

Experience of multiprofessional residents in first aid guidance and accident prevention in schools

Experiência de residentes multiprofissionais na orientação de primeiros socorros e prevenção de acidentes nas escolas

Experiencia de residentes multiprofesionales en orientación en primeros auxilios y prevención de accidentes en escuelas

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RESUMO

Objetivo: relatar a experiência de residentes multiprofissionais em saúde na execução de ações de educação em saúde nas escolas, visando orientações de primeiros socorros e prevenção de acidentes. **Método:** Estudo descritivo e transversal realizado a partir da vivência de residentes multiprofissionais em um programa de educação em saúde nas escolas. **Resultados:** A ação objetivou capacitar e orientar escolares quanto a primeiros socorros e os cuidados emergenciais em casos de engasgamento, lesões perfurocortantes e queimaduras, orientar quanto à identificação e às ações a serem empregadas em caso de evidências de alterações do nível de consciência, desmaios, convulsões, bem como, na presença de uma parada cardiorrespiratória. A experiência adquirida complementa o aprendizado e permite conhecer uma pequena parcela da atuação na atenção básica. A experiência e conhecimento adquiridos na iniciativa perpassam o ambiente hospitalar e o contexto de urgência e trauma, por ser realizada dentro das escolas, favorecendo a construção da residência multiprofissional de maneira interdisciplinar e colaborativa, fortalecendo as ações de educação em saúde e desenvolvendo nos residentes competências e práticas coletivas. **Conclusão:** A iniciativa HUGOL nas Escolas tem alcançado os objetivos de treinar o público-alvo sobre primeiros socorros e conscientizar quanto a prevenção de acidentes, buscando minimizar as lesões não-intencionais e evitar abordagens pré-hospitalares errôneas.

Descritores: Promoção da saúde; Saúde Escolar; Equipe multiprofissional.

ABSTRACT

Objective: report the experience of multiprofessional health residents in carrying out health education actions in schools, first aid training and accident prevention. **Method:** Descriptive and cross-sectional study, based on the experience of multiprofessional residents in a health education program in schools. **Results:** The action aimed to train and guide students on first aid and emergency care in cases of choking, sharp injuries and burns, to provide guidance on the identification and actions to be taken in case of evidence of changes in the level of consciousness, fainting, seizures, as well as in the presence of a cardiorespiratory arrest. The acquired experience complements the learning and allows to know a small part of the performance in primary care. The experience and knowledge acquired in the initiative permeate the hospital environment and the context of urgency and trauma, as it is carried out within schools, favoring the construction of multiprofessional residency in an interdisciplinary and collaborative way, strengthening health education actions and developing skills in residents and collective practices. **Conclusion:** The HUGOL in Schools initiative has achieved the objectives of training the target audience on first aid and raising awareness about accident prevention, seeking to minimize unintentional injuries and avoid erroneous prehospital approaches.

Descriptors: Health Promotion; School Health; Multiprofessional Team.

RESUMEN

Objetivo: relatar la experiencia de los residentes de salud multiprofesionales en la realización de acciones de educación sanitaria en escuelas, formación en primeros auxilios y prevención de accidentes. **Método:** Estudio descriptivo e transversal basado en la experiencia de residentes multiprofesionales en un programa de educación para la salud en escuelas. **Resultados:** La acción tuvo como objetivo capacitar y orientar a los estudiantes en primeros auxilios y atención de emergencia en casos de atragantamiento, heridas cortantes y quemaduras, para asesorar en la identificación y acciones a tomar en caso de evidencia de cambios en el nivel de conciencia, desmayos, convulsiones, así como en presencia de un paro cardiorrespiratorio. La experiencia adquirida complementa el aprendizaje y permite conocer una pequeña parte del desempeño en atención primaria. La experiencia y los conocimientos adquiridos en la iniciativa permean el ámbito hospitalario y el contexto de urgencia y trauma, ya que se lleva a cabo dentro de las escuelas, favoreciendo la construcción de la residencia multidisciplinaria de manera interdisciplinar y colaborativa, fortaleciendo las acciones de educación en salud y desarrollando habilidades en los residentes y prácticas colectivas. **Conclusión:** La iniciativa HUGOL en las escuelas ha logrado los objetivos de capacitar al público objetivo en primeros auxilios y sensibilizar sobre la prevención de accidentes, buscando minimizar las lesiones no intencionales y evitar abordajes prehospitalarios erróneos.

Descritores: Promoción de la Salud; Salud escolar; Equipo multiprofesional.

