13 - PHYSICAL EDUCATION IN BASIC CARE: NA INTEGRATIVE REVIEW.

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INTRODUCTION

The increase in morbidity mortality patterns has been reaching great discussions regarding health issues during the past few decades. Currently in Brazil about 5% of deaths are caused by infectious diseases (up to the 50s the amount was 50%) and in contrast the proportion of deaths caused by chronic diseases has been substantially increasing (MONTEIRO, 1996).

The Physical Education professional, who was seen before as attached only to particular projects concerning elderly, hypertensives and diabetics in public health system now rises in this context as a key professional to act in basic care with the tendency to become even more relevant to promote health, mainly due to the encouragement by the Health Ministry through campaigns, events and informative material discussing and encouraging the practice of physical activities; grants for projects to developed actions towards health promotion and evaluation strategies seeking efficiency for physical and body practices in health promotion (MALTA et al, 2009, BRASIL, 2006).

SUS basic care owns particularities that no other regular space (gyms, schools, clubs and others) for the professional practice a physical educator needs. Concepts such as completeness, care, intersectoriality, equity, bonding, humanization, reference and counter-reference, matrix-based strategies and others are not commonly presented in Physical Education courses.

We therefore believe that this bibliographical survey based study may enlarge discussions on faults that still permeate the work of Physical Education professionals in the context of Basic Care differently from other working spaces providing thus a greater familiarity with such “new” context.

This study aims mainly to conduct an integrative review on Physical Education in Public Health System especially in the context of Basic Care.

MATERIAL AND METHODS

The first important decision in order to determine which would be the studies to be included was concerning the definition of the leading question:

- Which studies have shown an approach between Physical Education fields and Basic Care?

Therefore, the criteria of inclusion were thereby defined: articles published in Portuguese in Brazilian journals; articles published and indexed from 2000 to 2010; articles fully available online; articles from the following data bases: LILACS, SCIELO, and national Physical Education journals websites.

The research was carried out using the following key words and their equivalent in Portuguese, combined through booleans expressions “or” and “and”: physical education, motor activity, exercises, primary health care, health centers, “saúde da família” program, public health and SUS.

RESULTS

Thirty-two articles were selected and divided into five great groups or themes: 11 artigos que servem de base para discussões iniciais sobre a educação física e a saúde pública;

1) Two articles discussing Physical Education professional training to work in public health system;

2) Tem articles presenting and discussing programs for physical activities promotion always attached to the public health system, with four articles focusing on the evaluation of the referred programs.

3) Seven articles from several particular themes but with a particularity in common: the space of a basic health unit (UBS) was the locus for the research;

4) Two articles discuss the importance of Physical Education inserted in public health system using the National Policy for Health Promotion (PNPS).

From the articles selected, 16 were published in journals for Physical Education and 16 others in journals of public/community health fields.

DISCUSSION

Scientific production on such matter has been increasing since 2005. From the 32 articles found, 29 were published since then and 14 articles were developed from 2009 to 2010.

Such articles reveal that Physical Education and basic care established a closer relationship through an effort towards a broader view of health concepts considering also aspects about social context where relationships take place.

Mendes & Nóbrega (2008) put into context their discussions in the articles belonging to the first group in the period from the late XIX century to the early XX century contributing to a discussion of scientific background in Brazilian Physical Education and identifying knowledge on the medical-hygienist view on the body/health relationship.

The following articles are led by the understanding that it is necessary to enlarge critical knowledge on the relationship between Physical Education and public/community health. The following articles deepen the debate as they embody humanities and social scientific knowledge on health matters to their analysis.

Quint et. al. (2005) place their discussions in inserting Physical Education into Saúde da Família Program (PSF) and put into context some general aspects for PSF and permanent education. The conclusion is that it is necessary to deepen the understading on the family concept in a context of a relationship between Physical Education and PSF.

Six articles bring a great contribution concerning matters about the tension involved in debate on health issues in Physical Education stressing the dichotomy present between thoughts and actions regarding biological and social aspects. (BAGRICHEVSKY; PALMA, 2004; BAGRICHEVSKY; ESTEVÃO, 2005; CARVALHO, 2005; MONTEIRO; GONÇALVES, 2000; CARVALHO, 2006a; CARVALHO; FREITAS, 2006; PALMA, 2001). In general, conclusions point to a necessary approach between social cultural /economic dimensions and individual/biological dimensions, however one must not forget or exclude physiological knowledge inherent to health and disease aspects wisely considered to be relevant ones.

