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Informative folder on COVID-19 a strategy for health education: literature review

Folder informativo sobre COVID-19 una estrategia de educación en salud: revisión de la literatura

Folder informativo sobre COVID-19 uma estratégia para educação em saúde: revisão de literatura

ABSTRACT

The COVID-19 pandemic has become a serious public health problem, and among the proposed sanitary measures are the dissemination of knowledge to prevent the disease. Folder is a teaching strategy and methodology, which can be used by nurses to teach, raise awareness and transform the behavior of the population. It is an integrative and bibliographic review of the literature, using the PICO strategy, in order to identify and describe the main characteristics to create a folder on Covid 19, for the education process. The use of informational folders by nurses is of great help in the health education process, provides better understanding and clarification of the subject, and must contain clear, concise and reliable information about the disease, being planned and created in accordance with the guidelines. characteristics of the audience that will be reached.

DESCRIPTORS: Health education; Prevention; Health promotion and Corona virus.

RESUMEN

La pandemia de COVID-19 se ha convertido en un grave problema de salud pública, y entre las medidas sanitarias propuestas se encuentra la difusión de conocimientos para la prevención de enfermedades. Folder es una estrategia y metodología de enseñanza, que puede ser utilizada por enfermeras para enseñar, sensibilizar y transformar el comportamiento de la población. Es una revisión integrativa y bibliográfica de la literatura, utilizando la estrategia PICO, con el fin de identificar y describir las principales características para crear una carpeta sobre Covid 19, para el proceso educativo. El uso de carpetas informativas por parte del personal de enfermería es de gran ayuda en el proceso de educación en salud, brinda un mejor entendimiento y aclaración del tema, y debe contener información clara, concisa y confiable sobre la enfermedad, siendo planificada y elaborada de acuerdo con las directrices. de la audiencia a la que se llegará.

DESCRIPTORES: Educación para la salud; Prevención; Promoción de la salud y virus Corona.

RESUMO

A pandemia COVID-19, tornou-se um grave problema de saúde pública, e dentre as medidas sanitárias propostas estão as de disseminação de conhecimentos para prevenção da doença. Folder é uma estratégia e uma metodologia de ensino, que pode ser utilizado por enfermeiros para ensinar, conscientizar e transformar comportamentos da população. Trata-se de uma revisão integrativa e bibliográfica da literatura, com uso da estratégia PICO, com objetivo de identificar e descrever as principais características para se criar um folder sobre o Covid 19, para o processo de educação. A utilização de folders informativos pelos enfermeiros é de grande auxílio no processo de educação em saúde, fornece melhor compreensão e esclarecimento do assunto, e deve conter informações claras, concisas e de fontes confiáveis a respeito da doença, sendo planejado e criado de acordo com as características do público que será atingido.

DESCRIPTORES: Educação em saúde; Prevenção; Promoção em saúde e Corona vírus.

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INTRODUCTION

The COVID-19 pandemic has become a serious public health problem, and among the proposed sanitary measures are the dissemination of knowledge to prevent the disease.

As is known, the referred pathology is caused by a type of Coronavirus, known as SARS-COV-2, whose first occurrence dates from the thirty-first of December of the year two thousand and nineteen, in the province of Wuhan in China. In Brazil, the first case, according to data from the Ministry of Health, refers to the month of February 2020. Since then, the number of infected people and deaths has been gradually increasing.^{1,2}

The virus gets its name, because it is composed of structures that resemble a crown and according to the World Health Organization (WHO), the most prevalent types are Alpha CoronaVirus 229E and NL63 and Beta CoronaVirus OC43 and HKU, which are susceptible new mutations.^{1,2}

COVID-19 has several manifestations, especially those associated with respiratory infections, of which about 80% may be asymptomatic, 20% require hospital care and 5% intensive care.³

The COVID-19 pandemic has become a serious public health problem, and among the proposed sanitary measures are the dissemination of knowledge to prevent the disease.

Scientific studies are still being developed to describe its correct pathophysiology, but what is known is that its main means of transmission is through droplets that are dispersed in the air and on surfaces, and that when they come in contact with mucous membranes reach the respiratory system, when then the individual develops the first most common symptoms such as: dry cough, sore throat, loss of smell and taste, fever, runny nose, fatigue, among others.^{4,5}

Thinking then about the severity of the current pandemic, knowledge and awareness of the disease is necessary and essential for the entire population, aiming to prevent or stop the spread of fake news, expanding and raising awareness of all forms of transmission and means of prevention of COVID-19.

