

67 - CARE PROJECT CARINGCAMILA LEAL MARTINES¹DEBORA E. SESTARI²FLAVIA NAUATA¹GABRIELE VIEIRA DE OLIVEIRA¹MARIA LÚCIA SILVA VASKEVICIUS²THAYS MELONI MOUALLEM¹GIOVANNA MACHADO DO CARMO¹ANDRE LEONARDO DA SILVA NESSI³

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INTRODUCTION

When these individual and social apprehensions of reality occur diffusely, with no definite purpose for the person, there is a process of anxiety (MANSUR, 2013). In situations of imbalance, the body changes from the balanced state to the alarm state. However, when this state perpetuates for resistance and exhaustion, it can become harmful to the individual (NESSI, 2010). If these changes were accompanied by other symptoms, such as cognitive, psychomotor and vegetative changes, it could be a depressive syndrome.

The contemporary health model fails to fully meet the population's health demands, often intervening with symptoms rather than the problems that triggered them. At the end of the 20th century, at the First International Conference on Health Promotion in Ottawa, the global work on health was proposed, looking at the innumerable factors related to the quality of life of the populations. Unfortunately, in Brazil, public policies engage in this process, remaining conservative and lacking economic and human resources (MASCARENHAS, 2005).

In order to complement the treatment of stress, the complementary therapies act by helping and promoting positive results in coping with the disease, taking care of the individual as a whole, as a body, mind and spirit. The use of these therapies is appropriate to the Unified Health System (Sistema Único de Saúde - SUS), through Administrative Rule no. 971, which encourages and regulates the use in the states, municipalities and Federal District units (BRASIL, 2006).

Based on this, the techniques and practices to be carried out based on the main demands raised with the 22 educators of the Children's Education Center in the city of São Paulo were planned. The practical intervention aimed to cooperate in the solution of symptoms and health problems of educators regarding stress, anxiety, depression and self-image.

METHODOLOGY

The work was carried out in two stages; the first one, of application and analysis of the questionnaires Rosenberg Self-esteem Scale and Anxiety Scale Depression and Stress-21 (EADS-21); and the second, the planning and development of practical intervention in stress, anxiety, depression, and self-image among 22 educators.

In the first stage, the group visited the institution for personal and spatial recognition, making the first contact with educators and administrators of the Center for Early Childhood Education. The scales to be used were chosen based on the needs pointed out by the employees during the first visitation. Scales have been translated and formatted. On a new visit to the institution, twenty-two questionnaires were sent for implementation with the assistance of the CIS coordinator. Subsequently, the scales were delivered and answered, which were analyzed and the results used as the basis for intervention planning.

In the second stage, intervention was carried out at the institution on the theme of stress, anxiety, depression and self-esteem through the offer of therapeutic massage, group dynamics, free samples of products offered by sponsors and delivery of informative pamphlets on topics and services in health and aesthetics available at Anhembi Morumbi University.

RESULTS

The Rosenberg Self-esteem Scale and the Depression and Stress Anxiety Scale - 21 (EADS-21) were answered by 22 educators. Regarding stress, 13.63% of the professionals examined by the questionnaires presented mild stress, 4.54%, moderate stress and 13.63%, severe stress. Regarding anxiety, 9.09% showed mild anxiety, 31.81% showed moderate anxiety, 18.18%, severe anxiety and 9.09%, extremely severe anxiety. In the case of depression, 22.72% would indicate mild presentation, 22.72% moderate, 4.54% severe and 9.09% extremely severe. Finally, in the self-esteem examination, 9.09% were at the border level and 4.54% showed low self-esteem.

Thus, 31.8% of the teachers presented signs of stress, 68.17% of anxiety, 59.07% of depression and 13.63% of self-esteem decreased. Thus, of the 22 participants, about 7 showed signs of stress, 15 of anxiety, 12 of depression and 3 of impaired self-esteem. The present results are representative of the mind-body suffering circumscribed in the work environment, and more specifically, contemporary educational.

Faced with this, on May 28, 2018, the present group - composed of 5 medical students and 2 of the Aesthetics and Cosmetic course of the Anhembi Morumbi University - carried out the intervention of the discipline of Community Interdisciplinary Program in the the Center for Early Childhood Education nursery . In response to complaints of myalgia and stress, therapeutic massages were offered with the aid of a massage chair provided by the university, with an average duration of 7 minutes. In parallel to the massages, dynamics were carried out with the educators. After the massages the spontaneous answers were of lightness, feeling of well-being, more disposition, less stressed, less anxious and more animated.

