

31 - PHYSICAL ACTIVITY AND EDUCATION IN THE ELDERLY HEALTH: A REPORT ON AN EXPERIENCE PROMOTED BY NURSING STUDENTS

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INTRODUCTION

Health services go beyond clinical and healing treatments in such a way as to develop health prevention and promotion.

Health Education includes appropriate public health policies along with a pedagogical methodology aiming to build citizenship through action, which results in life quality improvement.

In Brazil, the life expectation of the elderly population has expressively improved. However along with such improvements its necessary a to invest in the promotion of health for the elderly population as well, otherwise the life expectancy increase may result in living longer with Non Transmissible Chronic Diseases (DCNT) and handicaps. In this manner, activity is a matter of great interest for the National Public Health (Barreto, 2005).

Cardiovascular diseases are nowadays among the main causes of death in all Brazilian regions. If those are not prevented and managed, they demand an increasingly expensive public health expense to the Sistema Único de Saúde (SUS) (Single Health System, Brazilian public health system*) (Malta; et al, 2006) NETCDs (DCNTs) may affect the elderly population functionality. Studies show that dependency for the performance of Daily Living Activities – D.L.A. – (AVD) has a tendency to increase in 5% around the individual aged 60 and 50% among individuals aged 90 or older (Brasil, 2006). There is a need for primary prevention aiming to favorably change possible risk factors that may cause physiological undesirable changes. This way physical activity and/or physical exercise may act on the primary, secondary and tertiary health's attention.

This article has the objective to demonstrate preventive action practices as developed in the extension project implemented by the nursing school undergraduates.

Activities were planned based on the promotion of health habits. Those activities encompassed health education and group walks.

The project was implemented at Santa Cruz a municipality of RN, through a Basic Health Unity – B.H.U. (UBS). Due to its epidemiologic reality, it was observed a large number of people with chronic – degenerative diseases, specifically high blood pressure (H.B.P.). Data from the Basic Attention Information System (BAIS) - (Stad, 2009) at the municipality showed such diseases affected 13,56% of the population above 15 years old in the community.

Upon starting the project at the Basic Unit, along with the family Health team and the community, the students felt a need to form an elderly group in the neighborhood. After close scrutiny it was found that no action for health promotion was being developed in the neighborhood excepting for the Diabetes and Hypertension Programs.

So, the project had as its main objective to build and develop actions aiming to modify elderly reflection/action, working towards an end result to transform thinking and doing in the ways related to elderly living. Stimulation, Physical activities and workshops were used as tools to reach the objective.

The proposal stemmed from the Supervised Extension Curricular Practicum I, a class taken by the students at the Nursing School. After one year of team work, the project became an extension program activity.

The health benefits of physical activity have been extensively documented and showed its positive impact on biological, psychological and social levels. Individuals who change from a sedentary to an active life style have a 40% decrease of death due to cardiovascular diseases. Along with healthy eating habits, its possible to reduce Diabetes II progression, showing on this manner that a small behavioral change may induce great health improvement (Brasil, 2006).

Dependency is the elderly population greatest fear. To avoid or postpone dependency is the health team objective especially at Basic Attention level. Elderly care must be a group work which involves, the elderly, the health team and the family. Basic Attention is the main avenue from the health system to the client, because it's guidelines are based on universality, coordination and care accessibility; integrity, responsibility, equality and social participation (Brasil, 2006).

METHODOLOGY

As methodology it was used a number of activities as developed by the "Walking Together For The Elderly Health", extension program implemented by the Nursing School Undergraduate students from Rio Grande do Norte State University (UERN) under the school's professors supervision.

The project started on July 2010, after the proposal been accepted by the elderly group and all family health team staff members.

Thematic workshops follow a schedule intercalated with the weekly walks organized by the project staff and take between 2 and 3 hours. A number of themes is explored having as guide line elderly experience. The workshops take place at the family Health Basic Unity at the DNER neighborhood, Santa Cruz municipality RN and include dynamic classes, as well as talks and debates, educational games and theater. Teaching materials include booklets, posters and several information technologies.

The walks take place at the Iberezão Stadium. The stadium belongs to the municipality and its amply used for walks. Before and after the walks, warm up and stretching are performed following instructions given by a P.E. professional who is a project partner.

The project evaluation has happened on regular basis.

To the present moment, the workshops presented themes such as physical activity, self medication, elderly vaccination, prostate, colon and uterine cancer prevention, sexuality and Mellitus Diabetes.

