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Action research on drugs in the municipal school of São Fidélis/RJ

Acción de investigación sobre drogas en la escuela municipal de São Fidélis/RJ

Pesquisa-ação sobre drogas em escola municipal de São Fidélis/RJ

ABSTRACT

Objective: to analyze the knowledge of adolescents in elementary school on drugs and carry out health education. Method: descriptive and exploratory study, qualitative methodological approach, of the type of action research. Considering Resolution No. 466/2012, the research was submitted to the ethics committee, approved with opinion 1,776,408. The second step was to distribute the Free and Informed Consent Form (TCLE) and request the authorization of those responsible. Results: The students participated in the Knowledge Gymkit on drugs, where they competed on the theme. When analyzing the responses of the students, it was noticed a low level of knowledge of them about drugs, and taking advantage of the opportunities, the researchers carried out Health Education in a playful way. Conclusion: it was observed that there is a lack of information, which must be instructed through the school environment. The nurse is a professional trained to perform health education in the school environment, understanding the individuality of each student, in addition to providing guidance based on scientific evidence.

DESCRIPTORS: Drugs; Health education; Nursing; Collective Health; Students.

RESUMEN

Objetivo: analizar el conocimiento de los adolescentes de la escuela primaria sobre las drogas y realizar la educación para la salud. Método: estudio descriptivo y exploratorio, enfoque metodológico cualitativo, del tipo de investigación acción. Considerando Resolución No. 466/2012, la investigación fue sometida al comité de ética, aprobada con dictamen 1.776.408. El segundo paso fue distribuir el Formulario de Consentimiento Libre e Informado (TCLE) y solicitar la autorización de los responsables. Resultados: Los estudiantes participaron en el Knowledge Gymkit sobre drogas, donde compitieron sobre el tema. Al analizar las respuestas de los estudiantes, se notó un bajo nivel de conocimiento de los mismos sobre las drogas, y aprovechando las oportunidades, los investigadores realizaron Educación para la Salud de manera lúdica. Conclusión: se observó que existe una falta de información, la cual debe ser instruida a través del ambiente escolar. La enfermera es una profesional capacitada para realizar educación para la salud en el ámbito escolar, entendiendo la individualidad de cada alumno, además de brindar orientación basada en evidencia científica.

DESCRIPTORES: Drogas; Educación para la salud; Enfermería; Salud pública; Estudiantes.

RESUMO

Objetivo: analisar o conhecimento dos adolescentes do ensino fundamental sobre drogas e realizar educação em saúde. Método: estudo descritivo e exploratório, abordagem metodológica qualitativa, do tipo pesquisa-ação. Considerando a Resolução N°466/2012, a pesquisa foi submetida ao comitê de ética, aprovada com o parecer 1.776.408. A segunda etapa foi distribuir o Termo de Consentimento Livre e Esclarecido (TCLE) e solicitar a autorização dos responsáveis. Resultados: Os discentes participaram da Gincana do Conhecimento sobre drogas, onde competiram sobre a temática. Ao analisar as respostas dos discentes, percebeu-se um baixo nível de conhecimento dos mesmos sobre drogas, e aproveitando as oportunidades, as pesquisadoras realizavam Educação em Saúde lúdicamente. Conclusão: observou-se que há uma carência de informações, que devem ser instruídas através do ambiente escolar. O enfermeiro é um profissional capacitado para desempenhar educação em saúde no ambiente escolar, compreendendo a individualidade de cada discente, além de realizar orientações baseado em evidências científicas.

DESCRIPTORES: Drogas; Educação em Saúde; Enfermagem; Saúde Coletiva; Discentes.

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Mariana Roma Ribeiro de Oliveira

Technical Responsible Nurse/Nurse graduated from Censupeg Faculty.
ORCID: 0000-0003-4536-0678

Lauanna Malafaia da Silva

Nurse; Specialist in Adult, Pediatric and Neonatal ICU; Master in Health Education. Censupeg Faculty.
ORCID: 0000-0001-8904-5245

Fabrício Bruno Cardoso

Physical Education Course at CENSUPEG Faculty. Laboratory of Educational Innovations and Neuropsych Pedagogical Studies – LIEENP. Censupeg Faculty.
ORCID: 0000-0002-0279-6079

INTRODUCTION

Humanity has been using psychoactive substances, also called drugs, for millennia, either through religious rituals, to water the festivities or even in routine peculiarities of each civilization and its particularities. It is believed that drugs were discovered by chance, as well as alcohol, which has prehistoric records, and which was produced naturally, by the fermentation of fruits that were stored for consumption and underwent this process, due to the presence of a fungus.¹

When talking about drugs, it is important to emphasize that in Brazil legal drugs are allowed by law, purchased practically freely, and their trade is legal and illegal drugs are prohibited for sale by the courts.²