In addition, all received a pamphlet with objective information regarding the concepts of anxiety, depression, stress and self-esteem, as well as the services available by the university in the Integrated Health Center - CIS and in the SPA & Wellness Center. The brochure, besides containing the address of each of the sites, had a brief description of its specialties and

services. Subsequently, the information was explained orally, with clarification of doubts concerning values and use of services.

Still in intervention, kits containing free samples of hydrant creams and capillaries, as well as anti-age lotions and sunscreen were given to each teacher in order to foster self-care and self-esteem. At the same time an explanation was given about each product, its mode of use and benefits. Thus, another dynamic took place, with all of them sitting in a circle of conversation, including the students themselves, in which each person was encouraged to tell about their name, origin, their favorite kitchen utensil and why.

DISCUSSIONS

The results point to a relevant reflection on the disparity between anxiety and depression, which were present in more than half of the collaborators, and stress and low self-esteem, which pointed to slightly less than half and a third of the first results, respectively. A possible analysis would be safeguarded in the pathophysiological reasoning of mental health cadres, at the limit of which stress the self-esteem are physiological signs and psychic constituents of the homeostasis organism, environment and society, that when exacerbated and dysfunctional can become symptomatic of psychosomatic disorders (MANSUR, 2013; NESSI, 2010).

Thus, high stress and deficit self-esteem would be more related to the pathological genesis, while those found in depression and anxiety would report signs and symptoms of pathological conditions already in maintenance. Therefore, when it comes to the population sampled, more established clinical processes would be present than subclinical or early pictures. This would point to an alarming finding of high prevalence in mental disorders in this public. However, further investigations in this direction would require more specific and exhaustive interviews and examinations, which, unfortunately, was not the objective of this project.

The purpose of the punctual intervention performed with the target group was to alleviate signs and symptoms related to stress, anxiety, depression and deficit self-esteem in a brief therapeutic approach, in addition to establishing prevention and health promotion measures. In dynamics, each participant received paper and pen and was encouraged to answer questions about aspects such as what they liked and disliked in themselves, dreams and fears they had, in the strategy of stimulating reflection and self-knowledge, as well as working as contingencies daily, personal and social can influence the health-disease process, all made effective through dialogue.

The purpose of this activity was to briefly analyze, through objects very present in the individuals' daily lives, personality, priorities and current circumstances of each one of the participants, as well as to promote the conversation, the reception and the strengthening of interpersonal ties within the group. Finally, it was a round of spontaneous conversations on the part of the employees, who shared problems, told causes and painful episodes, and questioned about health doubts, such as sleep, exercise and food.

At the limit, the intervention allowed the recognition of complaints to the institution's educators, their analysis and planning, as well as the development of humanized interdisciplinary intervention in prevention and promotion of health and well-being, with encouraging results and efficient and uplifting practices both for the target audience and for the executor group.

FINAL CONSIDERATIONS

Self-image consists of personal and interpersonal components, a constant process that can generate suffering and trigger global harm to the individual in the forms of stress, anxiety, depression and low self-esteem. When it is impossible to adapt or recover from these confrontations, it is the process of illness of the subject. In the context of the work, the activities, relationships and labor demands themselves can contribute to the pathological installation of these components in integral health; stress, anxiety, depression and deficit self-esteem.

To address this health problem, a humanized multidisciplinary approach with training since the training of the health professional is imperative. It was in this sense that the present project was elaborated and carried out, in the limit of the education by the work together with the prevention and promotion in health, glimpsing the concepts of quality of life and well-being. An important contribution was the massage. After the massages the spontaneous answers were of lightness, feeling of well-being, more disposition, less stressed, less anxious and more animated.

As a result, a beneficial professional bond was consolidated with the participants, who felt comfortable to share their doubts, desires and regrets, as well as feedback and positive acknowledgments along with the activities. With this, it was possible to establish prevention and health promotion practices through listening, receiving, counseling, arguing and therapeutic intervention with the educators. For the filmmaking group, it was an opportunity to see the theoretical contents learned in the Academy made in practice to contribute to the quality of life and well-being of the population, working in an interdisciplinary, humanized way and based on the complaints and demands of the target audience itself.

Nevertheless, the present study faced interferences regarding the control of psychosocial variables that could have interfered in the results. The application of the stress, depression, anxiety and self-esteem scales was used, whereas the latter were answered by the educators in the work environment, during shift and close to co-workers, which may generate a less favorable environment for a more efficient resolution of the instrument.

In addition, it is worth emphasizing the pejorative social stereotype attributed to these concepts related to mental health, and how it can be culturally aversive to identify or want to dialogue, to reflect on these without setting up contexts of advocacy and exclusion, exacerbating stress-related health-disease processes, depression, anxiety and self-esteem.

