Assistance (SMAS), which also makes the monitoring of such groups. The project aimed to increase the socialization of older people, through the inclusion of nursing students in groups of living to conduct educational activities aimed at promoting physical, social and mental health.

METHOD

This is a descriptive study, of type experience report, on the experience of nursing students participating in a university extension, next to groups of seniors. In the development of this project we use a theoretical and experiential approach, in which students are placed in group activities with the use of tools that facilitate interaction, cooperation, communication and cohesion among group members.¹⁴

In the city, the study place, there are, at present, five groups of seniors in operation in urban areas and two in rural areas, all independently structured and have previously established operating location. These have their own board and activities that routinely develop in each are similar. Operationally, there is binding an average of ten nursing students at each of the groups of the urban elderly. It is noteworthy that in each group meeting involved an average of four students; with relay these encounters in group activities.

The meetings are weekly, lasting about two hours, in which one of them is coordinated by the team of professional SMAS and the other by a group of nursing students. Thus, the inclusion of students in the groups has been fortnightly. Academics adopt one of the groups and are responsible for identifying the

issues and activities of interest, suggested by older people themselves, to be later worked. This project is being developed since 2009, includes the groups located in urban and benefits approximately 200 seniors. It is noteworthy that these activities are accompanied by teachers who also coordinate the extension project.

RESULTS AND DISCUSSION

The worldwide trend in conducting group activities, plus the characteristic of the man to establish himself as a gregarious being, makes you think that way, the nursing professional should be positioned opposite to the experiences of the groups experience.¹⁵ group activities performed by this professional range from tasks performed by team, made up guidelines to a group of people in need of emotional support or who is learning to adapt to new situations of life.¹⁶ Thus, it is relevant that the students prepare, with theoretical and practical tools, even during graduation, so you have instruments to handle future situations in professional life.

A group can be described as a group of people driven by similar needs and who meet around a specific task, with common goal, each participant is different and exercising their speech, their opinion, their silence, defending his point of view.¹⁷ Of yet, an operating group is characterized by the ratio that its members have with the task of healing or knowledge acquisition. The aims and purposes of the operative groups focus on the solution of stereotypical situations, learning and communication, which can lead to anxiety due to change.¹⁷

One group, for its operation should include some basic conditions such as: maintain a stable space and time, has own specific laws and mechanisms, to maintain a stipulated amount of members, so that will not preclude the communication between them. Moreover, all its members must be gathered in support of a task or a common goal.⁷ Still, it is inevitable the formation of a dynamic group field in which gravitate anxieties, fantasies and identifications, with the emergence of common affective interactions among its members. In building a group must preserve the identity of its components, although it set into a new entity grupal.⁷

Having this framework as a backdrop, the activities during the extension project include the provision of space for sociability and health education through conversation, discussion of themes related to the health field, using techniques of group animation, filmmaking care nursing (checking blood

pressure and blood glucose), socialization and gatherings. Subjects requested by the elderly are related to aging, healthy eating, diabetes mellitus, systemic arterial hypertension (SAH), arthritis, breast and cervical cancer, among other process. In this context, we have observed greater concern to the elderly about SAH and measures for their control in order to check the blood pressure is a practice carried out periodically by the students in group meetings. Highlights the important partnership with the SMAS, with which teachers and students have worked and interacted in line in order to enhance the activities being carried out with groups of elderly.

With this activity several positive results were seen for both groups of elderly regulars and for nursing students involved. Thus, one can cite the increased bonding between gerontes and students, through the exchange of experiences and information, constituting an action in health education, enabling the rescue of elderly citizenship and promotes social inclusion. Due to the characteristics expressed by groups, they come to be regarded as operating groups of teaching and learning, with the core ideology of the group "seize" grasp. Also, another feature present in this group modality is that the formation of concepts themselves has more value than the passive transmission of knowledge.¹⁸

To nursing students, the activities enable a single gain in technical language and communication with the elderly population, teaching skills in a clear and concise manner on different subjects, acquisition of skills and knowledge regarding how groups, gaining knowledge about the most recurrent diseases in the elderly, and also learning about the experiences and difficulties of old age. Thus, the actions performed by students are relevant and exploitative change of lifestyle for both the elderly and for the academics as well as being possible to produce actions to promote health to a population group that needs constant monitoring, promoting the inclusion social thereof.

The importance of theoretical and practical knowledge of group activities for the education of nurses is due to its wide range of applications and its benefits. Moreover, the need for educational practices is perceived in all specialties of health and group activities show up as a means to contemplate such a need.¹⁹

Therefore, the experience shows that the development of group activities is essential to the process of health education with the elderly population. Thus, appropriating the

theoretical and methodological framework for groups, even within the academy is important and necessary for professional development, in order to be consistent, skilled and resolute groups that promote health and improve the quality of life of gerontes inserting them socially.

CONCLUSION

The evaluation of the activity along the coexistence groups for the elderly has shown positive, because it enables the construction of a field to exchange knowledge and practices for academic and seniors. Such coexistence is essential for training as it nears future nurses with older people, developing skills for group approach, in addition to accrue knowledge management with the audience of this population stratum, which is a significant number in Brazil and worldwide.

The receptivity of the academic members of the groups is another factor to be highlighted, because the insertion of these in this space has given a new perspective to their education, and to promote social inclusion of gerontes. Thus, it is concluded that the groups of seniors are important sites of insertion of the elderly in society. For academics, there is the possibility of catalyzing actions of health education, along with a public susceptible to health problems and also promote interaction between different age groups.

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