

TECHNICAL EDUCATION IN NURSING AND THE PROMOTION OF BODY HYGIENE FOR CHILDREN IN CHILD EDUCATION THROUGH PLAY: AN EXPERIENCE REPORT

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INTRODUCTION

According to the Ministry of Health, hygiene is the science that deals with the maintenance and implementation of health for the individual and the group. Including procedures, conditions and practices that lead to health in the form of asepsis. Established practices can be guided and conducted through health education and promotion, which is a valuable prevention strategy related to learning to achieve health habits (PINTO et al., 2018).

Therefore, it is known that it is necessary to carry out effective actions that are aimed at serving the population according to their reality, inducing reflection in individuals, creating opportunities for them to think and rethink their culture, making them capable of performing changes in their own reality. Nursing in the school environment has an essential role in health promotion, as it obtains qualification and training to implement preventive measures and plan activities aimed at improving health (ANJOS et al., 2022).

This way, the importance of health education aimed at children, since childhood is a bright stage in a child's life, where they can have great learning opportunities. Thus, health education in the school environment is an effective way to create awareness among this public about how to take better care of themselves. It is necessary to facilitate teaching and learning with innovative, playful and meaningful proposals, so that the student takes ownership of scientific knowledge about and knowledge of his own body, living conditions, the place where he lives and the importance of putting practice habits that will contribute to the care of the body (HELDET et al., 2020).

The school's primary mission is to develop teaching-learning processes, playing a basic role in the formation and performance of people in social life. Therefore, the school

becomes fundamental for health promotion actions for children, adolescents and young adults, in which, from the difficulties existing in the school environment, it is necessary for the nurse to act, because it is through the promotion of body cleanliness. and intimate that personal and individual care is reinforced, with nursing being one of the main mediators of these preventive health care practices (PINTO et al., 2018).

The scientific literature reports that the basic education school has been recognized as a suitable space for the development of actions at the level of Primary Care in health and Nursing, through the development of extension projects to promote health (SCARPINI et al., 2018).

NURSING PERFORMANCE AS A PRECURSOR IN THE PREVENTION OF INFECTIONS

Florence Nightingale (1820-1910), a cultured young woman from a wealthy family who from an early age intended to dedicate her life to others, in 1854 was invited to go to the Crimean War, with the aim of reformulating care for the sick.

At that time, the war ward was in a precarious situation: without comfort, lack of medicines and insufficient health care as well as human resources for this purpose, without access and transport to the sick, with several cases of infection such as typhus and cholera, without clothing clean, without potable water and food, open sewer, with the basement infested by rats and insects. Florence Nightingale and her team of nurses began a series of strategic measures to organize the ward, such as: personal hygiene for each patient; personal use utensils; kitchen installation; recommended diet preparation; laundry and drain unclogging. With the implementation of these basic measures, it managed to significantly reduce the institution's mortality

rate (RODRIGUES, 1997).

In 2002, the CDC published the “Guide to Hand Hygiene in Health Care Services”. In this publication, the term “hand washing” was changed to “Hand hygiene” due to the greater scope of this procedure and to refer to the use of alcoholic solution as an alternative method of hand hygiene (CENTERS FOR DISEASE CONTROL AND PREVENTION, 2002).

Cleaning with liquid soap removes transient microbiota, making hands clean. This decontamination format is sufficient for general social contacts and for most practical activities in health services (KAMPF; KRAMER, 2004).

GOALS

Contribute to knowledge about the importance of body hygiene;

Facilitate the understanding of hygiene and cleaning concepts through play using theater and dance as tools.

Characterize different types of hygiene within the school space;

METHODOLOGY

This is a descriptive study of the Experience Report type, experienced by nurses who are professors of the Nursing Technician course at the Carmelina Barbosa technical school in the Municipality and by students of the aforementioned course.

The project was developed in municipal schools, for 3 weeks, under the supervision of a member of the municipal education department.

