

133 - NURSING AND ENVIRONMENTAL HEALTH EDUCATION IN COMMUNITY: LINKING THE DIALOGUE TO THE CARING.

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INTRODUCTION

Education in health is one of the functions of major relevance in the nurse's work, because through it people, subjects of their learning, may be motivated to transform their lives, and this premises one of the goals of this kind of education (TREZZA; SANTOS; SANTOS, 2007).

In the context of the discipline of epidemiology and environmental health of undergraduate nursing course at the Federal University of Rio Grande do Norte (UFRN), students conducted an epidemiological profile of the district of Santa Tereza, in Parnamirim/ RN, through giving over fifteen questionnaires to the habitants of that area to answer. The epidemiological profile aimed to identify factors associated with the health-disease-environment in the community, discovering the environmental health problems.

From this profile, students were able to identify that 100% of the houses were made of masonry; the origin of water was the tap; the destination of the served water was septic tank and the garbage's destination was the regular collection. 46% of the interviewed ones consume water without any kind of treatment. Residents complained about the presence of insects and venomous animals at their houses. However, they didn't realize the presence of many environmental and health problems, such as sewage and garbage on the streets.

66.67% of the respondents (10 people) considered themselves responsible for the environmental quality of their city and their neighborhood, while 83.33% (12 people) considered themselves responsible for the environmental quality of their street. According to observations during the visits and the results of the questionnaires, it is understood that the socioeconomic factors such as family income and, especially, the low education rate, associated to low social awareness of the interviewed families reflected on an environmental wrong perception about the health-disease process, and the determinants and conditioning factors of health. In general, the interviewed people considered themselves responsible for environmental issues, but they didn't consider themselves as people who could change the environmental context they were facing.

Considering the distorted vision about the existence of environmental and health problems that the residents had, proved by the epidemiological profile of the studied population, a group of students in undergraduate Nursing of UFRN developed the project "Dengue Fever, Water and Garbage" as practical activity of the discipline of epidemiology and environmental health.

The aim of this paper is to report the participation on the environmental health developed by academic students from a perspective of education on public health. This study is motivated by the limited quantity of studies about the nurses' role in the environmental health education.

METHODOLOGY

The project was conducted during May 2007, in Santa Tereza, in Parnamirim/RN city, in partnership with professionals from the Family Health Unit (FHU) Santa Tereza, and representatives of groups of elderly, principals and teachers of schools. Counting the participation of elderly, children and teenagers, Eradication of Child Labor Program (PETI) and two public schools (Mentioned in this article as A and B).

Therefore, the participative methodology was the method chosen for the project Dengue fever, Water and Garbage, seeking integrate students, children, adolescents, elder people in discussions about environmental issues, based on topics: Oral health and problems with trash, Garbage and diseases, Dengue fever and Health, Consuming of water: the importance of treating it.

Thus the general objective of the activities was discussing environmental health, specifically to: integrate the elderly, children, adolescents and the Family Health Unit of Santa Tereza, making the children become more aware about health issues, encouraging young people to preserve, respect and care about the environment and discuss about Environmental Health with elderly people.

The expectations of the academics about the actions involved awareness about health and the environment issues. The methods used for sharing knowledge among participants of the education on environmental health education were: drama, with puppet shows, mini-lectures, pictures and drawings, movies and dynamics.

The evaluation was performed while the activity was going on, by the use of posters with three symbolic figures: "Good!", showing the positive points of activities, "Too bad", negative points, and "HowAbout It!", suggestive points.

On this action the presence of 35 children was expected, they have been on PETI for six to ten years. To illustrate it, they used posters, pamphlets and puppet systematized by this sequence: setting trash illustrated by the posters fixed all over the rooms and in some specific environments of the school; Little drama with puppets; explanation about how to do oral hygiene and its importance; distribution of educative pamphlets to the children's families, guidelines about the trash, evaluation of the activities and free time with the children. The evaluation was performed while the activity was happening, by going over questions related to oral health and the Trash, and resolution of questions on the issues discussed in the puppets presentation. At the end of the activities, posters were used with three symbolic figures: "Good!", "Too bad ..." and "How about it?".

