

International Journal of Health Science

THE IMPORTANCE OF INTEGRATIVE TREATMENTS FOR PROFESSIONALS WHO ARE ON THE FRONT LINE IN FIGHTING COVID-19

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Abstract: Integrative and Complementary Health Practices (PICS) are part of Traditional and Complementary Medicine (TCM) and their origin in public health systems dates back to the late 1970s, with the 1st International Conference on Primary Health Care (Alma Ata, Russia, 1978), together with the diffusion of traditional medicines and complementary practices throughout the world. The 8th National Health Conference (1986) was the pioneering movement in Brazil and is pointed out in several scientific studies as the driving force of PICS in the country and, since 2002, the Municipality of São Paulo has strengthened these integrative actions through public policies. In March 2020, following the Covid-19 pandemic decree by the World Health Organization (WHO), the Center for Natural Practices of São Mateus (CPNSM), in partnership with the Technical Health Supervision of São Mateus (STSSM) idealized carrying out integrative care with professionals from the Health Care Networks (RAS) in the territory. This experience report aimed to improve the general well-being of health workers in the territory of São Mateus, a neighborhood located in the East Zone of São Paulo/SP, in addition to training them in PICS, so that they could be multiplied in the units health of the territory. Qualified listening and humanized and integrative treatments were carried out in health workers and at the end of ten consultations, each worker reported in a qualitative questionnaire the evolution of their health conditions and improvements during the treatment period and that contributed to overcoming the daily adversities experienced in coping to Covid-19.

Keywords: complementary therapies; therapeutic touch; chromotherapy; auriculotherapy; aromatherapy.

INTRODUCTION

Since the late 1970s, the World Health

Organization (WHO) has encouraged the implementation of Traditional Medicine or Complementary and Alternative Medicine in Health Systems (WHO, 2002 and 2003). In 2002 and 2003, it launched documents and resolutions with guidelines for the aforementioned implementation, which include four fundamental pillars: structuring a policy; guarantee of safety, quality and efficacy; expansion of access and its rational use.

Brazilian Law Number 8,080, of September 19, 1990, also known as the Organic Health Law, defines, in its Article 7, paragraph II, guarantees the principle of comprehensive care for the Unified Health System (SUS) as “the set of continuous and articulated actions and services, preventive and curative, individual and collective, at all levels of complexity of the system”.

Due to the growing demand of the Brazilian population through the National Health Conferences (CNS) and World Health Organization recommendations, the Ministry of Health approved in 2006, the documents: National Policy on Medicinal Plants and Herbal Medicines (Süsskind M. et al, 2012) and the National Policy on Integrative and Complementary Practices (PNPIC) (Flaherty JH, Takahashi R., 2004), which provide guidelines for the development of Integrative and Complementary Practices in Health (PICS) in the SUS.

Precisely, with the pandemic decree of the new coronavirus (Covid-19) by the WHO in March 2020, the Center for Natural Practices of São Mateus (CPNSM), in partnership with the residents of integrative practices of the Municipal Health Secretariat and the interlocution of Integrative and Complementary Practices of the Technical Health Supervision of São Mateus (STSSM), promoted qualified listening and carried out integrative care with PICS in the workers of

the health care networks (RAS) of the territory and the due professional training in PICS, so that the health units in the territory had a greater number of professionals qualified in integrative care.

Furthermore, it must be noted that integrative and complementary treatments are extremely important so that health professionals can develop a more humanized and integrative look in the care of SUS users, taking care not only of their symptoms, but also of the body, mind and body. emotional. PICS can be used on a daily basis in a complementary way to traditional medicine, thus contributing to the improvement of the clinical condition of patients.

OBJECTIVES

Improve the emotional health of workers in the Health Care Networks (RAS) in the territory of São Mateus, a neighborhood located in the east zone of São Paulo / SP, through the provision of integrative care, contributing to the prevention of diseases, injuries and promoting recovery physical and mental health of workers in the SUS network.

Train RAS health professionals in PICS, to expand services to professionals and residents of the territory of São Mateus, contributing to the reduction of harmful impacts on emotional and mental health arising from this pandemic moment.