In order to ensure optimum elderly participation in the project, the Community Health Agents involved provide exceptional support, through visiting and inviting participation on individual basis.

RESULTS

Learning was boosted by the thematic workshops. The methodology is positively accepted by the project participants.

An important exchange of know ledge is taking place. The elderly were and are able to relate the subjects presented in the workshops to their own lives .In this manner strengthening relationships are solidified The participants acted very comfortably while sharing their experiences and life knowledge with the whole team.

It was observed that the project success was possible due to the connection established between health/ thinking and doing, as well as a the creation of a safe space for dialogue.

Regarding the walks, great energy and physical resistance was observed showing general health improvement. Nowadays the participants walk larger distance then before and do so in a shorter period of time.

The great importance of team work was observed as well Projects such as this one are brought to life when team work is positive. Individual effort, when added to the whole team effort brings good results.

Physical activities, workshops and talks were beneficial to both the elderly population and the project team, for health prevention and promotion were also being indirectly worked by the project team as a whole. At every moment ,we could break the routine, relax and have fun.

Physical activities bring benefits such as body performance improvement, diminishing functional losses, favoring and preserving independency and death numbers reduction due to cardiovascular disease; better blood pressure control; bone density maintenance resulting on better health for articulation and bones, resulting on posture and balance improvement. Weight control and fat loss; were also observed. Improvement of glucose levels and improved intestinal performance as well as immunological response improvement can also be mentioned among the benefits. Sleep quality and social contact were optimized as compared to previous data (Brasil, 2006).

FINAL CONSIDERATIONS

We realized that the students participation and involvement close to the elderly population allowed for a greater elderly interaction with the family Health team and the academic community, and also contributed to boost the elderly population self stem in the Santa Cruz community it self. It a strength then ed the University's social role before the spectrum or challenges pertinent to the contextual singularities of living/feeling and ageing.

We can't dismiss the fact that the project can also change the undergraduate perception while working with the health services. Closeness to the project stimulated reflection on the human condition and social/professional commitments related to the elderly population.

Finally the project: "Walking Together For The Elderly Health: and Stimulation For Life Quality" had as its main objective to reach beyond discussions. The project, in its essence works towards establishing a learning process to all involved and the exercising of a more humane and responsible citizenship through sharing experiences with the elderly population, who unfortunately it is still socially isolated and discriminated.

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ABSTRACT

The present report is an experience with the goal to demonstrate preventive action based on building healthy habits. The project was conducted by nursing students as an extra extension project. This extension project started on July 2010 and its being developed by 8 (eight) undergraduate students under the coordination of 2 (two) professors from Rio Grande do Norte State University (UERN). The project has a partnership with the Municipal Health Department, Family Health Program (PSF) and the community from the DNER neighborhood in the Santa Cruz (RN) municipality. Weekly walks with the elderly group are promoted on Tuesdays at the end of the afternoon Additionally, 2 or 3 hour long by weekly thematic workshops at the Basic Health Unit (UBS) with a group or 15 elderly individuals are being performed. The activities boosted interpersonal relationships among the elderly in the neighborhood as well as with the family Health Team and the academic community. Furthermore the project impacted positively on the elderly self determination and self esteem within the Santa Cruz community it self. It's noteworthy to mention the strengthening of the role played by the University regarding the contextual challenges lived by the elderly population. Thus it's also important to notice that the strengthening of partnerships among the academic community, the management of health services and the elderly population may give birth to opportunities of learning experience to all parts involved and the possibility to exercise a more humane citizenship.

KEY WORDS: Elderly, Physical Activity, Health promotion.

L'ACTIVITÉ PHYSIQUE ET EDUCATION A LA SANTE AVEC LES PERSONNES ÂGÉES: UN RAPPORT D'UNE EXPÉRIENCE DES ÉTUDIANTS INFIRMIERS**RÉSUMÉ**