The target audience included children from 5 to 9 years old, 4 moments were obtained, where the first refers to the presentation of the project and theater through the students characterized by animated characters demonstrating how correct body hygiene must be done, in the second moment there was the presentation of the dance with songs

and demonstrations of how to take a shower, brush your teeth and comb your hair in the correct way and in the third moment there was the dynamics of the cordless telephone to establish how to separate the correct garbage, in the fourth and last moment future nursing technicians taught how children must perform correct hand hygiene, including the technique using gouache paint.

The correct hand washing technique consists of turning on the faucet, wetting your hands, using soap, rubbing the palm, rubbing the back, interdigital, thumb and nails after rinsing your hands, using a paper towel to dry and turning off the faucet (FELIX; MIYADAHIRA, 2009)

RESULTS AND DISCUSSIONS

All municipal elementary schools were contemplated with the health promotion action, carried out by nurses and students of the technical course in nursing, in all schools the actions were carried out in a concise and organized way together with the support of the municipal secretary of education of the municipality.

At first, there was a presentation of the project by teachers and students, as well as which institution it came from, the importance of body hygiene and what types of hygiene we can perform, as well as the benefits of keeping always clean and in good organization in the space where you live, after a playful and animated theater was performed by the students, characterized by children's characters such as Minie, fairy, little witch, where the little witch was the villain not liking to take a bath, she runs by and takes the fairy's brush and runs away, the Minie induces the children to ask the little witch for a bath brush, all the children scream “Buxinha give the brush back” twice. The little witch gave up and returned the brush to the fairy to continue the bath demonstration.

In the second moment the characters dance children's songs demonstrated with Brush and comb made by the students themselves, how and in what way effective body hygiene must be carried out. With the help of the children, future nursing technicians will wash the body in a fictitious way with materials created by themselves using cardboard and an unusable shower.

In the third moment, a dynamic called wireless telephone was carried out to emphasize the importance of the correct separation of garbage and to characterize the benefits of a clean environment without dirt in the preservation of health and the environment. The dynamic intersperses students and teachers, the former passes one of the types of garbage to the other. Example: organic waste, the second will say the word of the first and his example: organic waste, paper, the third will say: organic waste, paper, metal, the fourth will say: organic waste, paper, metal, glass and the fifth says all: organic waste, metal, glass, paper and plastic. The goal is to come out with the five garbage separations at the end, emphasizing the importance of separating garbage for selective collection.

Domestic waste in Brazil, according to Jardim and Wells (1995) is composed of: 65% organic matter; 25% paper; 4% metal; 3% glass and 3% plastic. Despite complying with the specific legislation of each municipality, commercial waste up to 50 kg or liters and domestic waste are the responsibility of the municipalities, while the others are the responsibility of the waste generator itself (MUCELIN; BELINNI, 2008).

In the fourth moment, the future nursing technicians demonstrate in practice how to perform the correct washing of the hands starting from the technique recommended by the Ministry of Health, using gouache paint to characterize the spaces between fingers,

interdigitals, palm and back of the hand and wrist that were left or not washed properly.

After the end of the 3 weeks, case studies were carried out with the students to interpret and reflect on the different situations encountered at each moment.

Studies indicate that correct hand washing reduces the risk of contamination and spread of infectious and contagious diseases, bringing a great impact on the individual's life, health promotion actions must be strengthened and developed in the school environment itself (SOUZA et al., 2029)

Starting from the premise that the school environment covers a large number of children, it is essential to carry out health promotion and care actions, since when there is investment in primary care, the hospital area will be less overcrowded, in addition to being the place where teachings make if necessary, collaborate with good habits in the construction of knowledge, with the purpose of stimulating a quality of life (SOUZA et al., 2019).

At the end, the children performed the hand washing technique together with the students of the technical course in nursing.

FINAL CONSIDERATIONS

Concluded that for health education to be effective, different methodological forms of knowledge transmission are needed, in this specific project it was used in a playful way to transmit knowledge, being essential to captivate the attention and interest of children in this teaching-learning process.

We can also highlight the importance of multidisciplinary and contact of future nursing technicians with the children present, providing a holistic and fundamental vision in the construction of concepts about health and disease, facilitating the promotion of health in the school environment.

Thus, it is concluded that it is possible to carry out health promotion outside the hospital-centered environment, strengthening ties with the community by promoting educational actions that facilitate the learning process at different stages of the individual's life.

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