In this regard, the Nurse as part of the multiprofessional team and in accordance with Law 7.498/1986, which regulates the practice of Nursing, should participate and promote health education actions, aiming at improving population health, which is essential nowadays, which we are experiencing a serious pandemic.⁶

Therefore, health education becomes an ally, in which its main objective is to improve the individual and the commu-

nity, in relation to health practices, informing and guiding. It is noteworthy, however, that Health Education should not be developed aiming at the conditioning of the individual and the repetition of actions, but rather at raising awareness and critical-reflexive analysis, with a view to promoting the dissemination of information based on scientific actions.⁷⁻⁸

The success of Health Education actions is linked to the strategies used by nurses, which must be simple, direct and accessible to the target audience. Among so many strategies that can be used, we mention the Folder, which consists of an English term, whose meaning refers to the leaflet or brochure, characterized by a kind of written document.⁷

When creating a Folder, the Nurse must think critically in the face of current health and illness situations considering the reader's profile and purpose of the action, with a view to transforming the population reality, with regard to health.³

To this end, the Nurse must also consider the so-called popular knowledge, which is the one developed on a daily basis by the experiences of the individual, and although there may be a lack of scientific data, it has its validity and importance.^{7,8}

Thus, when using the informational folder as a strategy, sensitivity is necessary to the point of connecting both technical knowledge, which is based on scientific evidence, and popular knowledge, and the Nurse must be clear to himself, that such knowledge is confronted and they complete, with popular knowledge being the starting point, which is associated with technical-scientific knowledge, and enables the construction of a transformative educational process.

Although the folder is a physical material instrument, it is important to add to its delivery participatory and dialogical teaching-learning methodologies, which are appropriate to individual and collective health needs, achieve the proposed objectives in a perspective of equity and comprehensiveness.⁸

In this scenario, as a result of the pandemic, there were several scenarios faced in Brazil, which faced a constant increase in the number of cases, deaths, occupations in the beds of intensive care units, second wave and more recently, the lack of oxygen.

Thinking then to meet the sanitary measures of WHO and the Ministry of Health, in the face of the pandemic of COVID-19, this work was carried out aimed at the use of an illustrative folder for the health education of the referred pathology, as an awareness strategy to the population about the knowledge and care that enhance the control of the pandemic situation.

Thus, this work aims to identify and describe the main characteristics necessary for the creation of a folder with information about COVID-19, focused on the health education process, as a tool used by nurses, in line with current scientific evidence.

METHOD

This study is an integrative literature review that aims to group and integrate studies related to a given subject. The integrative review provides the synthesis of information and the incorporation of the use of results of significant studies in practice, being widely used in the area of health.⁹

The development of this review was carried out through phases, which are: the elaboration of the guiding question, the bibliographic search in the literature, the data tabulation, the critical analysis of the studies, the discussion of the results and the final structuring of the integrative review with its presentation.

In this review, we counted on the PICO strategy, which is configured as an acronym in which P means patient or population; I deals with the intervention, C refers to the comparison and O refers to the outcome. The use of such a strategy helps in the elaboration of the research question, contributing to make it strong and send us to a consistent recovery of studies in the databases.¹⁰

Thus, the guiding question used was: What are the main characteristics that an informative folder on COVID-19, aimed at the lay population, must present in order to carry out an educational health action in primary care? In which, P deals with the lay population, I involves understanding the necessary information about COVID-19 that a folder should contain and O includes educational action in primary care. It is necessary to highlight that, according to the type and the way the review is carried out, there is no need to use all the resources of the PICO strategy, so that in this review, the C that refers to the comparison was not used.

The studies were selected by searching the electronic databases Scientific Electronic Library Online (SciELO), Latin American and Caribbean Literature in Health Clinics (Lilacs) and the research portal of the National Library of Medicine of the United States of America (PubMed).

Aiming to enrich this research, and thinking about the complexity of information related to COVID-19, it was decided to include as a data source, information from national health references, responsible for promoting, preventing and controlling health in the face of Pandemic, such as the Ministry of Health and official recommendations of the professional bodies of the nursing profession in Brazil, citing the Federal Nursing Council (COFEN) and the Regional Nursing Council of São Paulo (COREN-SP).