Two articles bring discussions that make the concept “body practices” a complement to other concepts (physical activities and physical exercises) more consolidated in the relationship between Physical Education and health (CARVALHO, 2006b; FREITAS; BRASIL; SILVA, 2006). Body practices appear as components in peoples' body culture and concern men in movement, gestures and different forms of body expression.

Two articles discuss community-health-oriented training for Physical Education professionals (ANJOS; DUARTE, 2009; PASQUIM, 2010) and highlight the following aspects: lack of disciplines concerning community and public health, predominance of curative and prescriptive oriented disciplines; lack of internship in public services; a marginal view on public health in courses, being isolated in disciplines disconnected from courses Project and with few hours for workload when compared to other areas.

The third group has 10 articles reporting results and experiences from programs to promote physical activity in UBS, considering that the last four ones evaluate the following programs:

- Lian Gong body practice (traditional Chinese medicine therapeutic technique) has been adopted as an alternative to treat chronic pain and musculoskeletal disorders (MUNICIPAL HEALTH SECRETARIAT, CAMPINAS, 2006);

- “Se Bole Olinda” program seeks to promote physical activities by using elements in regional body culture itself. The reports show an advance for intersectorial actions development moving social participation and assuring the sustainability of such actions (GUARDA et al, 2009);

- “Academia da Cidade de Acarajú” program aims to support population to conduct physical activities in an appropriate space oriented by a Physical Education professional. It is also attached to an UBS and works through self-referral (MENDONÇA; TOSCANO; OLIVEIRA, 2009);

- “Saúde Ativa Rio Claro” program encompass a range of interventions to promote and maintain physical activities practice. The interventions are oriented to people in all UBS and in USF units. This study describes the program history, working and logical model (NAKAMURA et al, 2010);

- Two articles show an experience on inserting Physical Education professionals into PSF in Sobral/CE. One of those was an attempt to improve quality for services for the community (LUCENA et al, 2004) and the other reports how Physical Education professional work with the elderly revealing that walking hours have been proved to benefit both physical and psychosocial aspects (COELHO; OLIVEIRA; CANUTO, 2004).

The focus on evaluating physical activities promotion program was present in the following articles:

Evaluation for the “Academia da Cidade de Recife” program aiming to identify and analyze how teachers acting in such program understand the impact/relevance of difficulties and the community participation regarding the proposal. Quantitative results reveal that the program encourages user to practice activities but present difficulties concerning physical structure, human resources and marketing. Qualitative results reveal difficulties regarding safety where physical activities take place and the necessity to acquire and maintain equipment to train and update professionals (HALLAL et al, 2009a).

- Another article evaluating the same program aimed to show users and non-users' perceptions on such program. The main findings were: the item “to improve health” as main reason to justify taking part into the program; the percentage of people with regular or bad perception on their health was meaningfully higher for non-users than for users; the average time of participation in the program was of 27.5 months (HALLAL et al, 2010).

- A longitudinal study aimed to evaluate changes in lifestyle for people who spontaneously reached the Exercise Orientation Service (SOE) and to identify anthropometric and hemodynamic changes six months after the beginning of the program (VENTURIM; MOLINA, 2005). Main results were: changes in lifestyle with a decrease in resting heart rate, body weight, body mass index and waist-hip circumference for 12 people taking part in the SOE proposal.

- The last article on evaluation aimed to evaluate interventions to promote physical activities offered by the city of Curitiba (HALLAL et al, 2009b). Results show that programs are comprehensive and people know them very well, however it is necessary to spread more brochures as an innovative way of intervention.

Through the presence of programs encouraging physical activities and body practices in public health services seven articles were found in group 4 presenting and discussing researches regarding several different issues but all with a similar feature: they all take in place in an UBS:

- Thoughts on health promotion concerning body practices/physical activities (MORETTI et al, 2009);

- Survey on the level of physical activity practice for health professionals seeking to enable them towards orientation and practice aiming to reach harmony between professionals at basic care units and physical education teachers (SIQUEIRA et al, 2009);

- Prevalence of sedentarism in adults and elderly living in south and northeast regions of Brazil, point that underpriviledged social economic groups present lower level of physical activity (SIQUEIRA et al, 2008);