Data show that young people have been experimenting with drugs at an increasingly early age, which has been worrying health professionals because, the more advanced the contact with psychoactive substances, the greater their risk of developing cognitive delays, and even psychiatric disorders. The damage caused by this habit reflects on the user's family, and has an effect on society as a whole. The sale of illicit drugs finances violence, robberies and deaths.³

For many years, nursing had as a guideline, facing problems related to health and care, based only on immediate technical circumstances in an intuitive way.⁴ According to the code of ethics (COFEN 311/2007): "Nursing is a profession committed to the health and quality of life of the person, family and community".⁵

Nurses are by nature an educator who, by systematizing care, can influen-

ce people's lifestyles, making them subjects of their own decisions. It is important that the Nurse has the expertise to deal with the health demands presented in their professional performance environment.⁶

Therefore, the responsibility of the Nurse with his patients is not only centered on the care of existing pathologies, but also on the prevention of new health problems for the population, promoting the possibility of developing self-care for all. Self-care is the part of life necessary for health, for human development.⁷

To meet the entire population in their peculiarities, nurses use the NCS (nursing care systematization) to provide care centered on scientific evidence. In self-care in health, it is necessary to develop strategies for health education, as it is considered an essential tool in implementing Health Promotion, one of the guidelines proposed by the Unified Health System.⁸

Health education is considered a basic action that aims to train individuals and groups for their self-care in health. It is an important way of doing prevention and health promotion, providing opportunities for changes in behavior, practices and attitudes to acquire better conditions of life.⁹

However, when talking about health education with adolescents, we need to keep in mind that they are a different audience, as adolescence is a period of profound biopsychosocial changes, especially with regard to their personal identity. Therefore, it is necessary to identify the cultural context in which they are inserted, respecting their fears, anxieties, knowledge and especially their individuality.¹⁰

Therefore, a gentle and delicate approach to controversial issues such as the use of illicit drugs is necessary. In this perspective, action research proved to be an important work tool to assist adolescents in their doubts and anxieties.

The guiding question of this study is: is knowledge about drugs, among adolescents, satisfactory in order to avoid an erroneous propagation of the subject?

The proposed objective of the study was to analyze the knowledge of adolescents in elementary school II about drugs, to know the possible deficiency in approaching the subject among students and educators, in a technical-scientific and welcoming manner, and to carry out health education.

METHOD

This is a descriptive and exploratory study, with a qualitative methodological approach, field research, participatory, action research type. Descriptive Research describes the characteristics of the research object, through data collection, either through questionnaires or systematic observation of the social context in which the research object is inserted.¹¹

In exploratory research, it involves a bibliographic survey; interviews with researchers who had practical experiences with the researched problem; having as objective the familiarization of the problem to be analyzed, and definition of hypotheses for the improvement of the ideas.¹²

And, in qualitative research, statistical methods and techniques are not used. Data collection is carried out according to the reality in which the subject is inserted, an inseparable link in which the subject's objective and

Figure 1 – Photograph of students and researcher. São Fidélis (RJ), Brazil, 2019.



Source: Cell phone camera. Students and Nursing Student (researcher)

Figure 2 – Photograph of students. São Fidélis (RJ), Brazil, 2019.



Source: Cell phone camera. Students and Nursing Student (researcher)

Figure 3 – Photograph of students. São Fidélis (RJ), Brazil, 2019.



Source: Cell phone camera. Students and Nursing Student (researcher)

subjectivity cannot be translated into numbers.

The interpretation of phenomena and the attribution of meanings are the basis of the research.¹¹ And action research can be defined as a type of empirically-based social research, as there is a close relationship between action and the resolution of a collective problem, in which researchers and research subjects work together with the same objective, or that is, the resolution or clarification of the problems observed.¹³

The research participants were adolescents from elementary school II enrolled at the Barão de Macaúbas Municipal School. Considering Resolution No. 466/2012, which replaces resolution 196/96 of the National Health Council/Ministry of Health – CNS/MS, which deals with research involving human beings, the research was submitted to the ethics committee of the Censupeg Faculty, approved with opinion 1.776.408 and CAAE 60918516500008046.

After approval by the ethics committee, authorization was obtained from the direction of Colégio Estadual Barão de Macaúbas to carry out the research in their quarters. The second step was to distribute the Informed Consent Form (FICF), read it to the students and emphasize the need for authorization from those responsible. After a few days, the documents were collected and data collection began. With a closed-question drug quiz. The analysis of the answers was carried out using simple statistical data (percentage), with the result of the research we carried out an educational activity in health (playful) on the subject.

