51 - DANCE IN THE SINGULAR THERAPEUTIC PLAN: REPORT OF EXPERIENCES OF RESIDENTS IN PSYCHIATRIC SERVICE IN HOSPITAL OF CLINICAL DR. ALBERTO LIMA (HCAL)

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INTRODUCTION

This thematic arises from the constant demands of patients admitted to the psychiatric clinic of the Hospital of Clinic Dr. Alberto Lima (HCAL) for the activities undertaken by the resident teachers of physical education, which are planned in the singular therapy of sick-persons. Moreover, it also took into account the clinical diagnosis, the group's opinion and approach dance with the daily lives of patients.

This research aims to report the experiences of resident physical education teachers, to describe the possible meanings attributed to patients with mental disorders face of dance activities.

With participation in the singular plan therapeutic mental of health service , the physical education teacher through the development of related activities and provides therapeutic care contracts, and intervention tool, paying attention to the choice of activities such as gymnastics, sports, games and activities, rhythmic activities, creative, knowledge about the human body and other body culture , enabling self-worth, improves physical abilities, with the possibility of redemption citizenship and self-esteem, and new possibilities in self-care .

PHYSICAL EDUCATION AND MENTAL HEALTH

We realize that today the practice of regular physical activity, among them the dance, is an important factor that contributes to health promotion.

According to Cunha (2010, p.30) , in the 1940s and 1950s, dance therapy has been applied in different contexts for observation and support of his theory , and the techniques applied in psychiatric hospitals and other clinical establishment, while activities were occurring parallelly in private studios of education .

In the state of Amapá, body practices developed in psychiatric hospitalization shows that it is still a shy presence and performance of physical education professionals in the health space, because apparently the mental health policies mainly near the physiotherapist and occupational therapist in this type of discourse hospitalocentric.

The inclusion of physical education in psychiatry service has been constituted as a new space for the professional practice of physical education in the health service of the State , initially through the Multidisciplinary Residency in Public Health, Federal University of Amapá, in order to develop skills focused on in-service education , exercise the functions according to the knowledge and practice of their respective profession, guided by the principles and guidelines of the National Health System.

It is emphasized that the residence legitimizes the need for this component of this professional Mental Health Network, expands the possibilities for therapeutic intervention by the professional physical education and seeks to foster discussion and realization of physical education professionals working in the sectors of public health policies of state.

Analyzing the number of scientific issues related to education between physical and mental health, this space still shows few studies that show such relations, even with the inclusion of a trader and the construction of a new model of health care resulting from the conquests guaranteed by Psychiatric Reform. According to Luz (2007, p.15) there are many possibilities for intervention in physical education in Health System, however:

> the presence of bodily activities related to physical education in the health system is still incipient and can be expanded significantly , both in the area of prevention and health recovery . The required physical spaces don't need confine themselves in that admittedly limited hospitals and may use alternative public spaces such as courtyards, plazas and gardens.

Although not being the focus of the work, this assumption concerns us because this new playing area is well explored and understood by professionals or other interested parties, being necessary to think about knowledge and practices that permeate the body culture and mental health.

JOURNEY OF RESEARCH

This study was developed in the context qualitative, for it is worried about the approaching of produced reality in human relations. It had a descriptive method, which according to Cervo and Bervian (2002, p.62 cited by COSTA et al, 2013) indicate the descriptive study as "description of the characteristics of the properties or relations in the group or the reality in which the research was conducted".

The research site, this one was performed among hospitalized psychiatric service of HCAL, in dance activities developed by physical education teachers coming from Multidisciplinary Residency Program in Public Health, with an emphasis on line training: Attention to Mental Health, University Federal do Amapá .

We register this study had as subjects the sick-persons of psychiatric service of the HCAL with different diagnosis of mental disorders. For the study, we used the months of June and August 2013, with the number of participants varied each week, due to the clinical, hospital admissions, readmissions and hospital discharges.

For data collection, we used as instruments to systematic observation by the Journaling space, plans daily activities constructed by the authors and semi-structured interviews administered by group.