The action has resulted in a full room of twenty-eight students, from six to nine years old. In the evaluation, fifteen children participated: nine said "Good!", two said "Too bad" and four said "How about it?", Suggesting more time in performing the next activity and the use of other instruments on the explanation about oral hygiene. At the end of the activity, there were three children who asked if PETI and any other assistance would make any other activity soon. The team got satisfied with the results, since the dialogue occurred between students and children, whose doubts have been clarified, it was very intelligent way for getting rid of all the prejudice since now they have prior knowledge about the subject discussed.

We believe that health education can be an important tool for the construction of a health practice that enhances life, the popular knowledge and, above all, has as a paradigm the concept of health and social development of positive disease process. 8 Thus, the activities on oral health and problems with the trash "surpassed the expectations of the students, because it

involved the understanding and training multipliers of information concerning issues of dental health and the garbage's problem.

GARBAGE AND WATER

The event "Garbage and Water" happened at the Middle Municipal School A, in a class of 3rd year. It was expected the presence of thirty-one children, they were six to eight years old. It was hoped the understanding and training of people able to divulge information related to issues like consumption and water treatment and the garbage's problems.

The health education is one of the main functions of nursing professionals and it is an area of activity in which our workers of all levels use and abuse of creativity, innovation and ability to improvise (TREZZA; SANTOS; SANTOS, 2007).

Seeking to treat the issue in a more attractive and interactive way, this action has made use of methods like posters and puppets systematized by this sequence: fixing posters about garbage problems in rooms, corridors and restrooms of the school; presentation of puppets on a dramatization about Trash and Water; explanation of the topics covered in the presentation, related to the damage that garbage makes on the environment and the evaluation of the activities.

During the presentation of puppets, made inquiries about the waste and the consumption and water treatment. At the end of activities, the evaluation was performed using posters with three symbolic figures: "Good!", evaluating positive approaches to the content, "Too bad", for negative points, and "How about it?", for suggestive points coming to practice.

In the face of initial expectations, the action took place in a room of 37 students, from 6 to 7 years old, some of the children on this school participated of the activities at PETI. In the evaluation, nearly all the children said "Good", two said "Too bad" and eight said "How?", suggesting more time of puppets presentation, and it was suggested the delivery of a little gift for each student.

At the end of all activities, six children asked if the other school A was going to do some more activities like those and when they were going to make it. The group prepared for the discussions considered this activity better than the other made before, because of the class of third year had already knowledge about the more homogeneous issues when compared to children in PETI. This difference between the actions can be explained not only by being different audiences, but because the children of PETI passed and still go through serious family problems that interfere significantly on their attention and interest about the activities.

DENGUE FEVER AND HEALTH

The educational work in groups is a valuable alternative to seek the promotion of health that allows deeper discussions and the expansion of knowledge, so that people overcome their difficulties and achieve greater independence, better health and quality of life (SANTOS; LIMA, 2008).

In Santa Tereza USF twice a week, a group of elderly hypertensive and diabetics meets to make guidance on health issues, and walking under the technical direction of a nursing staff of the Unit. The action was conducted with elderly people in the school auditorium in the City B because USF didn't have space available for the activity.

It was expected an audience of 30 to 40 people, only those who participate of the walking frequently, but 55 seniors attended. A technical nurse and a nurse team of the ESF Santa Tereza also participated as listeners. Posters about the chain of transmission of dengue and general information about the disease, puppets and paper with questions for a dynamic closure were used by the group facilitator of act. The sequence of activities was: fixing of posters about dengue and its epidemiological chain, presentation of puppets; comments on the speech of the puppets, mini lecture about dengue and its ways of transmission using the posters set, with intense participation of the elderly people telling about their experiences; dynamic of papers with questions and curiosities about dengue, orientation and emphasis on preventive measures to combat dengue; lot of gifts and evaluation of the activities.

During the execution of the activities, questions were made about dengue, with listening to reports of experiences of elderly people who became ill or already have engaged in health surveillance against the disease, and resolution of questions on the issues discussed in the presentation of puppets and some more questions.

At the end of activities, posters were used to evaluate the proposals with three symbolic figures: "Good", "Too bad ...", and "What about it?". All said "Good!", Approving and praising the initiative to make such a speech. As "What about it?", Many suggested to stop with the giveaway of gifts, many said "What a sad thing ... I wanted it to continue", explaining the desire to participate of new activities.