The Knowledge Gymkhana took place on December 5, 2019, from 4:00 pm to 6:00 pm, at the Barão de Macaúbas Municipal School (Figures 1, 2 and 3), and students from Elementary School II of the aforementioned School participated. Students from other classes or from other schools did not participate.

Upon listening to the questions, the students analyzed and filled a blowball until it pops. Whichever pair did it first had the right to answer. As research instruments, balloons and snacks were used to break formality, initially.

RESULTS

The initial approach was carried out with 48 adolescents from the 8th year of elementary school at Colégio Estadual Barão de Macaúbas, during the 2nd semester of the 2019 school year, but only 25% (n=12) answered the questionnaire and of this number, 83,3 % (n=10) showed interest in participating in the knowledge contest (Figure 4). Of the total who answered the questionnaire, 16,7% (n=2) were boys and 83,33% (n=10) were girls, whose ages, 41,7% (n=5) were 13 and 58,3% (n=7) 14 years old.

In the questionnaire (Figure 5), when asked “Do you know the difference between legal and illegal drugs?”, 100% (n=12) answered yes, although such drugs had been mentioned by students as legal drugs in the questionnaire: anabolics, anorectics, morphine, mushroom tea, amphetamines, LSD, inhalants, heroin, barbiturates, chloroform, opium, marijuana, cocaine, crack and ecstasy.

Figure 4 - Number of students who participated in the São Fidélis survey (RJ), Brazil, 2019.

NUMBER OF STUDENTS INITIALLY APPROACHED	NUMBER OF STUDENTS WHO ANSWERED THE QUESTIONNAIRE	NUMBER OF STUDENTS WHO PARTICIPATED IN THE KNOWLEDGE GYMKHANA
48	12	10

Demonstrative chart of students initially approached, students who answered the questionnaire and students who participated in the Knowledge Gymkhana

About marijuana, 91,7% (n=11) mentioned that it can cause dependence/addiction, only 33,3% (n=4) that it can cause reduced motor capacity, 50% (n=6) that it cannot be used for therapeutic purposes and 50% (n=6) that causes memory impairment. About alcohol, they were unanimous, 100% (n=12) answered that its use can cause dependence/addiction and 50% (n=6) disagreed about the high level of dependence.

Among all adolescents, 41,7% (n=5) said that cigarette use is only related to lung cancer, 66,7% (n=8) that the hookah is as bad for health as the cigarette and 25% (n=3) answered that smoking is not addictive. About cocaine, 8,3% (n=1) indicated that its use decreases the risk of seizures, 16,7% (n=2) answered that it decreases the risk of acute myocardial infarction and 8,3% (n=1) answered that the use of perfume

launches decreases the risk of developing depression.

Regarding LSD, 83,3% (n=10) responded that it increases the risk of heart attack, 25% (n=3) responded that it does not cause addiction/dependence, 16,7% (n=2) that there is no extreme mood change and 16,7% (n=2) students said that the drug improves their sense of time and space. Among the professors, 41,7% (n=5) disagreed that amphetamine can develop psychosis, and 25% (n=3) disagreed that in their abstinence, anxiety, paranoia, mood swings and depression could occur.

As it is an action research, after data collection, 10 students carried out, together with the research coordinator and the nursing student (researcher), the Knowledge Gymkhana on drugs, where they competed in pairs, with the objective to present as many correct

answers as possible on the subject of the research.

Initially, the Gymkhana began with a round of conversation with the students about the theme, with a snack, and after the presentation and breaking the informality, we started the Gymkhana, which followed as follows:

- Formation of pairs (each student was given autonomy to choose their pair);
- We separated the same questions asked in the survey for the Gymkhana;
- Random draws of questions were carried out;
- Upon listening to the questions, the students analyzed and filled a blowball until it pops. Whichever pair did it first had the right to answer.

Figure 5 – Questionnaire responses. São Fidélis (RJ), Brazil, 2019.

QUESTIONS	QUANTITATIVE THAT ANSWERED "YES"	QUANTITATIVE THAT ANSWERED "NO"
Do you know the difference between legal and illegal drugs?	12	0
Can marijuana cause dependence/addiction?	11	1
Can marijuana cause reduced motor skills?	4	8
Can marijuana be used for therapeutic purposes?	6	6
Can marijuana cause memory impairment?	6	6
Alcohol can cause dependence/addiction?	12	0
Does alcohol have a high level of dependence?	6	6
Is cigarette use only related to lung cancer?	5	7
Is hookah as bad for health as cigarettes?	8	4
Smoking eventually, can it become addictive?	9	3
Does cocaine use decrease the risk of seizures?	1	11
Does cocaine use reduce the risk of acute myocardial infarction?	2	10
Does "Lança-perfume" decrease the risk of developing depression?	1	11
Does LSD increase the risk of a heart attack?	10	2
Does LSD cause addiction/dependence?	9	3
Does LSD cause extreme mood swings?	10	2
Does LSD improve the sense of time and space?	2	10
Can amphetamine develop psychosis?	7	5
In abstinence from amphetamine, can anxiety, paranoia, mood swings and depression occur?	9	3

