

# Preventive Actions on Viral Hepatitis: experience of an extension project in the Amazon

## Ações Preventivas sobre Hepatites Virais: vivência de um projeto de extensão na Amazônia

### Acciones preventivas sobre la hepatitis viral: experiencia de un proyecto de extensión en la Amazonía

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#### RESUMO

**Objetivo:** descrever a experiência dos discentes em um projeto de extensão intitulado "Ações Preventivas sobre Hepatites B e C na Escola Estadual Centro de Tempo Integral Professor Manuel Vicente Ferreira Lima", no município de Coari, Amazonas. **Método:** estudo descritivo do tipo de relato de experiência através de um projeto de extensão realizado por discentes do 5º e 8º períodos do Curso de Enfermagem do Instituto de Saúde e Biotecnologia-ISB da Universidade Federal do Amazonas-Ufam. **Resultados:** durante as atividades do projeto, constatou-se um baixo nível de conhecimentos dos participantes, principalmente relacionados a hepatite, uma vez que obtinham uma concepção errônea da doença, acerca da transmissão e da prevenção de hepatites B e C. **Conclusão:** o projeto teve papel fundamental na vida dos acadêmicos envolvidos, proporcionando-lhes informações valiosas para o enriquecimento de seus conhecimentos, além de apresentá-los como principais intermediadores da educação em saúde na sociedade.

**Descritores:** Hepatite Viral Humana; Educação em Saúde; Doenças Sexualmente Transmissíveis.

#### ABSTRACT

**Objective:** describe the experience of students in an extension project entitled "Preventive Actions on Hepatitis B and C in the State School Time Center Full Professor Manuel Vicente Ferreira Lima" in the city of Coari, Amazonas. **Method:** a descriptive study of the kind of experience reporting through an extension project carried out by students of 5 and 8 times of the Nursing Course at the Institute of Health and Biotechnology ISB-Federal University of Amazonas-Ufam. **Results:** During the project activities, there was a low level of knowledge of the participants, mainly related to hepatitis, once they obtained a misconception of the disease, about the transmission and prevention of hepatitis B and C. **Conclusion:** the project played a key role in the lives of students involved by providing them with valuable information to enrich their knowledge, and present them as key intermediaries of health education in society.

**Descriptors:** Human Viral Hepatitis; Health education; Sexually Transmitted Diseases.

#### RESUMEN

**Objetivo:** describir la experiencia de los estudiantes en un proyecto de extensión titulado "Acciones preventivas sobre la hepatitis B y C en la Escuela Estatal Profesor Tiempo Completo Centro de Manuel Vicente Ferreira Lima" en la ciudad de Coari, Amazonas. **Método:** estudio descriptivo del tipo de informes experiencia a través de un proyecto de extensión realizado por los estudiantes de 5 y 8 momentos del curso de enfermería en el Instituto de Salud y Biotecnología ISB-Universidad Federal de Amazonas-Ufam. **Resultados:** durante las actividades del proyecto, hubo un bajo nivel de conocimiento de los participantes, principalmente relacionados con la hepatitis, una vez que obtuvieron una idea errônea de la enfermedad, aproximadamente la transmisión y la prevención de la hepatitis B y C. **Conclusión:** el proyecto desempeñó un papel clave en la vida de los estudiantes involucrados, proporcionándoles información valiosa para enriquecer sus conocimientos, y presentarlos como intermediarios clave de la educación para la salud en la sociedad.

**Descriptor:** Hepatitis Viral Humana; Educación en salud; Enfermedades sexualmente transmisibles.

## Introduction

Sexually Transmitted Infections (STIs) are a public health problem that affects thousands of people worldwide, they are associated with the most common diseases that occur worldwide. The population with the highest incidence of STIs is adolescents, because they are at the moment of discovery and, commonly, beginning sexual life, being vulnerable to practicing unsafe sex and contracting these diseases.<sup>1</sup>

The issue of sexuality is still an issue that is rarely addressed in public schools and, when it is mentioned, this action is not always accepted by a large majority of the community. Thus, the discussion on this topic has little participation by the population. Knowledge of the sexual education profile of young people is of paramount importance and requires educational strategies aimed at this audience, by carrying out work to promote health and provide information and clarify doubts, facilitating the breaking of barriers, prejudices and myths with the explanation of truths about STIs. These actions must count on the participation of the community, schools, families and health professionals.<sup>2</sup>

One of the fundamental factors resulting from the increase in the number of young people with STIs is the lack of perception of their own vulnerability. This public has peculiar characteristics that put them at risk of contamination by STIs. Adolescents are not prepared to deal with sexuality, there is a difficulty in making decisions, they have an undefined identity, in addition to experiencing internal conflicts between reason and feeling, as well as being driven by the need to insert themselves in some social group. All of these factors make young people vulnerable to STIs.<sup>3</sup>

