25 - FIRST AID FOR STUDENTS AND TEACHERS OF A PUBLIC SCHOOL WEST OF PARANÁ: HEALTH EDUCATION

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INTRODUCTION

The teaching of first aid is still little widespread, prevailing ignorance on the topic (VERONESE; OLIVEIRA; PINK; NAST, 2010). In this sense, the schools have an important role and growing in health promotion, prevention of diseases and accidents among children and adolescents (FIORUC; MOLINA; JUNIOR; LIMA, 2008).

We can define first aid as the immediate care that should be provided quickly to a person, the victim of accidents or sudden illness, whose physical state endangers your life, aims to maintain vital functions and avoid the aggravation of his condition by applying measures and procedures until the arrival of qualified assistance (BRAZIL, 2003).

In the school environment, accidents cause great concern, being of great relevance to the professionals who know how to act to act against such accidents, knowing how to avoid them, and also how to perform first aid, thus the goal avoid complications due to incorrect actions on first aid practice, and ensure the best evolution and prognosis of rescued (CODEPPS, 2007).

In this context, the practice of health education in schools come against the reality experienced in the school space. It is through these educational practices that many matters relating to health are incorporated into both the Faculty and students involved in learning, through the name of school health.

School health is the set of measures, strategies and actions designed to promote, protect and restore the health of educating and of those who watch, in order to prepare them to promote and demand a better quality of life for themselves, for their families and for the Community (SOARES, 2011).

Therefore, the realization of educational activity may have good potential informative and may be able to change people's behavior, and may also change the perception about the accidents could have been prevented (SOARES, 2011).

The empowerment of people in schools through educational practices is important for the prevention, evaluation and conduct in emergency situation, because people do not have specific information about what to do in front of an accident which involves simple attitudes related to the practice of first aid and also the damages that this may cause (FIORUC; MOLINA; JUNIOR; LIMA, 2008).

Thus, it is correct that the teachers themselves address this theme in their disciplines, making it part of the educational content, allowing children and adolescents to become familiar with the ducts in first aid, and learned properly themselves can spread to those who make part of their living together, thus encouraging to many victims a chance of survival or minimizing further damage (RITTER; PEREIRA; SILVA; SOARES; THUM, 2013).

Search through this perspective, analyze the importance of educational practices in health under the theme of first aid in a public school, as well as evaluate the perception and preparation of teachers and students against the accidents that can be experienced within the school environment.

OBJECT

Report an educational practice held with students and teachers of a public school elementary and high schools in the West of Parana on the practice of first aid.

METHODOLOGY

Educational practices were held in the school environment, the course of academic baccalaureate and teaching licensure in nursing at the Universidade Estadual do Oeste do Paraná (UNIOESTE), participating in the Programa Institucional de Bolsas de Iniciação à Docência (PIBID), along with students and teachers of the College Would Pirotelli, Louella partner school the PIBID.

Health education was held at the request of the school and it came to pass in two moments. The first was the training of the teachers of the school, where there was verbal exposure of the contents, taking into consideration the main themes of first aid and the doubts raised by the teachers.

The second was related to cardiopulmonary arrest where academics were demonstrations of the initial victim assistance in stopping at a doll encouraging students to perform chest compressions and ventilation with ambu bag. This second point was conducted during the science fair at school.

RESULTS

From the broad discussion about the importance of educational practice of first aid in the school literature and report on the need for such learning for both students and teachers, the academics of nursing the PIBID worked themes of the urgency and emergency situations in schools.

The first moment of educational practice performed with the teachers was a surprise, mostly related to the large number of questions on the subject. What drew attention were the questions concerning simple problems, such as actions concerning hypertension, nasal bleeding, fainting, fractures, among others. According to the account of some teachers, the biggest questions were related to frequent problems of school and that can be solved easily.

Among the subjects worked, cardiopulmonary arrest, working the whole approach of the victim and the care provided, obstruction of upper airways, with subsequent practical demonstration maneuvers clearing Airways. Another theme was the fever, very common in children.

In addition, work on the seizure, what can be seen was not preparing these professionals face to this occurrence, after verbalization with employees was held the practice of how to conduct such a change, were remedied several doubts, because

teachers had erroneous information and common sense.

As regards musculoskeletal trauma, especially fractures and forms of detention. This theme is debatable, because there was no verbalization of teachers that have been through situations like that and didnt know how to act in front of it.

Other subjects worked were the electric shock, fainting in school environment, bleeding, hypotension and hypertension and transport of casualties.

According to the teachers, before various accidents inside the school, the main measure front the situation is forward to the emergency services or ready attendances, often leaving aside the first aid to be provided that are essential in situations like this. This fact can lead to a high demand of health services, since small measures were taken soon after the accident, the medical service does not need to be fired.