To search for the analyzed content, the following descriptors were used: Educação em saúde; Prevenção; Promoção em saúde and COVID-19, selected through the vocabularies of the bases of the Virtual Health Library (VHL) through the Bireme Health Sciences Descriptors (Decs). Associated with the descriptors, the keyword Folder was also used. The descriptors were combined with each other using the Boolean operator and.

As inclusion criteria, we opted for articles published exclusively in the

Portuguese language, whose texts were available in full and free of charge, in the databases mentioned above, in the period from 2004 to 2020 and that answered the research question.

Studies whose access was paid for and not available in full, in a language other than Portuguese, outside the established period of time or which did not answer the research question and the purpose of this work, in addition to repeated studies, were excluded.

The studies were initially analyzed

only by reading the title, excluding those that the authors considered to be unrelated to the subject. After this first analysis, the abstracts were read, and other articles were excluded. After reading the abstracts, the last stage of selection evolved, which dealt with the full reading of the articles, enabling their inclusion or exclusion, according to the central theme.

The articles included in this study were analyzed using an instrument built by the authors themselves, verifying the database, year, central theme and type

of study. The search took place between the months of September and November 2020, with the data obtained analyzed by simple statistics and presented through tables, figures and descriptive analysis.

RESULTS

A total of 925 articles were found, which after applying the inclusion and exclusion criteria, analyzing the titles, abstracts and reading in full, 16 studies were selected that met the eligibility criteria, however, in the search for official information about the COVID-19, 4 references from Brazilian government agencies and professional associations were added to these studies, so that the final sample of this study was formed by 20 (100%) works, as shown in figure 1.

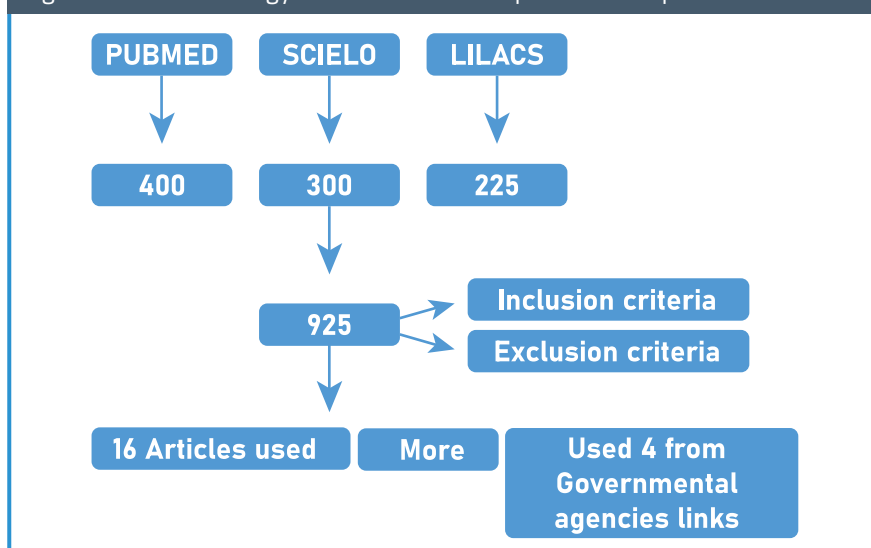
Among the studies that comprised the sample, 09 articles (45%) were published in Lilacs, 06 (30%) in Scielo, 02 (10%) in the Ministry of Health, 01 (5%) in Pubmed, 01 (5%) at COREN/COFEN and 01 at the Health Secretariat of the State of São Paulo.

Regarding the year of publication, these varied between 2004 and 2020, presenting a higher index of publications in the year 2020, as expected, since this is the year in which the pandemic was installed, with the need for high scientific production on that thematic, aiming at professional training. The distribution of the years of publication can be seen in Chart 1.

Regarding the type of study, it was found that 09 (45%) were Literature Reviews, being these narratives, integrative and or systematic; 04 (20%) referred to descriptive studies, 03 (15%) to bibliographic reports, 02 (10%) were quantitative studies and 02 (10%) experience reports.