The materials used in speech were delivered to Santa Tereza USF by the request of its professionals. The technician and the nurse's satisfaction with the USF showed intense intervention carried out and encouraging the continuation of the project "Dengue fever, Water and Waste."

Thus, the facilitator group of the activity, were satisfied by the intense participation of the elderly, always exposing their ideas and experiences, showing interest in health surveillance of the neighborhood.

TRASH AND ENVIRONMENTAL EDUCATION

The activities on Trash and Environmental Education were held at the Municipal School B. It was expected an audience of 50 teenagers in 9th grade, from 14 to 18 years old, during the Art and Science classes. The expectations about the teenagers and about the action involve understanding and awareness about the value and the necessity on keeping educating them in environmental health.

This activity held a audience of teenagers so, this action used audiovisual resources (movies), organized by the sequence: movie "Island of Flowers", with comments about the garbage problems in order to stimulate the critically-reflexive of the adolescents; the movie "Environmental Education", explaining what is environmental education, their goals and their importance; the movie "deface", showing the degradation of the environment by the humans. After the movies. There was a debate about the role of humans as agents of transformation and preservation of the Environment, in addition to evaluating the action performed.

The evaluation was made by the concepts "Good", "Too bad ..." and "What about it?" Without the use of posters displayed in the other activities. During the past activities, the assessment by critical questions about issues related to Education and Environmental Health, and the garbage was made, and the resolution of questions on the issues discussed in the movies. As the initial expectations of the group, the action took place in a room of forty-five students. In the evaluation, only five teenagers participated with suggestive points about spending more time on performing the activities and what were the best videos chosen for the discussion.

The team believes that the results of the activities over passed the initial expectation, because even though the teenagers were not feeling like sharing what they've learned with the whole activity, they were attentive to the discussion and presentation of the movies. The proposal is to start doing little changes every day, even if it is one change at a time, in each one of

us (TREZZA; SANTOS; SANTOS, 2007). Nursing students left this activity knowing that their role on the awakening of a new view to preserving the environment was made, and that most of the teenagers got the message.

CONCLUSION

After the implementation of educational practices, the students realized the importance of having a education in environmental health. They believed that they had contributed to the training of multipliers of information and the awareness of issues related to health and environment in a critically-reflexive way creating new environmental protector agents. It is essential to stimulate knowledge of the individual and collective participation on building a healthier environment, which permeates through education.

Therefore, education on environmental health should not be restricted to discussion of issues relevant to environment and health, but should allow students a critical-reflective analysis of their environmental and social context, especially on their role as transformers of the environment. This role can be exercised by all human beings either through interventions in the health-disease-environment, either by participation in the preparation either by the implementation of public policies of environment and health. Thus, there should be an awakening on this generation about caring and respecting the environment as a factor of determination of the health of all the human beings.

It is hoped that this report may stimulate such awakening, involving health professionals, particularly nurses, in the formation of dialogue opportunities for the community and educational groups, especially within the public health. Therefore, education in environmental health involves the interaction between professionals and users as a light technology important to nursing care, allowing the flexible use of dialogue, arts and creativity on building the critical-reflexive knowledge appropriate to the context of the community.

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NURSING AND ENVIRONMENTAL HEALTH EDUCATION IN COMMUNITY: LINKING THE DIALOGUE TO THE CARING.

ABSTRACT

The present study is about an experience developed by Nursing students of UFRN working on the project "Dengue Fever, Water and Trash" as an educative practice for the course Epidemiology and Environmental Health in Family's Health Unit (FHU) in Santa Tereza, Parnamirim/ RN. It had as subject elderly people, children, and teenagers, and, it aims: link the community to the FHU, orientate questions related to environmental health and discuss about preservation, respect and caring of the environment for a better quality of life. The participative and interactive with groups methodology were used. The discussed themes were: oral health, dengue fever, trash and diseases related to; consume and treatment of water. The methods used were adapted to the age of the participating public: puppets, lectures, discussions, movies and dynamics. It was concluded that the experience woke up the interest of groups and contributed for an approximation of the teaching/ service/ community.