Results and Discussion

To analyze the possible meanings of dance activities for patients, there were themed activities at different times: for the month of June were chosen and state fairs, for the month of August, we opted for the traditional dances. Delivering the proposed multi brings us the residence, professionals such as nurses, nursing technicians, social workers, psychologists and occupational therapists were invited to participate in carrying out the activities. At the end of each activity, some questions were

asked patients in order to achieve the planned practices in treatment, as well as the research objective.

Initially, the group of patients was asked about which physical activities were used to practice and among the answers were cycling, displacement activity, sports, garden, repair antenna, home care and dance.

Among various speeches, three patients cited the dance as physical activity the most interesting, because they feel happier and with more dispositions. As Machado ; Santana (2013 , p.40) " dance provides health and wellness biological, psychological and social (SEIXAS , 2005) ; dance as therapy, falls within the precepts of public health, by promoting health, prevent disease and provide longevity (DUIGNAN ; HEDLEY , MILVERTON , 2009) . "

In order to instigate self-evaluation, the patients were asked if they felt any difficulty in implementing the activities and what they would be. Only one patient reported having difficulty, however, was unable to justify the reason due to flight of ideas caused by disorganized thinking . However another patient said he didn't feel difficult to be a dancer.

It can be inferred that the patient has corporeal experiences in dance or a possible manipulative behavior to persuade the resident teachers that he had got better than the other patients as well, able to discharge. The rest of patients reported feeling little difficulty, but then remembered sleep and muscle pain caused by oral or injectable medications. During the activities, we have seen that in general the patients had difficulty by performing movements of motor coordination, balance, keep pace and laterality.

At another time, it was asked the group of patients if they liked dancing, and everyone said yes. We paid attention the association of dance to the use of psychoactive substances. At a distinct moment, the patient was instructed to dance without the possibility of the use of such substances. Another patient said he did not like, for it is evangelical (with a tone that does not like), but during the speech he changed his mind and said he liked slow songs and evangelical, being apparently with mood variations.

The remaining patients reported that they like to dance because it is a physical activity, beneficial to health and prevents diseases. As Luz (2007 , p . 13) physical education gains new meanings in their training, practice and concepts of professional are in health , but few studies should be performed to verify shy perception of health policies in relation to this professional:

> His role in the health area, either in the prevention of chronic and acute, is in recovery therapy, or the promotion of health, is constantly increasing. However, this growth has not been translated, in our view, in incorporating equivalent in the Unified Health System (SUS).

During the speech group, we highlight two patients who associated the dance only to females. To Andreoli (2010, p. 111), defining someone as male or female means name, classify or "tag" his body within culture.

> [...] Dance can be considered as one among the many socially instituted practices through which the bodies of individuals are "marked " by genre, meaning, the body uses in the many dance styles, they can be analyzed as mechanisms of regulation, enforcement of gender norms that invest in the production of certain types of male or female bodies .

It was also asked how they feel during and after the dance activities. The answers are "cool, go away, depression", "I lose the fear," "good, because it is good for health." Besides, they said that they feel more relaxed and realized. One answer clearly defines the reason for the interest and requests for dance activities: "I feel like a bird", referring to the idea of feeling of freedom and personal fulfillment. Thus, according to Barreto (2008, p.11) dance is "[...] one of the greatest pleasures that human beings can enjoy. An action that brings a sense of joy, internal euphoria and especially to overcome the limits of their movements".

Finally, we asked about the importance of dance activity and physical education in relation to treatment during hospitalization. A patient says that dancing gets better his physical capacity, strength and gives pleasure; moreover, sometimes he was mixing the speech, talking about prostitution and talking about religion.

Another patient reported that it improved his creativity, mind and motor coordination. Others said that the dance activities are "good for the head", which take the bad thoughts, are good for health, they make forget the fatigue, stress and longing for family and reduce anxiety. According to Xia, Grant (2009 cited by AX; SANTANA, 2013) dance:

> covers expressive, sensitives, sensory, creative, motor and rhythmic activities and thus proposes the knowledge of the body and its potential as the perception and expression that are perceived and felt.