Introduction

Health is a central element for human, social and economic development, being an important dimension of quality of life.¹ Political, economic, social, cultural, environmental, behavioral and biological factors can both favor and harm an individual's health.¹

The current existence of a social gradient, has an impact on the health and disease levels of populations, as a result of socioeconomic inequities.² Achieving equity is one of the main focuses of health promotion, which is a process of empowering the community to act to improve their quality of life and health, including greater participation in controlling this process.¹

Health is a central element for human, social and economic development, representing an important dimension of quality of life.⁶⁻⁷ In this context, developing health promotion and prevention activities, permanent education and training of education professionals, young people and children at school, constitutes practices recommended in the principles and guidelines of the Unified Health System (SUS) reinforced by the Health in Schools Program (PSE).¹ Thus, among the multiple health promotion and prevention activities that can be performed in the school environment, first aid training and accident prevention stand out.³⁻⁶

In the prehospital environment, the first approach performed with the victim is commonly conducted by lay people, but it is possible that the procedure is conducted safely, provided that the individual knows the correct way to apply the techniques and how to behave in situations of emergency.⁵⁻⁶

The school environment, at the same time as a favorable scenario for accident risks, also presents itself as an ideal place for the construction of knowledge in this perspective.⁶⁻⁷ Thus, there is a need for actions focusing on the theme of first aid and the prevention of domestic accidents, taking into account that the emergency services may benefit from the reduction of possible misleading entries and the reduction of errors and bad interventions. carried out.^{3,7-8}

For greater success in health promotion actions, the performance of a multiprofessional team is necessary and fundamental.⁹ Thus, the multiprofessional team is composed of professionals from different areas of health, including: psychologists, physiotherapists, nurses, dentists, doctors, nutritionists, pharmacists, among others, working on a particular problem following a specific methodology inherent to their area of training, preserving and highlighting the professional identities involved, so as to include different approaches to health promotion, allowing the exchange of experiences and knowledge and developing skills for self-care of health and risk prevention.⁹⁻¹⁰

In this context, health promotion actions in schools are usually performed by professionals from programs linked to primary health care and family health strategy teams.¹¹⁻¹² Initiatives undertaken by medium and high complexity institutions are not usually described in scientific literature, which points to the innovative character of the proposal of this experience report.

The purpose of this article is to report the experience of multiprofessional health residents in carrying out health education actions in schools, aiming at first aid guidelines and accident prevention.

Method

This is a descriptive and cross-sectional study, carried out from the experience of multiprofessional residents in a health education program in schools.

The institutional program developed by the Hospital de Urgências of the Northwest Region of Goiânia Governador Otávio Lage de Siqueira (HUGOL), entitled “HUGOL in Schools” in partnership with the Secretary of State for Education, Culture and Sport (SEDUCE), started in September 2016, and from 2018 the activities will be conducted in partnership with the multiprofessional residency program in health, in the area of concentration in urgency and trauma.

This program aims to raise the awareness of children and adolescents in state schools located in the northwest region of Goiânia, enabling them to recognize risks, and thus, act preventively in emergency situations, avoiding accidents. The program is carried out in monthly editions during the academic period, carried out in a multidisciplinary manner, by residents of the areas of nursing, physiotherapy and psychology.

As this is an experience report, the present study was submitted and approved by the board of the State Hospital of Urgencies of the Northwest Region of Goiânia Governador Otávio Lage de Siqueira on August 3, 2020 under opinion no. 099-00 to consent to the dissemination of the results of this experience, being guided by the guidelines and regulatory norms obeying all the determinations of Resolution 466/2012, of the National Health Council, for this type of research.

Results

The institutional program “HUGOL nas Escolas” started in September 2016 and, until March 2020, managed to reach 6,690 students from 14 schools in the state education network¹³, in the northwest region of Goiânia, during its 31 editions.

The northwestern region of Goiânia is known for its occupation resulting from the struggle for the right to housing, as well as for the irregular growth of the neighborhoods that constitute it, being chosen in 1980 by the government to receive subdivisions directed to low-income populations¹⁴, so that made a region with few formal workers, children with low education and high crime rate.¹⁵⁻¹⁶

In the last census published in 2010, the region had 164,203 inhabitants¹⁷, but over the years it has undergone an urbanization process with an increase in commercial, educational and health areas^{16,18}, despite being still considered a region marked by violence.¹⁹

HUGOL was inaugurated in 2015 with the mission of offering humanized and referral assistance in urgency and emergency to SUS users, based on teaching and research, aiming to be nationally recognized in urgent and emergency care of medium and high complexity, integrating the values humanization, transparency, responsibility, ethics, innovation and quality.²⁰

After the inauguration of the hospital, it began to evaluate and create ways to reach the population in the pre-hospital environment, understanding that such an action would result in a reduction of preventable accidents, thus being born, among other institutional initiatives, "HUGOL in Schools".

