

INTERPROFESSIONALI- TY IN HEALTH PROMO- TION ORAL WITH ADO- LESCENTS DEPRIVED OF FREEDOM

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Abstract: The objective of this work is to report the experience of an interprofessional health education extension action developed by third-semester dentistry students at a private institution. The action involved 39 adolescents complying with socio-educational hospitalization measures and addressed topics of oral health, hygiene and sexually transmitted infections. The article highlights how health promotion can be extremely important for vulnerable populations, thus achieving the promotion of equity. Participants were involved throughout the activities, who demonstrated an interest in improving their general health. Furthermore, it highlights the relevance of training health professionals, from graduation, who have collaboration and knowledge exchange skills beyond those specific to their area of expertise, in order to improve the quality of care provided and promote a fairer and more equitable society. equitable.

Keywords: Health education; Interprofessionality; Oral health

INTRODUCTION

In Brazil, health education is a continuous process of learning and skill development that aims to educate individuals and communities about health-related issues. The main focus is to promote healthy behaviors, prevent diseases, improve quality of life and, in addition, contribute to strengthening the Unified Health System (SUS). According to the World Health Organization (WHO), interprofessionality is a collaborative approach that involves health teams made up of professionals from different areas, working together and exchanging knowledge and skills with the aim of improving the quality of care provided. Aiming to implement interprofessional practice, the discipline "Integrated Actions in Dentistry I", of the dentistry course at "Universidade Franciscana", seeks to

familiarize third-semester students with the theories and practices of health promotion.

OBJECTIVE

The main objective of this work is to report the experience of a health promotion action carried out in an intersectoral manner (education and health sectors) and with the involvement of interprofessional knowledge (nutrition, nursing and dentistry), seeking to promote equity for adolescents in situations of vulnerability.

Furthermore, the article addresses how the humanization of academics can encourage young people in vulnerable situations to improve their health care, prevent diseases and, consequently, improve their quality of life.

METHODOLOGY

The chosen methodology was a report on the experience of an extension activity, with students in the third semester of dentistry, whose purpose was to promote health to 39 adolescents (12 to 18 years old) who fulfill a socio-educational measure of hospitalization at the Fundação de Atendimento Socioeducativo (PHASE) of Santa Maria, RS. To prepare the action, dentistry students received training in nutritional education through an expository-dialogue class, carried out by a nutritionist, and knowledge about STIs (Sexually Transmitted Infections), so that they could organize the action with an interprofessional and greater approach. coverage of health issues. During the two days of the action, the students divided themselves into groups according to the teenagers' classrooms and promoted conversations about oral hygiene instructions, oral diseases and traumas and STI prevention care. macro models that exemplify a mouth so that socio-educated students could practice the brushing techniques acquired in the chat.

RESULTS AND DISCUSSION

FASE-RS (``Fundação de Atendimento Socioeducativo-RS``) is an institution responsible for carrying out socio-educational hospitalization measures in Rio Grande do Sul, with the aim of promoting socio-education for adolescents who commit criminal acts.

This action sought to provide health education, especially oral health, to this public, as access to information for socio-educational students is still a challenge that needs to be faced to ensure effective resocialization. Many of these adolescents suffer from a lack of opportunities and access to basic services, such as healthcare, which contributes to vulnerability and perpetuates a cycle of social exclusion.

The activity sought to take into consideration, mainly the equity of the SUS, a fundamental principle for the construction of a fairer and more egalitarian society, taking place through conversation circles between academics and teenagers, where the following topics were addressed: Oral hygiene; Diseases (Gingivitis, periodontitis and caries); Use of orthodontic appliances, among others. Guidance was also provided on the prevention of sexually transmitted infections (STIs). Initially, the public was asked questions about their oral hygiene and discussed the importance of this daily practice. During adolescence, young people go through several physical and emotional changes, which can impact their care routine. Therefore, the importance of regular brushing and flossing, as well as a healthy diet and regular visits to the dentist, was emphasized. Inadequate oral hygiene can lead to the accumulation of bacterial plaque, which is responsible for several diseases, such as cavities, gingivitis and periodontitis. With the aim of educating them against these pathologies, it was explained how they start and what they cause, while images were shown on a television, seeking to alert

them to the dangers for the body in general, since oral health can influence in diseases such as diabetes, heart and respiratory diseases. As a way of involving interprofessionalism in the action, the graduates brought images and instructions on the influence of good nutrition. With this, different strategies and food options were offered that would supply the necessary nutrients and consequently prevent some oral diseases. STIs are a global public health problem and are often neglected by patients and healthcare professionals, however, dentistry has an important role to play in prevention. In this activity, the students also provided guidance on the risks of infections: HIV, HPV and syphilis, and the importance of prevention, including the use of condoms and regular exams. Information was briefly given about treatment methods, such as antiretroviral therapy. As a response to this activity, we observed young people participating and interested in improving health as a whole. Promoting health is extremely important for all individuals, regardless of age or social status. In the case of adolescents undergoing socio-educational measures, this promotion takes on an even more relevant role, as these young people are often in a vulnerable situation and are more likely to develop health problems. It is important to highlight that oral health is not dissociated from the general health of individuals; oral problems can affect self-esteem, nutrition and even student performance. In this activity, it was noticed that this collaboration between colleagues and the interprofessional knowledge that was taught in previous theoretical classes, led to more relevant and linguistically accessible strategies for the target audience. These skills were fundamental in ensuring that teenagers received complete and impactful guidance.

Furthermore, the importance of this action every six months was perceived, as access to information is precarious, most of the time, and goes unnoticed by socio-educational students. The oral health promotion project with socio-educational students not only benefits young people, but also their families. When teens receive information about oral hygiene and disease prevention, they can share this information and encourage their families. Furthermore, improving adolescents' oral health can reduce the need for expensive dental treatments, which also benefits their families, especially those in situations of socioeconomic vulnerability.

FINAL CONSIDERATIONS

The reflection absorbed in the health promotion activity for FASE adolescents brought a more empathetic look to the students, serving as a basis for professional and personal preparation, believing in the hope of a fresh start, not only from a health point of view, but also in social scope and reintegration into society. The importance of carrying out the activity in this field was clarified, which significantly influenced both socio-educational students in oral health education and academics in teamwork, learning to recognize and respect the skills and limitations of others, in addition to improving their skills communication skills, essential for your future professional practice.

Given the benefits that interprofessional work can bring to society as a whole, it is possible to conclude that this approach represents a valuable opportunity for both FASE adolescents and UFN Dentistry students, promoting a mutual and enriching collaboration that contributes for the personal development of both groups.

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