In Brazil, in 2016, hepatitis B (HBV) and hepatitis C (HCV) infections showed a high incidence rate, with HCV showing higher rates than HBV from 2015 and, in 2017, the rates infections were 6.5 to 11.9 cases per 100 thousand inhabitants. And, from 2000 to 2016, there were 66,196 deaths from causes associated with hepatitis, of which 21.4% were due to hepatitis B and 75, 8% due to hepatitis C in the country.<sup>4</sup>

Viral hepatitis are pathologies caused by different etiologic agents, they are infections caused by viruses and their pathophysiology is based on the inflammatory response to the liver. HBV and HCV have a significant acute and chronic cause and can be transmitted parenterally, percutaneously, vertically and sexually. Transmission occurs through the sharing of contaminated objects, such as the use of intravenous drugs or blood transfusion, unprotected sexual intercourse, being the fundamental cause of liver disease worldwide.<sup>5</sup>

In this context, schools at the various levels of education should be considered as a field for nursing care practices in health promotion and prevention actions. The inclusion of these actions in schools contributes to young people's health care. Health education helps in the process of formation and development of prevention habits, stimulating the search for solutions and the organization of collective actions, since health professionals have knowledge about health education for the school environment. Therefore, the nurse needs to seek appropriate teaching strategies in order to promote the exchange of knowledge and interaction with school units.<sup>6</sup>

In this sense, the implementation of the project to extend preventive actions on hepatitis B and C becomes relevant for health education aimed at young people, as well as for the training of students in the Nursing Course. Thus, the student, even during graduation, has the opportunity to work in the public education community, contributing to students' knowledge about sexually transmitted infections regarding the prevention and transmission of hepatitis B and C.

Thus, this study aimed to describe the experience of nursing degree students in the extension project entitled "Preventive Actions on Hepatitis B and C at the Professor Manuel Vicente Ferreira Lima State School", in the city of Coari, Amazonas.

## Method

This is a descriptive study, an experience report. The immersion experienced by academics occurred through participation in an extension project entitled "Preventive Actions on Viral Hepatitis B and C to students at a state school Full Time Center (CETI) Professor Manuel Vicente Ferreira Lima", located in a city in the state from Amazonas. The activities were developed from August to December 2018, by academics from the 5th and 8th periods of the Nursing course at the Institute of Health and Biotechnology (ISB) of the Federal University of Amazonas (UFAM).

The Activities were developed by 13 academics, under the guidance of two professors of the Nursing Course. The project activities started with meetings with the participants, in which discussions were held on how the subjects would be approached and what materials would be used to carry out the activities at the school. At that meeting, it was decided that educational activities would be carried out in an expository, interactive way, using dynamics and demonstrating the correct condoms use.

The students prepared a script for each presentation, so that all project participants presented the actions and ways of preventing hepatitis, as well as divided the activities. Among them, we can mention ornamentation of materials, such as gifts; making giant condoms, both male and female, created by academics as a playful form; choice of dynamics for fixing subjects to school students and making shirts to be used by academics with the presentation of the project's theme.

The presentations took place in the afternoon, and the students of the project arrived early to organize the materials that would be used in the actions. The students used a Data Show, microphone, speaker and notebook. At the end of each action, condoms were distributed to school students and gifts for students and teachers in the education network who participated in the dynamics.

## Results

The planning of the activities of the project had as main mediators of the actions the academics, along with the professors of the course. The students and the project advisors visited the site and carried out a survey of how many students were active in the school. The educational accomplishment of the project was previously scheduled with the teachers and pedagogical coordinators of the school. For the beginning of educational activities at school, the academics checked the environment and organized the room and the materials necessary for the activities of the action.

The target audience of the project's actions were 245 students from the 3rd year of high school. In all, the presentations covered seven classes from the teaching unit, to which the themes of the activities were presented. At school, playful pedagogical actions were developed, facilitating the interaction of young people in the project activities.

### **Thematic area: sexually transmitted infections**

The approach to this theme was carried out by means of a slide show containing some information about the STIs, in order to draw the young people's attention to the subject. During the presentation, the academics explained about the diseases and noticed the students' interest in the theme. They observed that many already had previous knowledge of the theme.

The importance of dealing with this issue with the young people of that school is due to the fact that the institution is full-time, which is extremely favorable to this approach, since students spend more time at school and, with that, they may have access to more educational health information. The approach to the theme promoted the effective participation of the school's adolescents, who obtained greater knowledge through learning the correct way to prevent STIs, in addition to facilitating the dissemination of information through students, teachers and school staff present in the schools. days of carrying out the actions.

The academics reported as an obstacle found the lack of interaction of the young public regarding the topic addressed and the hyperactivity of adolescents at the beginning of activities, which made it difficult to transmit information. However, these difficulties were overcome with the guidance and help of the governess.

### **Educational actions on hepatitis B and C**

In this theme, educational actions were carried out on the importance of hepatitis prevention and slides were presented to expose the subject, containing the following guiding questions: what is hepatitis? How is it transmitted? What are the forms of prevention and treatment? With the development of activities, all questions were answered.