Another highlight was a patient with depressed mood that became indifferent activities because for her, only the medications and doctor can help her. This discourse highlights the hegemonic medical model needs to be overcome by mental health service that should have extended their teams with various health professionals, such as the physical education teacher .

CONSIDERATIONS

Dance as knowledge from the physical culture caters to different needs, genders and ages. Working with rhythmic activities favors the self-awareness of the body with a source of limitless expression and improvisation, in which it doesn't reduce the musical rhythm, but comprising a range of rhythms: physiological, gestural, theatrical, personal and among other (ROERDER, 2003).

The dance activities such as body therapy practice, bring different interpretations to patients with mental disorders, however, there is a consensus that the proposed benefits are great for practice, they're organic or psychological.

> Bodily practices are components of a community and established by them, so that they're configured as a potential vehicle belonging. The development of practices that make sense for the user belonging to a certain community becomes, therefore, important therapeutic tool (WACH, 2007, p. 95).

The idea of having "less Haldol" and more dance, we show a possible alternative in actions of the mental health service, because they are based on the model of care focused on non-medical action, but new perspectives on care services and promotion of health.

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ABSTRACT

This research talks about the experiences of residents physical education teachers, to describe the possible meanings attributed by patients with mental disorders face to dance activities . The issue arises from the constant demands of patients admitted to the psychiatric clinic of the Clinic Hospital Dr. Alberto Lima (HCAL) for dance activities developed by physical education teachers coming from Multidisciplinary Residency Program in Public Health with emphasis on line training Attention to Mental Health, Federal University of Amapá and this body practice is suggested therapeutic plan of patients. We register this qualitative study, descriptive, had as subjects the patients of psychiatric service in the HCAL with different diagnosis of mental disorders. For the study, we used the months of June and August 2013, with the number of participants varied each week, due to the clinical, hospital admissions, readmissions and hospital discharges. It is understood that the dance activities bring different interpretations to patients with mental disorders; however, there is a consensus that the proposed benefits are great for practice, they're organic or psychological. The idea of having to dance as a possible therapeutic action in the activities of mental health service highlights the importance of the presence and action of physical education professionals in the multidisciplinary team of mental health, it is based on the model of care focused on non-medical action, but new perspectives on care services and health promotion .

KEYWORDS: Dance, Psychiatry, Mental Health.

DANSE LE PLAN THERAPEUTIQUE SINGULIER: RAPPORT DE L'EXPÉRIENCE DES RESIDENTS EN SERVICE L'HÔPITAL PSYCHIATRIQUE DE CLINIQUE DR. ALBERTO LIMA (HCAL)

RÉSUMÉ

Le présent recherche parle sur les experiences des residents professeurs d'éducation physique, pour decrier les possibles significations attribuées par les patients porteurs de dérangement mental devant les activités de danses. Ls thématique vient à partir des constants demandes des patients internes dans la clinique psychiatrique de l'hôpital des cliniques Docteur Alberto Lima (HCAL) des activités de danse développées par les professeurs d'éducation physique originaires du programme de Résidence Multiprofessionnel en Santé Coletive, avec emphase à la ligne de formation Attention à la Santé Mentale, de la Université Federale de l'Amapá, en étant cette pratique corporelle prevues dans le plan thérapeutique singulier des patients. On enregistre que cette étude qualitative, du type descriptive, a eu comme sujets des patients internes dans le service de psychiatrie do HCAL, avec des différents diagnostics de dérangements mentals. Pour l'étude, les mois de juin et août 2013 ont été utilisés et la quantité de participants a varié chaque semaine, dû à la situation clinique, des internations et des sorties des patients de l'hôpital. On comprend que les activités de danse donnent de différentes interprétations pour les patients avec des dérangements mentals, mais, il y a un consensus que les avantages proposés par sa pratique sont grands, organiquement ou psychologiquement. L'idée qu'on a la danse comme une possible action thérapeutique dans les activités du service de santé mentale met en évidence l'importance de la présence et action du professionnel d'éducation physique dans l'équipe multiprofessionnelle de santé mentale, parce qu'elle se fonde dans le modèle d'assistance non-centralisé dans l'action médicale, mais em de nouvelles perspectives de services de soignés et promotion de la santé.