As is known, literature reviews are widely used when we think about evidence-based practice, since they can exhaust scientific literature with publications from a certain period, extracting from these its main results and thus sharing with the general public, in

Figure 1. Search strategy for studies that comprise the sample



Source: Authors, São Paulo, 2021.

Chart 1- Year of publication of the analyzed articles, São Paulo 2021.

YEAR:	AMOUNT:	PERCENTAGE:
2004	01	5%
2007	01	5%
2009	01	5%
2010	01	5%
2011	02	10%
2012	01	5%
2013	02	10%
2014	02	10%
2019	01	5%
2020	08	40%
TOTAL	20	100%

Source: Authors, 2021.

order to solve a question and/or problem previously listed.

Thus, when we speak of a topic as current as COVID-19, combined with the theme of health education through the development of a Folder, the reviews provide better scientific evidence for the improvement of the general public.

Regarding the central theme of the studies, we found that 10 (50%) articles referred to Health Education, addressing actions aimed at health promotion, 06 (30%) dealt with COVID-19 highlighting symptoms, transmissibilities, mechanisms and equipment for prevention and 04 (20%) brought actions related to

the use of folders and information leaflets for the population with different pathologies. Chart 2 shows the summary of the studies used.

Regarding the use of the Folder, we show that it is used as an instruction and prevention tool, presenting as positive points for its implementation: sim-

Chart 2 – Summary of studies used

AUTHORSHIP AND YEAR OF PUBLICATION	TITLE	DATA BASE	METHODOLOGY	MAIN IDEA OF THE ARTICLE
Ministry of Health 2007	Popular health education notebook	Link from the Ministry of Health	Bibliographic/informative	The Popular Education and Health Notebook presents a rich material for reflection, knowledge and training, putting into dialogue significant experiences of popular education in health lived by multiple social actors.
Class entities COREN and COFEN 2020	COVID-19: Guidance on the placement and removal of personal protective equipment (PPE)	Link from COREN	Bibliographic/informative	Orientation of the sequence of placement and removal of personal protective equipment (PPE).
State Secretary for Health 2020	Contingency plan for the disease epidemic by COVID-19	Link from State Secretariat	Bibliographic/informative	The main idea is to inform the first action plans to combat the pandemic, explaining to the population the importance of the measures taken to combat the disease, demonstrating the importance of quarantine.
Ministry of Health 2020	"Do you have any questions about the coronavirus? The Ministry of Health answers you!"	Link from Ministry of Health	Primer Systematic review	The main idea of the article is to answer common questions of the population and inform, explaining how it is transmitted, symptoms, how to carry out social isolation, risk group, relationship with the flu and the flu vaccine, instructions on the production and use of a mask.
Russo MRR, Mercedes R, Baltazar MM et al. 2020	Epidemiology, public policies and the Covid-19 pandemic: what to expect in Brazil	SCIELO	Bibliographic and integrative review	Discuss the experiences and contradictions in the control of the Covid-19 pandemic from the perspective of Brazilian epidemiology and public policies.
Freitas A.R.R; Napiomonga M; Donalísio M.R 2020	COVID-19 gravity analysis	SCIELO	Bibliographic and integrative review	Analysis of COVID cases 19 Presentation of indicators of transmissibility and severity of the COVID-19 pandemic in different regions, also shows comparisons between other severe diseases in history.
Falkenberg, Mirian Benites et al. 2014	Health education and health education: concepts and implications for public health	SCIELO	Bibliographic and integrative review	This article aims to analyze the key concepts related to Health Education and Health Education and their interfaces in the field of Collective Health. Although they differ, it is common in the practice of services to use the various variants related to them indistinctly.