METHODS

Health workers from Basic Health Units (UBS's), Ambulatory Medical Assistance (AMA's) and Emergency Care (PA) in the territory of São Mateus were welcomed with qualified listening, identifying what were the physical and emotional complaints, especially acquired in the pandemic period. According to the clinical picture obtained after listening to each collaborator initially, the most suitable PICS for each case were

listed and each collaborator received from six to ten consultations of integrative treatments, with a humanized and welcoming look. RAS collaborators received the following PICS: auriculotherapy; reiki; chromotherapy; acupuncture, aromatherapy, moxibustion and cupping. On average, thirty employees of the PA São Mateus, twenty-five employees of the STS São Mateus, twenty employees of the Integrated AMA/UBS Jardim das Laranjeiras, fifteen employees of the Basic Unit Cidade Satélite Santa Bárbara and eighteen employees of the Basic Health Unit Jardim Colonial received care weekly, all recorded in ``Siga Saúde`` System (Figures 1, 2, 3 and 4). All collaborators were energetically evaluated using a radiesthetic instrument (aurameter) at the beginning and at the end of each consultation, which made it possible to identify in the participants the points that presented the greatest energetic obstructions, which were then rebalanced.

In addition to PICS care, theoretical and practical training was carried out in auriculotherapy, reiki and chromotherapy, depending on the reality and needs of each health service (Figures 5, 6 and 7). Health professionals authorized the disclosure of their images in this work, by completing and signing terms of image use. Employees at STS São Mateus, at AMA/UBS Integrada Jardim das Laranjeiras, at PA São Mateus and at CPN São Mateus were trained and instructed to spread the techniques learned to the other professionals in their respective units, with the aim of spreading them more and more in the territory, contributing to the strengthening of Health Care Networks (RAS) and a more humanized look at professionals working on the front lines in the fight against COVID-19.

RESULTS

The RAS workers in the territory received welcoming treatments, were listened to,

especially with regard to the emotional change arising from the pandemic period, in addition to being energetically evaluated through the radiesthetic instrument “aurameter” at the beginning and end of the consultations, proving the effectiveness of rebalancing energy provided by the applied PICS. At the end of ten consultations, each worker reported, in a qualitative questionnaire, the positive

evolution of their health in the following areas: physical, mental and emotional. The results were collected and the following points were highlighted: improvement in the quality of life during the period of applications, reduction of daily stress, improvement in the quality of sleep and greater emotional balance, thus contributing to overcoming the daily adversities experienced in coping with to Covid-19.



Figures 1 and 2: Integrative care for workers at the Emergency Room in São Mateus.



Figures 3 and 4: Integrative care for workers of the Technical Health Supervision of São Mateus.



Figures 5, 6 and 7: Theoretical-practical training in auriculotherapy at the São Mateus Emergency Room.

DISCUSSION

Integrative and Complementary Medicines contribute to the stimulation of natural mechanisms for preventing injuries and promoting health through welcoming listening, the development of a therapeutic bond and the integration of human beings with the environment and society (MS, 2006). By inserting integrative and complementary practices in the care provided to Primary Health Care professionals, the PICS contribute to strengthening the SUS, strengthening its fundamental principles: “universality, accessibility, bonding, continuity of care, comprehensiveness of care, accountability, humanization, equity and social participation”.

The National Humanization Policy (PNH) for Care and Management in the Unified Health System – HumanizaSUS – was implemented with a view to integrality, universality, the pursuit of equity and the incorporation of new technologies, knowledge and practices in the SUS (MS, 2006). Humanization means valuing the knowledge and practices of the different subjects involved in the health production process: users, workers and managers.

Studies in different realities have already shown that health professionals feel more comfortable recommending PIC services when they use or know about it and, especially, when there is scientific evidence about the practice (Thiago SCS, Tesser CD, 2011). Therefore, it is worth highlighting the increase in undergraduate health courses that already include these PICs in the curriculum and also strategies for implementing these services in PHC, which include training health professionals (Christensen MC, Barros NF, 2011).

The strengthening of actions of integrative practices, among the units that are part of the RAS in the territory of São Mateus and professional training provided an integrative and humanized look at its workers, and

actions like these are positive initiatives so that other territories can also have greater interaction between the RAS units and thus contribute to humanized care for its workers, and the appreciation of PICS as important integrative treatments. May the responsible and continued involvement of users, managers and health workers help to promote a better quality of life for all.

CONCLUSION / FINAL CONSIDERATIONS

Services with humanization and comprehensive care like these can serve as an inspiration for other territories to also have a different look at their health workers and that they can receive humanized and welcoming treatments, in addition to the possibility of becoming multipliers of all this care with the coworkers and the population.

ACKNOWLEDGMENTS (OPTIONAL)

We thank all health workers, who are the true heroes of a nation that has the ability to fight the invisible with their heart, dedication and soul. We also appreciate all the dedication of the workers at the Reference Center for Integrative and Complementary Practices in São Mateus, the residents of Integrative and Complementary Practices at the SMS, the managing counselors who fight daily so that Integrative and Complementary Practices are increasingly inserted in the Unified Health System and that everyone realizes the importance of this fundamental pillar in the SUS, which is comprehensive care.

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