KEYWORDS: Health, Environmental Education, Nursing.

SOINS INFIRMIERS ET DE L'ÉDUCATION EN MATIÈRE DE SANTÉ DE L'ENVIRONNEMENT DANS LA COMMUNAUTE: JOINTURES DIALOGUE ET INFIRMIERS

SUMMAIRE

Cette étude est une expérience développée par des étudiants de sciences infirmières UFRN le projet "La dengue, l'eau et des déchets" comme une pratique d'enseignement de la discipline Epidemiology and Environmental Health Unit, la santé familiale (USF) Santa Tereza, Parnamirim / RN. Les participants étaient des personnes âgées, les enfants et les adolescents, et les objectifs suivants: intégrer la communauté et l'USF, l'orientation sur les questions liées à la santé environnementale et de discuter de la préservation, le respect et soin de l'environnement pour une meilleure qualité de vie. Nous avons utilisé une méthodologie participative et des groupes interactifs. Les thèmes abordés ont été: la santé bucco-dentaire, la dengue, les déchets et les maladies liées à cela, la dengue et de la santé, la consommation et de traitement des eaux. Les méthodes adaptées à l'âge du public participant: des marionnettes, des conférences, le dialogue d'exposition en fonction, des films et dynamique. Conclu que l'expérience réveillé les groupes d'intérêt et a contribué à rapprocher l'éducation / Service / community.

MOTS-CLÉS: santé, éducation environnementale, de soins infirmiers.

NURSERÍA Y EDUCACIÓN EN SALUD AMBIENTAL EN LA COMUNIDAD: ARTICULANDO EL DIÁLOGO Y EL CUIDADO.

RESUMEN

El presente trabajo trata de una experiencia desarrollada por estudiantes de Enfermería de la UFRN en el proyecto "Dengue, Água e Lixo" cómo práctica educativa de la disciplina Epidemiología e Salud Ambiental en la Unidad de Salud de la Familia (USF) Santa Tereza, Parnamirim/RN. Tuve como participantes viejos, niños y adolescentes. Cómo objetivos: integrar comunidad y USF, orientar sobre cuestiones relacionadas a salud ambiental y discutir acerca de la preservación, respecto y cuidado con el medio ambiente para una mejor cualidad de vida. Se ha utilizado de la metodología participativa e interactiva con los grupos. Los temas abordados fueron: salud bucal, dengue, residuos y las enfermedades a este relacionadas; dengue y salud; consumo y tratamiento del agua. Los métodos utilizados se han adaptado al nivel de edad del público participante: fantoches, palestras, exposición dialogada, filmes y dinámicas. Se ha concluido que la experiencia ha despertado el interés de los grupos y ha contribuido para la aproximación enseñanza/servicio/comunidad.

PALABRAS CLAVE: Salud, Educación Ambiental, Enfermería.

ENFERMAGEM E EDUCAÇÃO EM SAÚDE AMBIENTAL NA COMUNIDADE: ARTICULANDO O DIÁLOGO E O CUIDADO**RESUMO**

O presente estudo trata de uma experiência desenvolvida por estudantes de Enfermagem da UFRN no projeto "Dengue, Água e Lixo" como prática educativa da disciplina Epidemiologia e Saúde Ambiental na Unidade de Saúde da Família (USF) Santa Tereza, Parnamirim/RN. Teve como participantes idosos, crianças e adolescentes, e, como objetivos: integrar comunidade e USF, orientar sobre questões relacionadas à saúde ambiental e discutir acerca da preservação, do respeito e cuidado com o meio ambiente para uma melhor qualidade de vida. Utilizou-se a metodologia participativa e interativa com os grupos. Os temas abordados foram: saúde bucal, dengue, lixo e as doenças a este relacionadas; dengue e saúde; consumo e tratamento de água. Os métodos utilizados adaptaram-se à faixa etária do público participante: fantoches, palestras, exposição dialogada, filmes e dinâmicas. Conclui-se que a experiência despertou o interesse dos grupos e contribuiu para a aproximação ensino/ serviço/ comunidade.

PALAVRAS-CHAVE: Saúde, Educação Ambiental, Enfermagem.

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