Nascimento E.A; Tarcia R.M.L; Et al.					
2010	Health educational leaflets	SCIELO	Quantitative	Study with an approach to patients, family members and caregivers, about the understanding of leaflets distributed in health units, with respective topics on home care and doubts about diagnoses, and if they feel comfortable reading and understanding the leaflets delivered.	
Menezes GAC, Rosa RSD.					
2004	Educational health practices: nursing reviewing concepts in the promotion of self-care	LILACS	Bibliographic and integrative review	Study addressing the concepts of health education and its benefits for the promotion and prevention of diseases.	
Paula MANR; Carvalho AP					
2014	The textual genre folder at the service of environmental education	PUBMED	Bibliographic and integrative review	Description of concept, benefits and characteristics of folder.	
Silva P.F; Fleury E.M					
2009	Effects of the presentation of educational material for patients with type 2 diabetes mellitus, on knowledge of the disease and adherence to treatment	LILACS	Quantitative	Evaluate with the participants the adequacy of the content of the educational booklet, a qualitative research study in understanding the disease after verbal clarification and with educational material.	
Cardoso, J.					
2020	Between campaigns, news and rights: the links between communication and SUS in a research trajectory	LILACS	Experience report	An individual trajectory that reverberates in their practices and research, communication and health interfaces throughout the process of building the Unified Health System in Brazil.	
Pereira S. W.					
2020	Methodological approaches used in educational interventions aimed at individuals with diabetes mellitus	LILACS	Narrative review	The objective of this research was to identify the types of methodological approaches used in educational interventions aimed at people living with Diabetes Mellitus.	
Roecker S., Almeida EFP, Marcon SS					
2013	The educational work of nurses in the family health strategy.	SCIELO	Descriptive / exploratory	This study aimed to identify the nurses' perspective regarding health education and find out how it is conceived, planned, executed and evaluated in the Family Health Strategy.	
David HM, Scherlowski L, Bonetti OP; Silva, Ferreira MS.					
2012	Popular Health Education as a Policy of the Unified Health System.	LILACS	Bibliographic and Documentary Review	Discussing Popular Education in Health as an integral policy of SUS.	
Freitas FV, Rezende FLA.					
2011	Communication models and use of printed matter in health education: a bibliographic research	LILACS	Bibliographic and Documentary Review	The article presents the results of a bibliographic research on the use of printed materials in health education, focusing on communication models, user representations and the dynamics of content selection and evaluation.	

Sibellino LO; Freire RM et al	Student performance in the production of folders and pamphlets on arboviruses as educational materials	LILACS	Experience report	The construction of dissemination instruments in the health field is essential to clarify the society about topics that are so relevant to public health. The materials produced by the students were successful in addressing this subject, since they presented relevant information about the diseases and illustrations, which contribute to effective communication with the general population, from the youth group to the elderly.
2019				
Cervera DPP, Parreira BDM, Goulart BF	Health Education: Perception of primary care nurses in Uberaba (MG).	LILACS	Descriptive and Qualitative.	To know the perception of nurses, linked to the Family Health Strategy, about health education, in Uberaba (MG).
2011 / Brazil				
Machado MF Amuzza; Santos AP; et al	The influence of nursing in the realization of popular health education: an integrative review	LILACS	Descriptive and Qualitative.	To analyze publications with a focus on Popular Education in Health available in journals indexed in the Virtual Health Library (VHL), from 2007 to 2012.
2013				
Lana, R; Martins et al.	Emergence of the new coronavirus (SARS-CoV-2) and the role of national surveillance in timely and effective health.	SCIELO	Descriptive.	It describes the potential arrival of the new virus, which puts to the test the existing surveillance structure in the country, especially at a time when the reduction of investments in the Unified Health System (SUS) and in research weakens the capacity for early detection and response.
2020				
Source: Authors, 2021				

ple and direct communication, effective illustration, satisfactory verbal contextualization, understanding of the subject in a practical and transparent way, and qualitative approach to the target audience in question.

When analyzing the information folders created by the Ministry of Health, it can be seen that the most used topics are: definition, epidemiological data, signs and symptoms, treatment, and where to look for help, through websites, telephones and basic health units.^{11;12}

According to our understanding, after analyzing the references used, some topics are essential for an informative folder to transmit an effective educational

communication, whose objective is the promotion of health and the prevention of diseases.

In the case of this work, it is necessary to obtain scientific data and trace a historical, pathophysiological profile, symptomatology and preventive measures based on the following questions: What is Covid-19? What is a pandemic? What is the history of the virus? Do you have treatment? What is the treatment? What is prevention?

