Strengthening the Performance of Professionals in the School Health Program: interface with PET-Saúde

Fortalecendo a Atuação dos Profissionais do Programa Saúde na Escola: interface com o PET-Saúde

Fortalecimiento del Desempeño de los Profesionales del Programa de Salud Escolar: interfaz con PET-Saúde

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RESUMO

Objetivo: Relatar a experiência de bolsistas do PET-Saúde, em parceria com o Núcleo de Pesquisa e Extensão em Ensino de Ciências da Universidade Estadual de Feira de Santana, no planejamento e execução de capacitações para fortalecer a atuação dos profissionais de saúde que atuam no Programa Saúde na Escola (PSE). Método: Trata-se de um relato de experiência, de caráter descritivo, cujas atividades foram organizadas em duas etapas: 1) Realização de um Curso de formação de Educação à Distância. 2) Ministração de capacitações para o PSE vinculado à Secretaria Municipal de Feira de Santana, Bahia. Resultados: Na etapa 01, a equipe do PET Saúde participou de uma capacitação para a inovação no ensino na saúde. Na etapa 02, a partir dos conceitos trabalhados na primeira etapa, foram ministradas quatro capacitações para os profissionais de saúde do PSE, onde foram abordados temas inerentes ao programa. Tais capacitações alcançaram 211 participantes, na perspectiva de possibilitar uma atuação qualificada e eficiente junto ao Programa. Conclusão: As capacitações realizadas proporcionaram uma experiência positiva para os participantes, bem como para os bolsistas do PET Saúde, os quais tiveram a oportunidade de contribuir para a melhoria das atividades desenvolvidas pelos profissionais que atuam no PSE.

Descritores: Atenção Primária à Saúde; Gestão em Saúde; Educação em Saúde.

ABSTRACT

Objective: To report the experience of PET-Saúde scholarship holders, in partnership with the Center for Research and Extension in Science Teaching at the State University of Feira de Santana, in planning and executing training to strengthen the performance of health professionals who work in the School Health Program (PSE). **Method:** This is an experience report, of a descriptive nature, whose activities were organized in two stages: 1) Carrying out a Distance Education training course. 2) Provision of training for the PSE linked to the Municipal Secretariat of Feira de Santana, Bahia. **Results:** In stage 01, the PET Saúde team participated in training for innovation in health education. In stage 02, based on the concepts worked on in the first stage, four training courses were given to PSE health professionals, where themes inherent to the program were addressed. Such training reached 211 participants, with the aim of enabling qualified and efficient action within the Program. **Conclusion:** The training provided provided a positive experience for the participants, as well as for the PET Saúde scholarship holders, who had the opportunity to contribute to the improvement of the activities carried out by professionals working in the PSE.

Descriptors: Primary Health Care; Health Management; Health Education.

RESUMEN

Objetivo: Relatar la experiencia de becarios del PET-Saúde, en colaboración con el Centro de Investigación y Extensión en Enseñanza de las Ciencias de la Universidad Estadual de Feira de Santana, en la planificación y ejecución de capacitaciones para fortalecer el desempeño de los profesionales de la salud que actúan en el Programa de Salud Escolar (PSE). Método: Se trata de un relato de experiencia, de carácter descriptivo, cuyas actividades se organizaron en dos etapas: 1) Realización de un curso de formación en Educación a Distancia. 2) Provisión de capacitación para el PSE vinculado a la Secretaría Municipal de Feira de Santana, Bahía. Resultados: En la etapa 01, el equipo de PET Saúde participó de una capacitación para la innovación en educación en salud. En la etapa 02, a partir de los conceptos trabajados en la primera etapa, se impartieron cuatro cursos de capacitación a profesionales de la salud del PSE, donde se abordaron temas inherentes al programa. Dicha capacitación alcanzó a 211 participantes, con el objetivo de posibilitar una actuación cualificada y eficiente dentro del Programa. Conclusión: La capacitación brindada proporcionó una experiencia positiva para los participantes, así como para los becarios del PET Saúde, que tuvieron la oportunidad de contribuir para la mejora de las actividades realizadas por los profesionales que actúan en el PSE. Descriptores: Atención Primaria de Salud; Gestión de la Salud; Educación para la Salud.