The strengthening of the health services imperative consists of multidisciplinary teams, of integral and humanized formation, and of the scientific production that explains and corroborates for and the construction of this type of assistance, at the limit of the solidification of an effective and contextual health system together socioeconomic, labor and cultural needs.

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CARE PROJECT CARING

Introduction: Natural components of the identity constitution; stress, anxiety, depression and poor self-esteem can affect the overall health of the subject. When adaptation and recovery are not feasible, the process of illness is installed, demanding professional intervention. Labor contingencies can serve as predisposing factors, and the theoretical and practical production of prevention and health promotion responses to the affected population is paramount. For this, it is imperative the humanized multidisciplinary work that contemplates the integral health of the individual, contributing to their quality of life and well-being. Objective: to verify the level of stress, anxiety, depression and self-esteem, after applying the Quick Massage in ergonomic chair. Methodology: Comparative and qualitative, with intervention in two stages with the educational body of the Brás-Móoca CEI in the city of São Paulo, through the application and analysis of scales of stress, anxiety, depression and self-esteem, with subsequent therapeutic intervention from massages, dynamics, conversation wheels and distribution of informative leaflets and cosmetic kits for 22 (twenty-two) educators of the institution. Results: 31.8% of the teachers presented signs of stress, 68.17% of anxiety, 59.07% of depression and 13.63% of self-esteem decreased. Thus, of the 22 participants, about 7 showed signs of stress, 15 of anxiety, 12 of depression and 3 of impaired self-esteem. The present results are representative of the mind-body suffering circumscribed in the work environment, and more specifically, contemporary educational. Final Thoughts: After the massages the spontaneous responses were lightness, feeling of well being, more disposition, less stressed, less anxious and more lively. The performance made possible the learning through work, the establishment of professional-patient bond and the response to the demands of the target public through listening, receiving, orientation and therapy. At the limit, the relevance of integrated and interdisciplinary work remains to build a unified, contextual and effective health system among its users.

Keywords: Stress, Self esteem, Multidisciplinarity, Massage.

PROJET PRENDRE SOIN DE QUI SE SOUCIE

Introduction: Composants naturels de la constitution de l'identité; le stress, l'anxiété, la dépression et une faible estime de soi peuvent affecter la santé globale du sujet. Lorsque l'adaptation et le rétablissement ne sont pas réalisables, le processus de la maladie s'installe, nécessitant une intervention professionnelle. Les contingences liées au travail peuvent constituer des facteurs prédisposants et la production théorique et pratique de réponses de prévention et de promotion de la santé à la population touchée est primordiale. Pour cela, il est impératif que le travail multidisciplinaire humanisé contemple la santé intégrale de l'individu, contribuant à sa qualité de vie et à son bien-être. Objectif: élaborer un projet en prenant soin de qui que ce soit, vérifier le niveau de stress, d'anxiété, de dépression et d'estime de soi après avoir appliqué le Quick Massage sur une chaise ergonomique. Méthodologie: Comparative et qualitative, avec une intervention en deux étapes auprès du corps éducatif du CEI Brás-Móoca à São Paulo, à travers l'application et l'analyse d'échelles de stress, d'anxiété, de dépression et d'estime de soi, avec une intervention thérapeutique ultérieure massages, dynamiques, roues de conversation et distribution de dépliants informatifs et de trousse de maquillage pour 22 (22) éducateurs de l'institution. Résultats: 31,8% des enseignants ont présenté des signes de stress, 68,17% d'anxiété, 59,07% de dépression et 13,63% d'estime de soi ont diminué. Ainsi, sur les 22 participants, environ 7 ont montré des signes de stress, 15 d'anxiété, 12 de dépression et 3 d'estime de soi altérée. Les présents résultats sont représentatifs de la souffrance corps-esprit circonscrite au travail et plus spécifiquement de l'éducation contemporaine. Réflexions finales: Après les massages, les réponses spontanées étaient: légèreté, sentiment de bien-être, plus de disposition, moins stressé, moins anxieux et plus vivant. La performance a rendu possible l'apprentissage par le travail, la création d'un lien entre le patient et son patient et la réponse aux demandes du public cible par l'écoute, l'accueil, l'orientation et la thérapie. À la limite, la pertinence du travail intégré et interdisciplinaire reste de construire un système de santé unifié, contextuel et efficace parmi ses utilisateurs.

