

THE ROLE OF AN ACADEMIC LEAGUE IN HEALTH EDUCATION IN BASIC HEALTH UNITS IN A MUNICIPALITY IN GOIÁS: EXPERIENCE REPORT

Esp. Anna Kharolyna Aciole Correia¹
Ágda Karolyne Ferreira de Arcamino²
Brunna Emanuely Gonçalves Ferreira³
Luana de Oliveira Martins⁴
Ma. Thallita de Freitas Ramos⁵
Ma. Shirley Kellen Ferreira⁶
DNA Postgraduate Studies¹²³⁴
State University of Goiás – UEG⁵⁶

ABSTRACT

An effective method for promoting health is education. With this tool, it is possible to promote quality care for patients and, consequently, foster bonds between professionals and the population. With this in mind, academic leagues contribute to the training of qualified professionals. In March, awareness campaigns on endometriosis and cervical cancer take place. The objective of this study was to report the experience of an academic league in promoting health education in a basic health unit in a municipality in Goiás, addressing the themes of March Lilac and March Yellow. This is a descriptive study of the experience report type. The development of this health education work with women allowed us to verify the importance of education in basic health units on women's health for promoting knowledge among the population. In addition, the opportunity to talk with patients provides a rich experience for quality training for students.

Keywords: Nursing; Nursing; Gynecology and Obstetrics; Primary health care;

INTRODUCTION

Health education is a very important method for promoting quality of life and maintaining the health of a population. It is an educational tool that provides guidance to patients on topics relevant to their health, providing opportunities for dialogue and knowledge sharing (Braga *et al.*, 2021; Costa *et al.*, 2020).

These activities, in addition to promoting knowledge among the population, are an opportunity to create a bond between the nursing professional and the patient

thus ensuring health promotion and continuity of care (De Lima Sales *et al.*, 2019).

According to the DCN (National Curriculum Guidelines) for the Undergraduate Nursing Course, nursing professionals must have various skills and competencies, including communication and continuing education. Regarding the latter, the DCN explicitly states that professionals must be able to "learn to learn and have responsibility and commitment to their education." Therefore, continuing education is an activity with which professional nurses must be familiar since graduation (Brazil, 2001).

Given this scenario, it is worth noting that Academic Leagues (LA) are of paramount importance in the health education of nursing students, contributing to the training of professionals with a different perspective, since these entities bring students closer to good health practices (Cavalcante, 2018).

LEGOC (League of Nursing in Gynecology and Obstetrics of Ceres) is one of these Academic Leagues. The entity was founded in 2022 by students of the Nursing course at the State University of Goiás (UEG), University Unit (UnU) of Ceres, under the coordination of a nursing course professor, and aims to assist in the training of nursing students and health professionals in teaching, research, and extension activities. Its activities focus on deepening and disseminating knowledge about women's health, gynecology, and obstetrics.

Every March, the "March Lilac" and "March Yellow" campaigns take place, which are movements aimed at prevention and awareness of cervical cancer and endometriosis. "March Lilac" aims to raise awareness and combat cervical cancer (Borges, 2020), while "March Yellow" is a global campaign for the prevention of endometriosis. During this month, health agencies promote health education on the topic, as there is a gap in women's knowledge on this subject (De Souza *et al.*, 2021).

Given this, the objective of this study was to report the experience of an academic league in promoting health education at a basic health unit in a municipality in the state of Goiás, addressing the themes of Lilac March and Yellow March.

METHODS

This is a descriptive study based on the experiences of students who are members of the academic league and students of the Bachelor of Nursing course at UEG UnU Ceres during Supervised Internship I. As this is an experience report, it was not necessary to submit it to a research ethics committee.

In March 2023, during Supervised Internship I, the students, together with members of the Academic League, were invited by a team from the Family Health Strategy to conduct a health education activity with women from that area, in celebration of International Women's Day.