Introduction

Primary care is decisive in terms of the activities of the other levels of care within the Health Care Network (HCN), being responsible for providing comprehensive care to the person, not only focused on the disease, but on the individual as a whole, performing not only curative actions, but also prevention and health promotion, as stated by Starfield.¹ The management of Primary Care in Brazil (PHC) is guided by the National Policy of Primary Care (PNAB), which defines the general principles and guidelines of PHC, including the continuing education of primary care teams as a management strategy to improve actions within the scope of the RAS.²

In this context, the School Health Program (PSE), a strategy adopted to contribute to the development of students in the public school system, integrates the areas of Health and Education. The program is aimed at carrying out thirteen educational actions by health professionals in municipal schools that have entered into a partnership with the program, ranging from kindergarten to high school. For the success of the program, however, the support of education and health managers in the municipalities is essential.³

Thus, it is important that the professionals who work in PHC are up-todate in order to provide care to the community safely, objectively and clearly, being able to work together, adding efforts and knowledge to the development of quality work, especially with regard to the PSE.4 In view of the above, it was envisaged the realization of training activities with the PSE, in the perspective of enabling a qualified and efficient performance with the Program, through the performance of the Program of Education through Work for Health (PET-Saúde).

PET-Saúde, in turn, aims to integrate teaching, service and community, carrying out activities that cover the three pillars of the academic tripod: teaching, research and extension.⁵ To this end, it provides students participating in the tutorial groups with a direct experience with Primary Care, which is the gateway to the RAS and the main point of contact for users with the Unified Health System (SUS). being responsible for solving most of the population's problems.²

In this sense, in the present work, a tutorial group IV of the PET-Health of the State University of Feira de Santana (UEFS), linked to the Municipal Health Department (SMS), of the municipality of Feira de Santana, Bahia, carried out several training sessions with the PSE, which were aimed at health professionals who work in primary care and are responsible for the execution of the program's actions. Such actions had the support of the Center for Research in Science and Biology Teaching (NUPEECBio) of UEFS, in the perspective of presenting to the participants, didactic and methodological strategies that can be used in schools, addressing the themes proposed by the PSE, according to the professional category, being directed to the three levels of basic education. Thus, the present work aims to report the experience of a group of PET-Saúde scholarship holders, in partnership with NUPEECBIO, in the planning and execution of training to strengthen the performance of health professionals who work in the PSE.

Method

The present work is an experience report, of a qualitative and descriptive nature, of a subgroup of the tutorial group IV linked to the PET-Health Management of Primary Care and Family Health of UEFS, which had the activities carried out in partnership with the SMS of the municipality of Feira de Santana (FSA), state of Bahia, in the period from August 2022 to July 2023. The actions carried out also counted on the partnership of NUPEECBIO, of the Department of Biological Sciences, of UEFS, with a view to training for innovation in health education.

In the present study, the PET Saúde team was composed of three students regularly enrolled in different undergraduate health courses at UEFS, including Medicine (one), Biology (one) and Physical Education (one), as well as two tutors, professors from the Department of Biological Sciences (DCBIO) of this institution, with a degree and a bachelor's degree in Biology and a bachelor's degree in Physical Therapy. In addition, two preceptors, with degrees in nursing and social work, respectively, working in the Primary Care Management of the SMS/FSA composed this subteam, totaling seven members. The NUPEECBIO team involved in the present work involved the partnership of professors from DCBIO and the Department of Technologies of UEFS.

The actions were developed in two interconnected stages: **Stage 01:** Participation in a Training Course focused on innovation in Health Education: in this stage, the members of PET Saúde initially took a training course, in the distance learning format, which was taught by the team of NUPEECBIO Professors, with a view to innovation in health education. There was participation in hybrid activities, in person and through virtual platforms. Through synchronous and asynchronous activities, different pedagogical activities were discussed and implemented, enabling the members of PET Saúde to discuss theoretical and practical concepts about the importance of implementing innovative pedagogical practices, including the use of Active Methodologies for Health Teaching. This stage involved collaborative work articulated in three axes: training, diagnosis and innovation.