In the presentations, the academics, when interacting with young people, informed the clinical manifestations of the disease, the form of transmission and prevention. They stressed the importance of caring for objects such as tweezers, toothbrushes, piercing, sharps and emphasized that the correct use of condoms during sexual intercourse is fundamental for safe sex.

To reinforce the knowledge of the school's youth, giant condoms, male and female, were made, made by the academics participating in the project in order to encourage school students to participate in hepatitis prevention actions. Thus, most students participated showing and explaining the correct use of condoms and the rest of the students expressed themselves through gestures, demonstrating the proper use of condoms, always with laughter and applause by the students. Thus, several apprenticeships were created with relaxation.

Another means used to motivate student participation was the dynamics used at the end of each presentation to fix the contents. A "QUIZ" was developed with questions and answers on the theme and, at the end of the presentations, students were presented with gifts as a way to encourage participation in activities. The academics distributed condoms to all students present during the activities of the actions.

At the end of each educational action, the academics reviewed the topic addressed with the adolescents, always reinforcing the way of preventing the disease, through feedback with the students on the actions developed. Given this, it was noticed that some students interacted a lot with the students and showed interest in knowing more about the action provided. The idea of carrying out these educational health actions for students with dynamics and illustration of giant condoms was the most accessible way for young people to establish the theme and interaction of students with school students. The purpose of these actions was to share information related to health so that the adolescents reached a greater understanding of the contents.

In this context, it is observed that the development of health educational actions in schools has as a major objective the integral promotion of the health of adolescents, through these themes that are of paramount importance for this public in the construction of new habits of prevention and promotion of Cheers. For the students of the Nursing Course, these actions were fundamental for their training as future health professionals.

## Discussion

From the reality of the knowledge acquired about hepatitis B and C, it was noted that high school students at a school in a municipality in the interior of Amazonas do not obtain sufficient knowledge about transmission and prevention of viral hepatitis B and C.

The academics who participated in the actions were protagonists in the education and health process from the perspective of young people. Adolescents' knowledge about STIs is still low due to the fact that this topic is new in this phase of life, when they are, most of the time, having their first contact with sexual life. Many of them attribute to the family and the school community the responsibility to explain about the subject.<sup>7</sup>

STI cases in young people are a public health problem that needs attention and intervention from health professionals. Health education actions aim to raise awareness about these infections and prevent them. Therefore, they should be stimulated jointly by family members, educators and health professionals.<sup>1</sup>

The interaction between educational institutions and health professionals facilitates the expansion of educational activities and goal strategies for prevention, health promotion of the population. Health students form a group in

training, trained to spread the importance of preventing STIs, providing society, especially adolescents, with information.<sup>8</sup>

Educational actions carried out by health academics at universities are preventive actions of great importance to combat the increase of diseases in society, especially in the young population.<sup>9</sup> The practices of health actions aim to improve mainly the quality of life of society, the working conditions of individuals, education and leisure, in addition to affecting the lives of people collectively and individually. Thus, it is up to the nurse, who has in her training the essence of humanized care, the competence to perform health care for adolescents in school institutions for having knowledge about promoting the health of young people and preventing diseases.<sup>6</sup>

Health education is inserted in the context of nursing practice and nurses have the main role in the care process, through the dialogical-reflexive relationship between professionals and patients, in the search to raise the community's awareness about health care and health. prevention of diseases. Nurses also need to know the importance of health education and have a critical and transformative performance, which addresses the population's health needs in individual and collective actions, in order to seek the maintenance of people's health.<sup>10</sup>

Therefore, health education actions are understood in the theoretical-practical learning process, as they have the importance of associating various knowledge, scientific, common sense and personal, allowing people to develop knowledge on the subject. Educational actions involve a new form of health promotion, which aims to inform about the health-disease process so that society can take better care of your health.<sup>7</sup>

Therefore, it is expected that the actions developed by nursing students will contribute to students' awareness of the importance of preventing and having healthy lifestyle habits and that they will be propagators of this knowledge to family members and the community to which they belong so that they can avoid or reduce cases of viral hepatitis. This project is also expected to stimulate the development of interventionist actions in other schools, with the involvement of more professionals, in order to expand the practices of universities in favor of the community and thus strengthen links with public schools.<sup>11</sup>

## **Conclusion**

The development of the project for the extension of preventive actions for hepatitis B and C proved to be an opportunity to raise awareness among young people about the prevention and transmission of these diseases, as well as for learning and self-knowledge for students who experience a phase of many discoveries: adolescence. Through dynamics performed at the end of each presentation, it was found that young people showed low knowledge about hepatitis B and C, so the actions developed were found to be fundamental and effective in promoting change in the lifestyle of young people to prevent these diseases.

In this sense, it was noticed that the school is a favorable environment for carrying out health project actions, since, as it is a place where young people spend most of their time, reaching the goals becomes more easy.

The activities favored the training of students of the Nursing Course involved in the project as the main intermediaries of health education. It is noteworthy that the actions of the project provided these students with a greater approximation between theory and practice, which strengthened the teaching-learning process, in addition to providing future nurses with a more holistic and realistic view of professional performance.

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