On this occasion, the topic to be addressed was chosen by the interns and the students of the league, who opted to talk about "March Lilac" and "March Yellow." Regarding "March Lilac," the students discussed ways to prevent cervical cancer and its signs and symptoms. As for "Yellow March," which focuses on raising awareness about endometriosis, the students discussed what endometriosis is, its signs and symptoms, and treatment for the disease.

This health education session took place in the morning and afternoon, lasting approximately 20 minutes each. First, the students introduced themselves and briefly presented the Academic League. After the introductions, each student began their presentation, using simple and clear language for better understanding by the audience. They used the league's banner design as a visual aid to demonstrate the structure of the uterus.

After the students' speeches, there was a discussion where patients had the opportunity to share personal stories and ask questions about the topics. At the end of the educational activity, participants received awareness souvenirs for Lilac and Yellow March, which were made by the students

members of the Academic League.

RESULTS

Through this health education experience, the students were able to notice that endometriosis is still a little-known and rarely discussed topic, which is why it was the topic that generated the most questions among the participants. This aspect is corroborated by the study by Miguel *et al.* (2023), in which the authors report a lack of awareness about the disease and state that more trained professionals who are knowledgeable about endometriosis are needed to raise awareness about the topic.

An important aspect for the students was the interaction between patient and professional, given that the participants were very receptive and participatory during the activity. In this way, the students were able to engage in critical-reflective thinking, in addition to the possibility of integrating students and professional practice, which are essential and can be promoted by the League's activities (De Carvalho *et al.*, 2019).

Health education aims to promote health and prevent disease, and nurses are responsible for identifying these needs in primary care in order to develop health strategies that can ensure quality nursing care (De Lima Filho *et al.*, 2023). In this way, the students were able to identify needs and promote this strategy, which can be seen in the successful participation of the patients.

CONCLUSION

The development of this health education project with women in that community demonstrated the importance of health education in the primary care units of the municipality's family health strategy in relation to women's health and the promotion of knowledge.

It should also be noted that promoting health education allows students to develop skills and competencies that contribute to the training of qualified professionals.

REFERENCES

- BORGES, Helenice et al. The importance of health awareness campaigns. **Laboro College Repository**. 2020.
- BRAGA, Kassandra Lins et al. Integrative review: successful experiences in health education. **Knowledge in Action Magazine**, v. 6, n. 1, p. 187-199, 2021.
- CAVALCANTE, Ana Suelen Pedroza et al. Academic leagues in the health field: gaps in Brazilian scientific production. **Revista Brasileira de educação médica**, v. 42, p. 199-206, 2018.
- COSTA, Daniel Alves da et al. Nursing and Health Education. **Scientific Journal of the State School of Public Health of Goiás Cândido Santiago**, p. 6000012-6000012, 2020.
- DE CARVALHO, Carlos Romualdo et al. Contribution of Academic Leagues to Nursing Education. **Enfermagem em Foco**, v. 10, n. 6, 2019
- DE LIMA FILHO, Carlos Antonio et al. Health education as a strategy provided by nurses to patients with hypertension from the perspective of primary care . **UNIPAR Health Sciences Archives**, v. 27, n. 2, p. 1027-1037, 2023.
- DE LIMA SALES, Ana Karla Cruz et al. Health education in primary care for pregnant women and new mothers. **Interfaces: Health, Humanities, and Technology Journal**, v. 7, n. 1, p. 197-202, 2019.
- DE SOUSA, Thais Lima et al. Knowledge of women with endometriosis about the disease and family planning. **Revista de Divulgação Científica Sena Aires**, v. 10, n. 2, p. 379-387, 2021.
- MIGUEL, Solange Aparecida et al. Women with endometriosis: knowledge and experiences. **Seven Editora**, pp. 140-152, 2023.
- MINISTRY OF EDUCATION (Brazil). Resolution CNE/CES No. 3, dated November 7, 2001. Establishes national curriculum guidelines for undergraduate nursing courses. **Official Gazette of the Union, November 9, 2001; Section 1.**