Stage 02: Provision of various training for the PSE: Based on the concepts learned in stage 01, the PET Saúde team provided several training sessions for health professionals linked to the SMS in Feira de Santana, Bahia. To this end, within the scope of primary care management, several training courses were planned and applied to health professionals who work in the PSE, highlighting the extensionist character of such activities. At this stage, the main goal was to improve the didactic and methodological skills of these professionals, in order to meet the different age groups and levels of education in basic education. The training aimed to strengthen the PSE, which is a program that aims to strengthen the integration between the areas of Education and Health, with actions aimed at students from municipal public schools in order to provide content that contributes to the expansion of knowledge about personal and collective health care.

As a target audience, the actions had the participation of health professionals from the municipality of Feira de Santana, Bahia, thus, the following were included: 1 (one) NASF professional, 2 (two) nurses and 1 (one) dentist. The inclusion criterion was to be part of a team associated with the PSE.

Four (4) training sessions were held on different days, all in the SMS auditorium, in partnership with the PSE technical reference, which were distributed in three stages and their respective themes: 1) First training – a) Physical activity, b) First aid and c) STIs; 2) Second training – a) Vaccination, b) Neglected diseases and teenage pregnancy; and 3) Third training – Oral Health.

The training activities involved some teaching methodologies within the themes proposed by the PSE, such as interactive games, storytelling, debates and brainstorms. In addition, lectures and dialogued classes were held with the support of slides created on the Canva platform, which were projected with the help of the multimedia projector and microphone of the SMS auditorium. The material was created by the PET-Saúde scholarship holders with the support of the tutors and preceptors, as well as by the NUPEECBIO team, based on the manual "Knowledge acquisition and retention: A cognitive perspective" by Ausubel6, addressing the learning characteristics of each level of education: early childhood education, elementary school I and II, and high school, as detailed in Chart 1.

Table 1 - Learning characteristics according to level of education.

Levels of Education		
Early Childhood Education	Use of playful and interactive activities; Stimulation of children's curiosity.	0 to 5 years
Elementary School I and II	Learning through play and interactive games; Focus on the development of skills and competencies.	6 to 14 years
Middle school	Learning focused on critical reflections and construction of life projects; Content is absorbed in a more contextualized and indepth way.	15 to 17 years old

Results

The present work involved activities articulated with active teaching methodologies, in order to present innovative didactic strategies for PSE professionals, addressing several themes of fundamental importance for public health. The main focus of the actions was the continuous training of these professionals to work in schools and the community. It is noteworthy that these actions, of an extensionist nature, carried out by the members of the tutorial subgroup, contributed to the broad professional training of all those involved.

In the first stage, prior to the training for the PSE team, a period of internal training of the PET Health team was carried out, which had the support and partnership of NUPEECBio UEFS. Based on the dialogue with the university's professors, involving an interdisciplinary team from the areas of Biology, Health and Technologies, the PET-Saúde scholarship holders participated in training activities, which contributed to the theoretical-practical basis guiding the development of the following stages of action in Primary Care.

Such training activities were directed throughout the Distance Learning Course "Science Teaching for Health Promotion in Basic School", promoted by NUPEECBio and linked to the Extension Project: "Innovation in Science Teaching

Through Transversality and Integration Between University and Schools With a View to Initial and Continuing Teacher Training in the Context of the Covid-19 Pandemic", which was given during the National Week of Science and Technology, in 2022, with weekly virtual meetings and online tutoring. In addition, the scholarship holders participated in face-to-face meetings at UEFS and SMS, with a view to better understanding and adapting the strategies to be used in training for health professionals.

After this period, the tutorial group of PET-Saúde Gestão da Atenção Básica e Saúde da Família carried out the local situational diagnosis, with emphasis on PHC and its programs, where the following were observed: a) Organization and structure of the SMS; b) Organizational chart of the SMS; c) National Primary Care Policy; d) Composition of Primary Care; e) Description of the physical structure of the SMS; f) Main sectors of the SMS and their functions; g) Territorialization of Primary Care and h) Work process in the SMS- Annual Health Programming (PAS) 2022/Primary Health Care.

Based on the local situational diagnosis, the group prioritized the strengthening of actions focused on the PSE, and in particular, on the themes: Physical Activity, First Aid, Sexually Transmitted Infections (STIs), Vaccination, Neglected Diseases, Oral Health and Pregnancy in Adolescence, emphasizing the importance of using methodological strategies for the understanding of the themes by students in public schools (Chart 2).