MOTS-CLÉS: Danse, Psychiatrie, Santé Mentale.

DANZA EN EL PLAN TERAPÉUTICO SINGULAR: INFORME DE LAS EXPERIENCIAS DE LOS RESIDENTES EN SERVICIO HOSPITAL PSIQUIÁTRICO DEL HOSPITAL CLÍNICO DR. ALBERTO LIMA (HCAL)

RESUMEN

Este artículo trata de las experiencias de los residentes informaron profesores de educación física, para describir los posibles significados atribuidos por los pacientes con trastornos mentales se enfrentan a las actividades de danza. El problema surge de las constantes demandas de los pacientes ingresados en la clínica psiquiátrica del Hospital de Clínicas Dr. Alberto Lima

(HCAL) para actividades de danza desarrollados por profesores de educación física provenientes del Programa de Residencia Multidisciplinaria en Salud Pública con énfasis en línea Atención a la Salud Mental, del Universidad Federal de Amapá, y esta práctica corporal bajo el plan terapéutico natural de los pacientes. Formar parte de este estudio cualitativo, descriptivo, como sujetos tenían servicio de hospitalización psiquiátrica en el HCAL con diferentes diagnósticos de los trastornos mentales. Para el estudio, se utilizaron los meses de junio y agosto de 2013, con el número de participantes varía cada semana, debido a las clínicas, hospitales, admisiones y readmisiones egresos hospitalarios. Se entiende que las actividades de danza aportan diferentes interpretaciones a los pacientes con trastornos mentales, sin embargo, hay un consenso de que los beneficios propuestos son ideales para la práctica, ya sea orgánico o psicológico. La idea de tener la danza como una posible acción terapéutica en las actividades del servicio de salud mental pone de relieve la importancia de la presencia y la acción de los profesionales de la educación física en el equipo multidisciplinario de salud mental, que se basa en el modelo de atención centrado en la acción no médicos, y sí, nuevas perspectivas sobre los servicios de atención y promoción de la salud. .

PALABRAS CLAVE: Danza, Psiquiatría, Salud Mental.

DANÇA NO PLANO TERAPÊUTICO SINGULAR: RELATO DE EXPERIÊNCIAS DE RESIDENTES NO SERVIÇO DE INTERNAÇÃO PSIQUIÁTRICA DO HOSPITAL DE CLÍNICAS DR. ALBERTO LIMA (HCAL)

RESUMO

O presente trabalho trata de relatar as experiências dos residentes professores de educação física, para descrever os possíveis significados atribuídos pelos pacientes portadores de transtorno mental frente às atividades de dança. A temática surge a partir dos constantes pedidos dos pacientes internados na clínica psiquiátrica do Hospital de Clínicas Dr. Alberto Lima (HCAL) pelas atividades de dança desenvolvidas pelos professores de educação física oriundos do programa de Residência Multiprofissional em Saúde Coletiva, com ênfase na linha de formação Atenção a Saúde Mental, da Universidade Federal do Amapá, sendo esta prática corporal previstas no plano terapêutico singular dos pacientes. Registra-se que este estudo qualitativo, do tipo descritivo, teve como sujeitos pacientes internados no serviço de psiquiatria do HCAL, com diferentes diagnósticos de transtornos mentais. Para o estudo, foram utilizados os meses de Junho e Agosto de 2013, sendo a quantidade de participantes variada a cada semana, devido ao quadro clínico, internações, reinternações e altas hospitalares. Compreende-se que as atividades de dança trazem diferentes interpretações para os pacientes com transtornos mentais, porém, há um consenso de que são grandes os benefícios propostos pela sua prática, sejam orgânicos ou psicológicos. A ideia de termos a dança como uma possível ação terapêutica nas atividades do serviço de saúde mental evidencia a importância da presença e atuação do profissional de educação física na equipe multiprofissional de saúde mental, pois se fundamenta no modelo de assistência não centrada na ação médica, e sim, em novas perspectivas de serviços de cuidado e promoção da saúde.

PALAVRAS-CHAVES: Dança, Psiquiatria, Saúde Mental.