Chart showing the questions included in the questionnaire

In the end there was a winning pair. When analyzing the students' answers in the competition, it was noticed a low level of knowledge about drugs, and due to this difficulty, taking advantage of the opportunities to clarify doubts related to the subject, the researchers carried out Health Education and the Gymkhana at the same time, in a playful way, it was possible to resolve doubts, combining health and education for individual and perhaps collective help and growth, since most students have a vast social network. For this reason, at the end of the competition, all students, including the winning duo, shared a single prize, the basket of chocolates.

DISCUSSION

Action research aims to investigate and intervene in relation to the problem-question, that is, it avoids the limitation of investigating and just understanding, without intervening. It is concluded that it is a methodology without previously drawn scripts, that is, it can be changed at any time during the research.¹⁴

Adolescence is an important phase of personality definition, modulation of the biopsychosocial being and learning about the consequences if this modulation is not adequate,¹⁵ therefore, it is an ideal stage for interventions to prevent any misconduct, including those related to drugs.

Although all students answered, in the questionnaire, that they know the difference between "lawful drugs" and "illicit drugs", they were unable to classify different drugs in such gaps, making it difficult to face possible vulnerabilities and noting the need for improvement of managers, teachers and health team, aiming at better promotion, prevention and intervention on the subject among students.

About marijuana, most students are unaware of the reduction in motor skills as a result of its improper and unne-

cessary use, but several other harms are proven, such as hallucinations, paranoia, confused thinking instigating anxiety, loss of sense of space-time, among others.¹⁶

On the other hand, marijuana can be used for therapeutic purposes, minimizing side effects of medications and pathologies, since since the 19th century it has been used for the treatment of convulsive episodes and tetanus. It is noteworthy that cannabis to be used medicinally, must complete a series of studies to comply with the entire scientific protocol.¹⁶

Half of the students studied are unaware of the power of addiction that alcohol provides, however, the increasingly early contact with alcohol, in psychological theory, results in its excessive consumption, that is, addiction.¹⁷ The point is that each day young people have tried alcohol earlier, either out of curiosity or repetition, when it is routine for the people around them.

Most teenagers are unaware of all the harm that cigarettes can cause, when they mentioned that it is only related to lung cancer, as, in fact, this is a big mistake. Smoking is a serious public health issue that has been faced for many years, and is related to several pathologies and deaths, in addition to lung cancer, acute myocardial infarction, strokes, and several other types of cancer.¹⁸

For students, most of the hookah has its harms equivalent to cigarettes, however, it releases a higher level of smoke that is disguised by flavoring and charcoal. In short, the individual believes that there is no harm caused by the absence of a strong and unpleasant odor.¹⁹

As for LSD, popularly known as "sweet", its effects vary between: euphoria, hallucinations, illusions, panic and flashback, that even after weeks, it is possible for the user to relive moments of hallucination. And among its physical effects are: hyperglycemia, sweating, mydriasis, and tachycardia, which can cause acute myocardial infarction. And although few students are unaware of

these effects, it is worrisome with regard to the prevention of drug use among adolescents.

It was observed that there is a lack of information, which must be instructed through the school environment, in an adequate, constant and supported by scientific evidence throughout the school year, thus becoming part of the curriculum. Considering the vulnerability of adolescence, the collaboration of health and education work together is important, in order to develop actions addressing the issue of drugs in school environments.²⁰

Students have a false sense of security about understanding the subject, because it is approached by unprepared people and in inappropriate places. In order to promote quality information in the school environment, attractive methods should be included to address taboo topics, and not ignore them, according to the need noted through the lack of knowledge for each age group.

CONCLUSION

The lack of information to students was evidenced, which must be done throughout the course of the school year. Adolescents lack truthful, clarifying information, solving all their doubts and not just having to look for them from unreliable and unreliable sources. The student has the right to quality information, guaranteed within the school environment, which is the appropriate place to learn a subject that requires scientific support. Nurses are professionals trained to perform the role of health educators in the school environment.

The following can be implemented: conversation circles, games, among other interactive ways in which the student is active and not passive, just listening to information, allowing the student to return home with doubts. The student must be questioning, critical and reflective. There must be a

consolidated link between the Municipal Health Department and the Municipal Education Department, actively seeking out underserved topics among

students, according to each school and age group, creating an annual action plan, ensuring the dissemination of quality and appropriately for all stu-

dents in the municipality, in addition to training managers and teachers, and thus guaranteeing the right to health promotion and prevention. ■

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