The purpose of the action was to train and advise students on first aid and emergency care in cases of choking, sharp injuries and burns, to advise on the identification and actions to be taken in case of evidence of changes in the level of consciousness, fainting, seizures, as well as, in the presence of a cardiorespiratory arrest. It also addresses the potential risks present in the domestic environment, on the street and in leisure activities with the respective developments and care.

In 2018, the HUGOL hospital in partnership with the Secretary of State for Goiás (SES / GO), started the multiprofessional health residency program at the institution, and since then, the multiprofessional residents of HUGOL, nurses, psychologists and physiotherapists have participated in the initiative.

The acquired experience complements the learning and allows to know a small part of the performance in primary care²¹⁻²³, when dealing with the unpredictability of the questions asked by the students, keeping the students attentive during an explanation, resuming the reasoning after countless interruptions, when achieving respond in a clear, correct and understandable manner to this population in question and by allowing the improvement of teaching and learning.

The articulation between education and health is essential²⁴, since schools are privileged spaces for health promotion, prevention and education activities aimed at children, adolescents and young adults, playing a fundamental role in the formation of critical citizens, promoting autonomy, independence, exercise rights and duties, as well as monitoring health conditions and quality of life, encouraging healthy habits.^{3,6,8,21,25} And, one of the relevant points for this articulation is the interdisciplinary contribution during the process of training students²⁶, a condition explored by the initiative of the present study.

Residents' participation in the students' training process is usually expressed as gratifying, but complex.²³ At the end of the lectures, students often seek clarifications about the residents' professions, about other professions working in the hospital, request to repeat the cardiopulmonary resuscitation maneuver and usually show interest in the work and activities developed in the hospital environment.

It is also usual for teachers and coordinators present at the lecture to address residents to make considerations about the action taken, clear doubts, reinforce the work done and even propose new actions, so that such situations strengthen the objectives of the initiative and encourage residents to look at their personal and professional growth.

The presence of professionals with different specialties makes up the multiprofessional approach in the school environment and stands out as a differential, in view of the development of activities focused on multidisciplinary, based on the different look that each professional builds from the developed activities perspective, thus allowing planning and performance of action based on the union of knowledge.²³⁻²⁶

Discussion

The “HUGOL in Schools” initiative indirectly contributes to the Health at School Program (PSE)²⁷, since this program assumes the articulation between the actions of the public network of basic education and SUS, focusing on basic health units, in order to expand the reach and repercussions on the health conditions of students and their families, with the purpose of addressing vulnerabilities in order to avoid damage to the development of children and adolescents.^{11-12,21,28}

The questions, interactions and contributions of children, adolescents and young adults are clearly different in relation to the levels of complexity, requiring professional expertise during responses or demonstrations of techniques.²²⁻²³ It is necessary to demystify knowledge that is based on common sense, for example, to clarify that one cannot run when the burns reach the clothes, as oxygen fuels the fire, being ideal to protect the eyes, lie down and roll on the floor.²⁹

The experience and knowledge acquired in the initiative permeate the hospital environment and the context of urgency and trauma, as it is carried out within schools, favoring the construction of multiprofessional residency in an interdisciplinary and collaborative way, strengthening health education actions and developing skills in residents and collective practices.⁷⁻⁹

Emergency and trauma residency focuses on in-hospital performance, focusing on the traumatic post-event, providing theoretical and practical challenges for residents due to the complexity of serious and unstable patients, emergency care, quick decision making, discussion of clinical cases and seminar presentations.³⁰ However, the initiative to insert multidisciplinary emergency and trauma residents in health promotion and prevention approaches stands out as unprecedented, allowing the transmission of knowledge and care in the pre-event from the perspective of preventable traumatic events.

Conclusion

The HUGOL in Schools initiative has achieved the objectives of training the target audience on first aid and raising awareness about accident prevention, seeking to minimize unintentional injuries and avoid erroneous prehospital approaches. Residents of the multiprofessional health program have contributed to the practical application of these activities, training students, but also improving their own learning about collective approaches at the level of primary care, reflecting on humanized and quality assistance to the population in high complexity care.

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