Table 2- Training promoted for PSE health professionals.2023

Trainings								
Stages	Topics covered	Date of training	Objective	Sample	n			
1 ^a	Physical activity; First aid; STI's.	09/05/2023	Present to health professionals didactic and methodological strategies to be used to encourage students to practice physical activity.	NASF	94			
2 ^a	Vaccination Neglected diseases and teenage pregnancy	23/05/2023	Understand methodologies to encourage students to understand the importance of vaccines, knowledge about neglected diseases and expose some strategies that can be applied to list the consequences and ways to prevent teenage pregnancy.	Nurses	69			
3ª	Oral Health	30/05/2023	Discuss with professionals' methodologies aimed at teaching oral health care as a way to prevent caries.	Dentists	48			
4ª	Vaccination Neglected diseases and teenage pregnancy	06/06/2023	Understand methodologies to encourage students to understand the importance of vaccines, knowledge about neglected diseases and expose some strategies that can be	Nurses	69			

applied to list the consequences and ways to prevent teenage pregnancy.	
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The first training was aimed at NASF health professionals and had 94 participants. The theme of Physical Activity was approached through an approach, which was entitled "Dance of the Pillows", a game aimed at early childhood education, where students can be stimulated to practice physical activity. In this dynamic, upbeat music can be used, similar to musical chairs, and students are instructed to run to a cushion and perform some type of physical activity (e.g., jumping, jumping) when the music stops (Chart 3).

Chart 3 - Methodologies used in training with the PSE team. 2023.

Stage	Sample	Subject	Activity/Appli cation	Description of the activity
1 ^a	NASF Professi onals	Physical Activity	Cushion Dance/ Early Childhood Education	A game where you have to put on some upbeat music and, as soon as the music stops, the children have to run to the cushion and perform some kind of exercise/physical activity.
		STI's	Game "Who Am I"/ Middle school	Interactive game where students are challenged to discover the disease based on 3 characteristics of it
2ª e 4ª	Nurses	Vaccinat ion	Storytelling/ Early Childhood Education	Use of short narratives to convey knowledge about one of the themes proposed by the PSE, stimulating imagination and creativity.
		Neglect ed diseases	Game "Keeping an Eye on the Signs"/ Elementary School	Card game about neglected diseases, where students must associate the card in which the name of the disease is with the cards referring to symptoms and preventive actions. It seeks to assess students' knowledge in a fun way.
		Teenage pregnan cy	Brainstorm	Known as "brainstorming", a method that stimulates the generation of ideas about a specific topic through group discussions
3 ^a	Dentists	Oral Health	Storytelling/ Early Childhood Education	Use of short narratives to convey knowledge about one of the themes proposed by the PSE, stimulating imagination and creativity.
			Game "Hunt for Healthy Food"/ Elementary School	Using cards with pictures of healthy and unhealthy foods, students will have to separate, among the cards, which are the unhealthy foods.
			Debate/ Middle school	Promotion of dialogue and discussion among students in a critical way,

				stimulating communication	argumentation	and
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Still in the first tapa, the game "Who am I?" was used as an example of methodology to be applied with the theme STI's for high school. In this approach, after a previous discussion with the participants about the general theme, three characteristics of different STIs are presented to the students, who are then challenged to find out which disease it is. In this way, it is possible to evaluate the students' previous concepts about the subject, approaching and inserting new content in a fun way (CHART III).

In the next stages, which were directed to the nurses, the themes of Vaccination, Neglected Diseases and Pregnancy in Adolescence were addressed, with 69 participants (CHART II). Vaccination can be contemplated with a children's story about its importance in the fight against diseases in a playful way for children from 0 to 5 years old. For neglected diseases, a game entitled "Keeping an eye on the signs" was presented, where elementary school students can relate diseases to their respective symptoms and preventive actions. The theme of Pregnancy in Adolescence can be discussed through a collective brainstorm, where high school adolescents would be encouraged to list consequences and ways to prevent pregnancy by pasting their ideas on a poster to be posted on a mural or wall at school (CHART III).