As for the second point in our practice, held with students, the dummy to perform cardiopulmonary resuscitation (CPR) called enough attention. Many of the students approached curious with the practice and were encouraged to carry out ventilation and chest compression.

This practice was important, because the majority of students have never had contact with the theme of first aid or CPR practice. Since the science fair short actions demand of health education, it has not been possible to treat widely the topic cardiopulmonary arrest and first aid itself during this time, thus, more related to actual practice of CPR and the attendance the victim on parade. Thus, we believe that these students have need of knowledge of first aid related topics and actions against urgency and emergency situations.

DISCUSSION

From this educational practice, observed that both students as teachers are not able to act correctly in urgent and emergency situations, which further strengthens the need for educational practices like this in schools, where there is a large flow of people. What concerns us is the vast amount of questions on the topic on health education for teachers, since they should have the necessary knowledge to help the student in a moment of accident.

Some authors are emphasizing the idea that first aid education should be widely available and democratized. For Veronese, Oliveira, Rosa, Nast (2010), learn about first aid is restricted to health professionals or those who are close to universities, hospitals and other centres that promote such courses. The knowledge about first aid can give the population greater security to deal with their health problems, and may also lessen the demand considered not relevant to urgent and emergency services. This line comes from meeting with other authors, such as Fioruc; Molina; Junior; Lima (2008) point out that in many situations, this lack of knowledge on the part of the population entails numerous problems, such as the State of panic at the sight of the accident, incorrect handling of the victim and also the excessive and unnecessary sometimes request assistance specialized in emergency.

Accidents cause growing index of mortality and disability in childhood and adolescence, due to this it is necessary to concern on the part of professionals. The same constitute the predominant group of causes of death from one year of age, reaching percentages over 70 in teenagers from 10 to 14 years, when dealing with deaths caused by external causes (accidents and violence). Accidents cause, every year, the group under the age of 14 years, nearly 6,000 deaths and more than 140,000 hospital admissions, only in the public health network (CODEPPS, 2007).

When referring to cardiopulmonary arrest, teachers did not present many questions about it. However, during practice for the science fair, students have shown very interested in learning the technique of CPR. As in the case of PCR techniques, for Sellers; Bartmann; Bruno, (2007), it is important before approaching the victim, make a detailed observation of the scene and make sure that the place where the victim is safe. It is important to first responder protection against contamination through contact with blood, secretions or toxic products, making use of mask, goggles and gloves. In the absence of these devices, worth the improvisation with plastic bags, cloths, among others.

The next step is to assess the level of consciousness, calling the victim. If her answer means that he has cerebral blood flow enough to hold some activities of the central nervous system. Right now asks if help by calling the emergency services and, if available, to the Automatic External Desfibrilados (DEA). These procedures constitute a crucial point in attendance, since in some cases we cannot define immediately what happened to the victim and a basic life support is critical to prevent the deterioration of the condition of the victim (MALHOTRA; ZAMBONI; VELASCO; 2009).

To make the approach of victim must see the respiratory movements observing chest expansion, hear excessive breath noise, feel the movement of air in and out through the mouth and nose and observe the color of skin (BARGERON; BIZJAK; KRAUSE; LE BAUDOUR; 2007). the next step is to open your Airways allowing maintenance respiration. This can be done by raising the mandible and promoting the hyperextension of the spine, or by traction of the mandible (MALHOTRA; ZAMBONI; VELASCO; 2009). If the ventilation is absent, perform two rescue breaths during a second each. Ventilation can be made with an ambu bag, mouth-mask, mouth-mouth or mouth-nose, remembering always that if the ventilation device is not present, you must make use of protection devices to perform the vents (BARGERON; BIZJAK; KRAUSE; LE BAUDOUR; 2007).

Check the absence of central pulse. In the case of the absence of this, the situation of cardiopulmonary arrest PCR. Must begin chest compressions alternating with assisted the vents. Applies 30 chest compressions to two breaths assisted. Compressions should be applied quickly and intensely on the point of intersection between the lower half of the sternum and the nipple line, causing a depression four to five inches. The compression should be made with the hypothenar region (base) of the hand. The other hand should be placed in parallel with the first, keeping the elbows extended and forming a ninety-degree angle with the horizontal plane. Make 100 compressions per minute, and they cannot be interrupted before the arrival of the DEA (MALHOTRA; ZAMBONI; VELASCO; 2009). immediate care to a person in PCR is essential for survival.