- Implementation and evaluation of one intervention for advice on physical activities in order to promote health for adults served by ESF, revealing that the experimental group presented statistically meaningful changes to improve perception on positive health and to increase habitual physical activities rate for exercises (GOMES; DUARTE, 2008);

- Advice towards physical activities practice at USB is hardly applied when facing on e's needs mainly in terms of encouraging health life habits (SIQUEIRA et al, 2009);

The introduction of environment and group training concepts may be an alternative to enable the creation and development of groups for walks understanding that heterogeneous groups attached to UBS with people of different ages, diseases and needs may favor thoughts on body practices care and points of view for public health (WARSCHAUER; D´URSO, 2009);

- A survey on health assistance features for people bearing diabetes mellitus treated in family units (USF) revealed that information about smoking, physical activities and diet were not valued during appointments or were not appropriately remarked (SILVEIRA et al, 2010). We conclude thus that physical activity as valuable tool to combat diabetes may be appproached as properly as it should in health units.

- Through PNPS promulgation the Health Surveillance Secretariat, Health Ministry led two articles:

- One of those describes actions which have been developed through PNPS approval when for what concerns physical activity promotion (MALTA et al, 2008). Reports how cities and towns have received incentives regarding finances,

actions evaluations and monitoring, organization of surveillance on risk factors and non-transmissive chronic disease protectors as well as actions towards education for health and training in general.

- Another article presents actions developed by the Health Ministry on induction and sustainability of strategies towards the reduction of sedentarism risk factors in SUS context (MALTA et al, 2009).

FINAL REMARKS

This bibliographical review reveals that the relationship between physical education and public/community health was the focus of many studies in XXI century first decade with greater achievements in the last five years.

Often studies are not particularly focused in physical education matters but in phenomena noticeable in the public health system regarding such acting area. Studies discussing users' satisfaction in a program to promote physical activities or the benefits a particular program provides theirs participants with may give some important hints on the presence of Physical Education in such program.

According to this integrative review a broader view on the process health-disease intending to ground the attitudes of a Physical Education professional in programs attached to basic care may have theoretical support in references on public health, community health social sciences on health. It is not intended to underestimate the importance of a set of biological studies already conducted and proven to have strongly established such relationships and mainly benefits brought by physical activities/body practices.

A remarkable fact in this review is the conclusion that basic care units and patients have become the focus of studies on several issues regarding Physical Education.

As scientific production on Physical Education/Basic Care relationship increases both directly and indirectly it is noticeable a tendency to a better setting of aspects to be considered regarding Physical Education professional acting in such context. Just like any other space for professionals to act we understand that a professionals' attitude must be supported by scientific conclusions from knowledge already provided as well as studies built upon the context where relationships take place itself. Thus it is suggested that different areas attached to Physical Education regard public health services especially basic care as a space where new investigations development is something still to be fulfilled.

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PHYSICAL EDUCATION IN BASIC CARE: AN INTEGRATIVE REVIEW.

ABSTRACT

Physical Education has been establishing a closer relationship to the public health system in order to enlarge the scope of basic care acting especially concerning the development of actions towards health promotion and damages prevention. This study aims to conduct na integrative review on scientific articles reporting Physical Education in public/community health especially in basic care context. Thirty-two articles from 2000 and 2010 were selected. Such articles were divided into five issues: studies to provide theoretical basis to thoughts on Physical Education/Public health relationship (11 articles); Physical Education professional in order to act in the public health system (2); studies to set a direct relationship with basic care spaces (10); studies taking place at a basic care unit (7); and finally studies discussing the relationship between Physical Education and SUS through National Policy for Health Promotion (2). We conclude that the relationship between Physical Education and public/community health was the focus of many studies in the XXI century first decade, however such relationship still lacks studies in different areas in order to provide Physical Education professionals in basic care with a greater theoretical and practical basis.

KEY WORDS: physical education, primary health care, integrative review.