In addition, with the presence of 48 participants, a training was carried out directed to dentists, addressing the theme of Oral Health, where methodologies were used for early childhood education, elementary school I and II and high school, according to the learning characteristics of each phase. In this context, for early childhood education, the teaching methodology presented was the telling of a children's story about the prevention of caries as an important factor for oral health, as we can see in CHART III

To work with elementary school, the game "Hunt for healthy foods" was presented, with a view to relating healthy eating as a way to promote oral health. In this methodology, students can be challenged to separate healthy and unhealthy foods into different columns (CHART III), learning in a creative and playful way about proper nutrition and its relationship with the human body.

As a methodology for working with high school students, in turn, the debate was presented, a way of promoting a more critical and in-depth approach. In this approach, the class can be divided into two groups, where students are challenged to prepare, in an extra-class activity, within seven days, a bibliographic research, involving discussions among team members. Subsequently, the reflections produced by each group should be presented in the classroom (CHART III).

Discussion

In the present study, the Pet-Saúde Primary Care Management, with the support of the NUPEECBIO of UEFS, contributed to the strengthening of the integration process between teaching-service-community, with the integration between the SUS and higher education institutions, promoting the preparation of future health professionals for an emancipatory action between health

management and health care.⁵ From this perspective, the actions involved the elaboration and application of an observational script, bringing the diagnostic situation of the management of the SMS, as well as the realization of training aimed at professionals who work in the PSE.

Such actions broadened the participants' view of the importance of health education, especially with regard to the continuing education of professionals who already work in public health services, who contribute to the integral education of students through health promotion, prevention and care actions, with a view to improving quality of life. mainly, children and young people from the public school system. According to Casemiro, Fonseca and Secco⁷, better levels of education are associated with a healthier population, as well as the latter having greater chances of appropriating knowledge and knowledge from formal and informal education.⁷

Each of the training stages was of fundamental importance so that the scholarship holders, preceptors and tutors could think about and implement, together with the SMS, new alternatives for problems in the management of primary care. The training activities encouraged the implementation of innovative methodological strategies in Basic Education, including storytelling, didactic games and the use of educational technologies. It sought to encourage the promotion of individual and collective actions aimed at new lifestyle habits that minimize the risk of diseases. These strategies contribute to the sharing of experiences, helping in the understanding of the content by emphasizing the importance of theory and practice together in the teaching-learning process and in the action-reflection process.⁸

The training of health professionals is an essential role in the application of the thirteen themes in the PSE, providing them with the necessary knowledge and skills to promote the health and well-being of students. As highlighted by Souza et al, the continuous training of health professionals is crucial to ensure an adequate and improved approach to advanced activities in schools, allowing them to acquire specific skills to deal with issues related to healthy eating, physical activity, oral health, prevention of sexually transmitted infections, among other topics addressed by the program.⁹

The literature positively highlights the role of training actions for health professionals, enhancing their own practices in the work environment, especially when talking about "Health and Education". In this context, health professionals who contribute to students' learning within the school environment also need guidance and training. Collaborating with the strengthening of the multidisciplinary team, training not only enhances the individual skills of health professionals, but also strengthens team cohesion and collaboration. By participating in capacity building programs, team members have the opportunity to share experiences, learn from each other, and develop a common understanding of the team's goals and values. This results in better communication and teamwork, directly benefiting the quality of care.¹⁰

In general, the extension actions implemented in the present study were successful, considering the constant interaction and dialogue between the team and with the health professionals. The University Extension has a fundamental role in society, as it builds, disseminates and discusses the knowledge produced within the University, towards the community outside it, enabling the promotion of health and, therefore, the improvement in the quality of life of citizens.^{11,12}

Conclusion

In view of the above, in the present work, Pet-Saúde Gestão da Atenção Básica, with the support of NUPECBIO of UEFS, collaborated with the sharing of innovative educational practices aimed at solving demands presented in the practice scenarios. As a result, Primary Care was strengthened, with regard to the PSE, through health education actions, and contributed to the training of new professionals who are more focused and with expertise in public health actions. Thus, the role played by universities becomes fundamental in fostering the development of extension initiatives aimed at creating solutions and strategies that address crucial issues related to the improvement of the community's health condition.

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