C'est une expérience dont le but est de montrer les activités de prévention fondées sur la promotion de saines habitudes de vie, mis en œuvre à travers un projet d'extension développée par des étudiants infirmiers. Le projet d'extension a débuté en Juillet de cette année, et est développé par 08 étudiants en soins infirmiers de la coordination de deux professeurs de l'Université de Rio Grande do Norte (UERN). Partenariat avec le ministère de la Santé de la ville, le Programme de santé familiale (PSF) et de la communauté de voisinage DNER à Santa Cruz, RN. Promenades sont promues par semaine avec un groupe de personnes âgées, le mardi en fin d'après midi, et pour deux semaines à thème ateliers d'une durée de deux à trois heures dans l'Unité de santé de base, avec le groupe de 15 personnes. L'activité a fourni une plus grande interaction entre les personnes âgées dans le quartier, l'équipe Santé familiale et de la communauté universitaire, et d'accroître l'autonomie de cette population ainsi que leur estime de soi contre la société elle-même de Santa Cruz. Un autre résultat important a été le renforcement du rôle social de l'Université transmettre les questions concernant les singularités de la vivre ou sentir le vieillissement dans ce contexte. Dans ce contexte, il est clair que la création de liens entre la communauté académique, la gestion des services de santé et de la population peut permettre à une expérience d'apprentissage mutuel pour les personnes concernées et l'exercice de la responsabilité commune en tant que citoyens et êtres humains.

MOTS-CLÉS: personnes âgées, l'activité physique, promotion de la santé.

ACTIVIDAD FÍSICA Y EDUCACIÓN PARA LA SALUD CON LA TERCERA EDAD: UN INFORME DE UNA EXPERIENCIA DE ESTUDIANTES DE ENFERMERÍA**RESUMEN**

Esta es una experiencia cuyo objetivo es demostrar las acciones preventivas basado en la promoción de hábitos saludables, implementado a través de un proyecto de extensión desarrollado para los estudiantes de enfermería. El proyecto de ampliación se inició en julio de este año, y está siendo desarrollado por 08 estudiantes de Enfermería coordinado por dos profesores de la Universidad de Rio Grande do Norte (UERN). Colaboración con la Municipal de Salud, Programa de Salud Familiar (PSF), barrio de la comunidad DNER en Santa Cruz-RN. Paseos se promueven semanalmente con un grupo de ancianos, los martes por la noche, así como talleres temáticos, cada dos semanas con una duración de dos a tres horas en la Unidad Básica de Salud, con el grupo de 15 personas. La actividad proporciona una mayor interacción entre las personas mayores en el barrio, Familia del Equipo de Salud y la comunidad académica, y aumentar la autonomía de esta población, así como su autoestima contra la misma sociedad de Santa Cruz. Otro resultado importante fue el fortalecimiento de la función social de la Universidad con interés la cuestiones relacionadas con las singularidades del vivir / sentir el envejecimiento en este contexto. Teniendo en cuenta esto, es evidente que la creación de vínculos entre la comunidad académica, la gestión de los servicios de salud y la población puede permitir una experiencia de aprendizaje mutuo para los participantes y el ejercicio de la corresponsabilidad como ciudadanos y seres humanos.

PALABRAS CLAVE: Ancianos, Actividad Física, Promoción de la Salud.

ATIVIDADE FÍSICA E EDUCAÇÃO EM SAÚDE COM IDOSOS: UM RELATO DE EXPERIÊNCIA DE ACADÊMICOS DE ENFERMAGEM**RESUMO**

Trata-se de um relato de experiência cujo objetivo é demonstrar ações de cunho preventivo baseadas na promoção de hábitos saudáveis, realizadas através de um projeto de extensão desenvolvido por acadêmicos de enfermagem. O projeto de extensão iniciou no mês de julho do presente ano, e está sendo desenvolvido por 08 discentes do curso de graduação em enfermagem, sob coordenação de dois docentes da Universidade do Estado do Rio Grande do Norte (UERN) Tem parceria com a Secretaria Municipal de Saúde, Programa Saúde da Família (PSF) e comunidade do bairro DNER no município de Santa Cruz/RN. São promovidas caminhadas semanais com o grupo de idosos nas terças feiras no final da tarde, além de oficinas temáticas quinzenais com duração de duas a três horas na Unidade Básica de Saúde, com o grupo de 15 idosos. A atividade proporcionou uma maior interação entre os idosos do bairro, Equipe Saúde da Família e comunidade acadêmica, além de aumentar a autonomia dessa população bem como sua auto-estima frente à própria sociedade de Santa Cruz. Outro resultado importante foi o fortalecimento do papel social da Universidade frente as problemáticas que envolvem as singularidades do viver/sentir o envelhecimento nesse contexto. Diante disso, percebe-se que a criação de vínculos entre a comunidade acadêmica, gestão dos serviços de saúde e população podem possibilitar um aprendizado mútuo aos envolvidos e o exercício da co-responsabilidade cidadã e humana.

PALAVRAS-CHAVE: Idoso, Atividade Física, Promoção da Saúde.