During educational practice covering the topic of airway obstruction was realized that teachers had little notion of how to act in front of such an occurrence in the child and teenager, but didn't know the correct technique on how to act with babies who experienced choking hazard. According to Codepps (2007) the first aid front OVACE (Airways Obstruction By foreign body) in children under one year of age and conscious must be performed with the same face down and apply approximately five back blows, if the child does not expel the object switch to chest compressions, which must be switched, five back blows and 5 chest compressions. If the child is unconscious should trigger the urgency and emergency service, after that throw the child supine in rigid surface, perform airway opening, start CPR, and maneuvers before starting ventilation Airways check if the same this clear, if not, remove the object with your fingers or tweezers-shaped hookcontinue the maneuvers of RCP and wait for the emergency services arrive.

In children and adolescents is used the Heimlich maneuver, the same is in compression of the abdomen in the region above the navel, with their hands cuffed closed and with the thumb facing the child, must exert quick compressions to inside up, continue CPR until the foreign body is expelled. If the child is unconscious pour la, lateralizar head, and start CPR manoeuvre (BRAZIL, 2003).

Another subject was about the fever, and it was observed that the participants of the educational practice had notion of how to act in front of such a complication, but still had many questions. According to Codepps (2007) the procedures to perform front are fever, put the fresh environment in school, offer liquids, remove excess clothes, take a warm bath, re-evaluate every 30 minutes, if no improvement occurs forward for basic health unit, or emergency unit, the medication should only be used with a doctor's prescription.

Already when we deal with the theme was clear seizure unpreparedness of the professionals, they had a lot of knowledge of common sense that are not correct in practice of first aid. The actions to be taken in front of a seizure are triggering the SAMU, provide an airy environment, away from objects that might hurt him, protect the head against bumps in the ground, seek leave to head lateralizada, for it does not choke on some secretion, loosen clothes, stay calm and away from other people, and also available to cover high school (CODEPPS, 2007).

As regards musculoskeletal trauma, especially fractures, there is a big question of how to proceed with the rugged person, since their approach even the immobilization. Front of this type of occurrence, you should proceed as follows: do not allow the patient to move, carry out detention, occlude with bandage the wounds open. For the grounding, should be cut affected Member's clothes exposing the injury, remove embellishments that may compromise circulation, use splints and bandages on restraint, checking pulses before and after detention and elevate the ends (SANTOS, 1999).

In cases of electric shock, we observed that although little, there is a better notion of what to do in this case, especially as regards the environment and safety. In these cases, the conduct is to turn off the power supply before touching the patient, not trying to manipulate the high voltage with sticks or rubber, perform primary examination, noting especially pulse, breathing and unconsciousness, if necessary use cardipulmonar resuscitation maneuvers and monitor the victim (SANTOS, 1999).

Another situation of accidents that might involve the school environment, is fainting. We also observed the preparation of education professionals in front of it, not knowing the correct handling of this victim, who must be laying the victim and turning his head to the side (in case of vomiting), loosen tight clothing pieces, maintain the airy place, check pulse and breathing. When the patient regains consciousness, stay five minutes lying and five minutes sitting before lifting up (HARTLEY, 2008)

CONCLUSION

The knowledge about first aid on the part of teachers and students is deficient, requiring an improvement on his theories and techniques, taking into account the relevance that has security for students and teachers and aiming at prevention of foreseeable accidents.

It is imperative, therefore the knowledge of teachers and students, with the intention that they acquire a critical conscience, and also gain responsibility for their choices to ensure safety, since the school environment is where they spent a good part of their lives.

It becomes essential the role of health professionals in these institutions, since we are educators and have the role of health promotion in school environment. With the assumption that the nurse has indispensable role in educational practices and has the social responsibility to provide the necessary knowledge to increase the quality of life, and prevention of avoidable aggravations, aiming at the improvement of assistance to high school girls in educational environments.

It is up to all health professionals take health education at school, attending to all age groups. We as academics of nursing course, we must bear in mind the importance of these projects both for the employed population, and the welfare of the population in General, which can benefit from the knowledge of others against actions in urgent and emergency situations.

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FIRST AID FOR STUDENTS AND TEACHERS OF A PUBLIC SCHOOL WEST OF PARANÁ: HEALTH EDUCATION

ABSTRACT

The teaching of first aid is still little widespread, underscoring the importance of actions addressing this topic for the entire community. During this study were carried out educational practices in health addressing the topic with students and teachers of a public school in Western Paraná, with the goal of empowering them to act properly against the urgency and emergency situations. In this way, the work was conducted in two phases. First, at the request of the school, was held the educational practice with teachers, where academia spoke on the topic, emphasizing the main incidents that take place in the school environment. Several questions arose during exposure of the contents, demonstrating the unpreparedness of these

professionals in attendance the victim of an accident. In a second moment, health education was geared to students, with an emphasis on cardiopulmonary arrest and actions against the problem. Several students performed chest compressions and ventilation during the demonstrative class. At the end of these practices we can conclude that students and teachers have weaknesses to act in emergency situations pointing out the need to address continually the topic in schools.