Mots-clés: stress; Estime de soi; Multidisciplinarité;

PROYECTO CUIDADO DE QUIEN CUIDA

Componentes naturales de la constitución de la identidad; el estrés, la ansiedad, la depresión y la autoestima deficitaria pueden perjudicar globalmente la salud del sujeto. Cuando adaptación y recuperación son inviables, se instala el proceso de enfermedad, demandando intervención profesional. Las contingencias laborales pueden servir de factores predisponentes, siendo primordial la producción teórico-práctica de respuestas de prevención y promoción en salud. Es imperativo el trabajo multidisciplinario humanizado que contemple la salud integral del individuo, contribuyendo para su calidad de vida y bienestar. Objetivo: elaborar proyecto cuidando de quien cuida, verificar el nivel de estrés, ansiedad, depresión y autoestima, después de la aplicación del Masaje Quick en silla ergonómica. Metodología: Comparativa y cualitativa, con intervención en dos etapas junto al cuerpo educativo de la Centro Educacional Infantil de São Paulo, a través de la aplicación y análisis de escalas, con posterior intervención terapéutica puntual a partir de masajes, dinámicas, ruedas de conversación y distribución de folletos informativos. Resultados: de las 31,8% educadoras presentaron signos de estrés, 68,17% de ansiedad,

59,07% de depresión y 13,63% de autoestima disminuida. Por lo tanto, de las 22 participantes, cerca de 7 mostraron signos de estrés, 15 de ansiedad, 12 de depresión y 3 de autoestima perjudicada. Los presentes resultados son representativos en cuanto al sufrimiento-cuerpo circunscrito en el ambiente laboral, y más específicamente, educativo contemporáneo. Consideraciones: Después de los masajes las respuestas espontáneas fueron de ligereza, sensación de bienestar, más disposición, menos estresadas, menos ansiosas y más animadas. La actuación posibilitó el aprendizaje a través del trabajo, el establecimiento de vínculo profesional-paciente y la respuesta frente a las demandas del público objetivo a través de la escucha, acogida, orientación y terapéutica. En el límite, permanece la relevancia del trabajo integrado e interdisciplinario para la construcción de un sistema de salud unificado, contextual y eficaz junto a sus usuarios.

Palabras clave: estrés; Autoestima; multidisciplinaria; Masaje.

PROJETO CUIDANDO DE QUEM CUIDA

Introdução: Componentes naturais da constituição da identidade; estresse, ansiedade, depressão e autoestima deficitária podem prejudicar globalmente a saúde do sujeito. Quando adaptação e recuperação são inviáveis, instala-se o processo de adoecimento, demandando intervenção profissional. As contingências laborais podem servir de fatores predisponentes, sendo primordial a produção teórico-prática de respostas de prevenção e promoção em saúde junto à população afetada. Para tanto, é imperativo o trabalho multidisciplinar humanizado que contemple a saúde integral do indivíduo, contribuindo para sua qualidade de vida e bem-estar. Objetivo: elaborar projeto cuidando de quem cuida, verificar o nível de estresse, ansiedade, depressão e autoestima, após aplicação da Massagem Quick em cadeira ergonômica. Metodologia: Comparativa e qualitativa, com intervenção em duas etapas junto ao corpo educacional da CEI Brás-Móoca no município de São Paulo, através da aplicação e análise de escalas de estresse, ansiedade, depressão e autoestima, com posterior intervenção terapêutica pontual a partir de massagens, dinâmicas, rodas de conversa e distribuição de panfletos informativos e kits de cosméticos para 22 (vinte e duas) educadoras da instituição. Resultados: das 31,8% educadoras apresentaram sinais de estresse, 68,17% de ansiedade, 59,07% de depressão e 13,63% de autoestima diminuída. Sendo assim, das 22 participantes, cerca de 7 mostraram sinais de estresse, 15 de ansiedade, 12 de depressão e 3 de autoestima prejudicada. Os presentes resultados são representativos quanto ao sofrimento mente-corpo circunscritos no ambiente laboral, e mais especificamente, educacional contemporâneo. Considerações Finais: Após as massagens as respostas espontâneas foram de leveza, sensação de bem estar, mais disposição, menos estressadas, menos ansiosas e mais animadas. A atuação possibilitou o aprendizado através do trabalho, o estabelecimento de vínculo profissional-paciente e a resposta frente às demandas do público alvo através da escuta, acolhimento, orientação e terapêutica. No limite, permanece a relevância do trabalho integrado e interdisciplinar para construção de um sistema de saúde unificado, contextual e eficaz junto aos seus usuários.

Palavras-chave: Estresse; Autoestima; Multidisciplinariedade; Massagem.