The guidelines should also be aimed at promoting the physical and mental health of the population. The objective is to support local strategies for safely resuming activities and social life, respecting

the specificities and characteristics of each sector or branch of activity.^{13,14}

When talking about an informative text, it is meant to say that it is something about information, so one must describe the crucial information, aiming at a quick and transparent understanding of the subject.^{1,7-8}

Some people confuse the folder with the pamphlet, although similar, the folder is a print that has at least one fold, uses images, highlights the most important ideas with pictures or words in larger fonts (uppercase, colored or of different formats). Its purpose is to quickly communicate ideas without tiring the reader. The folder is folded according

to the sequence of arguments, the cover contains the main call, which should arouse curiosity for opening it.^{13;14}

When opening the first fold, note the detail of what the cover announces. The last (external) fold is usually reserved for data such as address, telephone, email and other information such as distributors, representatives, sponsors, location maps and other contact information.^{16;17}

It must be organized based on the approximation with other subjects in the community space, privileging local social movements, in an understanding of health as a social and global practice and having the interests of the popular classes as an ethical-political guide. It is based on the dialogue with the previous knowledge of users of health services, their “popular” knowledge, and on a critical analysis of reality.¹¹

One should also consider the target audience that will receive this material. The important thing is that it should be clearly identified, as well as the choice of pedagogical techniques and pedagogical play provided for in all intervention actions. They must be written in terms of the target population, always include an action that is expressed by a verb. The action must always refer to some object or content.^{3;16}

The survey of epidemiological data, can be strictly important, because they raise current and significant data of the problem, being evidenced the evolution, the negative and positive points, and can even be used as a tool of prevention and promotion, in a form of broad planning.^{2; 5;6}

In the case of an informative and preventive folder, when competing in the treatment issue, it is good to highlight forms of treatments that do not involve medications or hospital therapies, if possible, because the main idea is prevention, so that there is no the need for a hospital stay, but remembering that some themes, there is an indispensable need for hospital medical intervention, covering the common foundations of an information folder, which is to bring the correct in-

It must be organized based on the approximation with other subjects in the community space, privileging local social movements, in an understanding of health as a social and global practice and having the interests of the popular classes as an ethical-political guide. It is based on the dialogue with the previous knowledge of users of health services, their “popular” knowledge, and on a critical analysis of reality.

formation. And remember to enumerate and highlight what are the main symptoms that may arise.

It is worth remembering the importance of not only handing or making the folder available, but also encouraging reading to generate curiosity in the reader and even questions. Nurses should be available for clarification and questions.

In a hospital setting, when the folder is intended for health professionals, its objectives are aimed at continuing and continuing education in order to promote knowledge, understanding, curiosities, and institutional protocols according to each institution. For example, if you bring information in accordance with the guidelines of COREN (Regional Nursing Council), where it describes the correct sequence of clothing PPE (personal protective equipment) according to the standard protection protocol, in order to guide the correct form of its use those professionals who will work directly with patients with suspicions or even in confirmed cases of COVID-19.^{17;18}

As discussed in the journal of the USP School of Nursing^{14;17}, the effective approach was due to the transparency of the contents obtained in the folders: clear, objective information, easy to understand, without technical terms, illustrative images, a legible font, font size and also highlights that the verbal explanation accompanied by the leaflet, if showed even more satisfactory in terms of understanding.¹³

The use of informational folders for nurses is of great help in the health education process, and can provide a better understanding and clarification of the necessary care in any health institution, be it primary, secondary, tertiary, hospital discharge, campaigns, exams, reception, ambulatory etc.

Popular health education continues today to be a challenge for managers and professionals in the search for comprehensive practices, more focused on the real needs of the populations and considering, as support for these practices, both information and communi-

cation processes, as well as popular participation and social participation. In order to promote health education, it is also necessary to have education geared towards health professionals, and then there is talk of health education.¹¹

CONCLUSION

Although many health institutions at the national level use educational materials prepared by their professionals or from government agencies, research institutes, associations or others, there are few studies with a rigorous evaluation of results. Most of the time, the role that printed materials effectively play in communication between professionals and users of health services is unknown.¹³

For the newsletter to reach effecti-

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veness, it is essential that it is based on booklets established by the Ministry of Health, and determinations by WHO (World Health Organization).

According to the references used, the main benefits of using a folder as an instruction and prevention tool are: simple and direct communication, effective illustration, satisfactory verbal contextualization, understanding of the subject in a practical and transparent way, and a qualitative approach by the target audience in question.

We also suggest that studies like these continue to be developed, as knowledge and guidance are essential for disease control and dissemination. In order to promote health education, it is also necessary to have education geared towards health professionals, and then there is talk of health education. ■

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