L'ÉDUCATION PHYSIQUE EN DES SOINS DE BASE À LA SANTÉ : UNE RÉVISION D'INTÉGRATION

RÉSUMÉ

Avec l'intention d'agrandir l'ampleur et la portée des actions de Soins de Base, en particulier en ce qui concerne le développement d'actions de promotion de la santé et de prévention des maladies, le domaine de l'éducation physique a approché avec le système de santé publique. L'objectif de cette recherche est procéder une révision intégrative des articles scientifiques qui dépeignent l'éducation physique dans la santé publique / collective, en particulier dans le contexte des Soins de Base à la Santé. Nous avons sélectionné 32 articles entre 2000 et 2010. Les articles sont divisés en cinq thèmes d'étude: l'aqueles qui peuvent fournir la base théorique de réflexion sur la rélation entre l'éducation physique et la santé publique (11 articles), la formation à l'éducation physique pour l'actuation dans le système de santé publique (2), les études qui tissent une relation directe avec les espaces de Soin de Base (10), les études qui ont l'unité de santé de base comme la recherche locus (7), et, enfin, les études qui traitent de la relation l'éducation physique et Système Unique à partir de la Politique Nationale de Promotion de la Santé (2). Il a été conclu que la relation entre l'éducation physique et la santé publique / collective a fait l'objet de nombreuses études dans la première décennie du siècle XXI, cependant, cette relation manque encore de la recherche dans différents domaines d'investigation de manière à donner une base plus théorique et pratique pour les professionnels de l'éducation physique qui travaillent ou travailleront dans le contexte des Soins de Base à la Santé.

MÓTS-CLÉS: l'éducation physique, soins de santé primaires , révision d'intégration

LA EDUCACIÓN FÍSICA EN LA ATENCIÓN PRIMARIA DE LA SALUD: UNA REVISIÓN INTEGRADORA

RESUMEN

Con intención de ampliar el ámbito y la meta de las acciones de la Atencion Primaria, principalmente en lo que se refiere al desarrollo de acciones de promoción de la salud y prevención de circunstancias agravantes, el área de educación física se ha aproximado al sistema público de salud. Esta investigación tiene como objetivo realizar una revisión integradora sobre los artículos científicos que retratan a la educacion física en relación a la salud publica / colectiva, en especial en el contexto de Atención Primaria de la Salud. Fueron selecionados 32 articulos entre los años 2000 y 2010. Los artículos fueron divididos en 5 temas de estúdio: trabajos que pueden servir como base teórica para pensar la relación entre la educacion física y la salud publica (11 artículos); formación profesional en educación física para actuar en el sistema de salud pública (2); trabajos que entrelazan una relacion directa con los espacios de atención básica (10); estúdios que tienen a la unidad básica de salud como locus de la investigación (7); y por fin, estúdios que discuten la relación entre educación física y el Sistema Unico de Salud (SUS) a partir de la Politica Nacional de Promoción de la Salud (2). Se concluye que la relación entre educación física y salud pública / colectiva fue foco de muchos estúdios en la primera década del siglo XXI, sin embargo, ésta relación todavia carece de

pesquisas en las diferentes áreas de investigación, de modo que pueda dar un mayor fundamento teórico y práctico para los profesionales de educación física que actúan o actuaran en el contexto de la Atención Primaria de la Salud.

PALABRAS-CLAVE: educación física, atención primária de la salud, revisión integradora.

A EDUCAÇÃO FÍSICA NA ATENÇÃO BÁSICA À SAÚDE: UMA REVISÃO INTEGRATIVA

RESUMO

Com intenção de ampliar a abrangência e o escopo das ações da Atenção Básica, principalmente no que se refere ao desenvolvimento de ações de promoção da saúde e prevenção de agravos, a área da educação física tem se aproximado do sistema público de saúde. Esta pesquisa tem como objetivo realizar uma revisão integrativa sobre os artigos científicos que retratam a educação física na saúde pública/coletiva, em especial, no contexto da Atenção Básica à Saúde. Foram selecionados 32 artigos entre os anos de 2000 e 2010. Os artigos foram divididos em 5 temas de estudo: trabalhos que podem servir de base teórica para se pensar a relação educação física e saúde pública (11 artigos); formação profissional em educação física para atuação no sistema público de saúde (2); estudos que tecem uma relação direta com os espaços de atenção básica (10); estudos que têm a unidade básica de saúde como locus da pesquisa (7); e, por fim, estudos que discutem a relação educação física e Sistema Único de Saúde a partir da Política Nacional de Promoção da Saúde (2). Concluiu-se que a relação educação física e saúde pública/coletiva foi foco de muitos estudos na primeira década do século XXI, no entanto, esta relação ainda carece de pesquisas nas diferentes áreas de investigação, de modo dar um maior embasamento teórico e prático para os profissionais de educação física que atuam ou virão a atuar no contexto da Atenção Básica à Saúde.

PALAVRAS-CHAVE: educação física, atenção primária à saúde, revisão integrativa.