KEYWORDS: Health education, First aid, Nursing.

PREMIERS SOINS POUR LES ÉTUDIANTS ET LES ENSEIGNANTS D'UNE ÉCOLE PUBLIQUE À L'OUEST DE PARANÁ : ÉDUCATION À LA SANTÉ

RÉSUMÉ

L'enseignement des premiers secours est encore peu répandue, soulignant l'importance des actions traitant de ce sujet pour l'ensemble de la communauté. Au cours de cette étude ont été effectués les pratiques éducatives en matière de santé à aborder le sujet avec les élèves et les enseignants d'une école publique dans l'ouest de Paraná, dans le but de leur donner les moyens d'agir correctement contre l'urgence et les situations d'urgence. De cette façon, le travail a été mené en deux phases. Tout d'abord, à la demande de l'école, a eu lieu la pratique pédagogique avec les enseignants, où le milieu universitaire s'est entretenu sur le sujet, en mettant l'accent sur les principaux incidents qui se déroulent dans le milieu scolaire. Plusieurs questions ont été soulevées au cours de l'exposition du contenu, ce qui démontre l'état d'impréparation de ces professionnels présents la victime d'un accident.Dans un second moment, éducation à la santé était adaptée aux élèves, en mettant l'accent sur l'arrêt cardiorespiratoire et d'actions contre le problème. Plusieurs étudiants effectué compressions thoraciques et la ventilation au cours de la classe démonstrative. À la fin de ces pratiques, nous pouvons conclure que les élèves et les enseignants ont des faiblesses d'agir dans des situations d'urgence, soulignant la nécessité d'aborder sans cesse le sujet dans les écoles.

MOTS-CLÉS : Éducation à la santé, Secourisme, Soins infirmiers.

PRIMEROS AUXILIOS PARA ESTUDIANTES Y PROFESORES DE UNA ESCUELA PÚBLICA AL OESTE DE PARANÁ: EDUCACIÓN PARA LA SALUD

RESUMEN

La enseñanza de primeros auxilios es todavía poco extendida, subrayando la importancia de abordar este tema para toda la comunidad de acciones. Durante este estudio se llevaron a cabo las prácticas educativas en la salud de abordar el tema con los estudiantes y profesores de una escuela pública en oeste de Paraná, con el objetivo de empoderándolas para actuar correctamente frente a la urgencia y situaciones de emergencia. De esta manera, el trabajo se realizó en dos fases. En primer lugar, a petición de la escuela, se llevó a cabo la práctica educativa con los profesores, donde la academia habló sobre el tema, destacando los principales incidentes que ocurren en el ambiente escolar. Surgieron varias preguntas durante la exposición de los contenidos, demostrando la falta de preparación de estos profesionales en la asistencia a la víctima de un accidente. En un segundo momento, educación para la salud se orientó a los estudiantes, con énfasis en paro cardiopulmonar y acciones contra el problema. Varios estudiantes realizaron compresiones y ventilación durante la clase demostrativa. Al final de estas prácticas podemos concluir que los estudiantes y los maestros tienen debilidades para actuar en situaciones de emergencia señalando la necesidad de abordar continuamente el tema en las escuelas.

PALABRAS CLAVE: Educación para la salud, Primeros auxilios, Enfermería.

PRIMEIROS SOCORROS PARA ALUNOS E PROFESSORES DE UMA ESCOLA PÚBLICA DO OESTE DO PARANÁ: EDUCAÇÃO EM SAÚDE

RESUMO

O ensino de primeiros socorros ainda é pouco difundido, ressaltando assim a importância de ações abordando este tema para toda a comunidade. Durante este trabalho foram realizadas práticas educativas em saúde abordando o tema com alunos e professores de uma escola pública no oeste do Paraná, com o objetivo de capacitar os mesmos para agir corretamente frente a situações de urgência e emergência. Desta forma, o trabalho foi realizado em dois momentos. Primeiramente, a pedido da escola, foi realizada a prática educativa com os professores, onde as acadêmicas discorreram sobre o tema, ressaltando os principais incidentes que acontecem no ambiente escolar. Surgiram várias dúvidas durante a exposição dos conteúdos, demonstrando o despreparo desses profissionais no atendimento a vitima de acidente. Em um segundo momento, a educação em saúde foi voltada para os alunos, com ênfase na parada cardiorrespiratória e as ações frente ao problema. Vários alunos realizaram a massagem cardíaca e ventilação durante a aula demonstrativa. Ao final destas praticas pudemos concluir que alunos e professores possuem fragilidades para agir em situações de emergência apontando a necessidade de abordar continuamente o tema nas escolas.

PALAVRAS-CHAVE: Primeiros Socorros, Educação em Saúde, Enfermagem