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Estágio eletivo da residência multiprofissional: possibilidade de internacionalização acadêmica em enfermagem

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# Elective stage of multiprofessional residency: possibility of academic internationalization in nursing

Estágio eletivo da residência multiprofissional: possibilidade de internacionalização acadêmica em enfermagem

Etapa electiva de la residencia multiprofesional: posibilidad de internacionalización académica en enfermería

### RESUMO

Objetivo: descrever a internacionalização acadêmica, durante período de estágio eletivo, da Residência Multiprofissional em Saúde, na Escola Superior de Enfermagem do Porto, Portugal. Método: estudo do tipo exploratório e descritivo, com abordagem qualitativa, acerca da experiência luso-brasileira de internacionalização acadêmica, durante estágio eletivo da residência multiprofissional, com ênfase em Saúde Mental Coletiva. Resultados: buscou-se estruturar vivências que propiciassem qualificação em intervenções psicoterapêuticas de enfermagem, na Classificação Internacional da Prática de Enfermagem, nos sistemas de informação em enfermagem e relação terapêutica. No componente prático, previu-se realização de visitas técnicas aos serviços com assistência de enfermagem em saúde mental. Conclusões: o estágio eletivo no exterior proporcionou experiência substancialmente positiva para especialidade Enfermagem em Saúde Mental, sendo esse fortalecimento do núcleo profissional necessário para formação na modalidade de residência multiprofissional, pois viabiliza maior contribuição de enfermeiros de saúde mental para equipe de saúde.

**DESCRIPTORES:** Enfermagem; Enfermagem Psiquiátrica; Saúde Mental; Intercâmbio Educacional Internacional.

### ABSTRACT

Objective: to describe the academic internationalization, during an elective internship period, of the Multiprofessional Residency in Health, at the Nursing School of Porto, Portugal. Method: exploratory and descriptive study, with a qualitative approach, about the Portuguese-Brazilian experience of academic internationalization, during an elective internship of the multiprofessional residency, with an emphasis on Collective Mental Health. Results: we sought to structure experiences that would provide qualification in psychotherapeutic nursing interventions, in the International Classification of Nursing Practice, in nursing information systems and therapeutic relationship. In the practical component, technical visits to services with nursing care in mental health were planned. Conclusions: the elective internship abroad provided a substantially positive experience for the Mental Health Nursing specialty, and this strengthening of the professional core is necessary for training in the multidisciplinary residency modality, as it enables a greater contribution of mental health nurses to the health team.

**DESCRIPTORS:** Nursing; Psychiatric Nursing; Mental Health; International Educational Exchange.

### RESUMEN

Objetivo: describir la internacionalización académica, en período de prácticas electivas, de la Residencia Multiprofesional en Salud, en la Escuela de Enfermería de Porto, Portugal. Método: estudio exploratorio y descriptivo, con enfoque cualitativo, sobre la experiencia portuguesa-brasileña de internacionalización académica, durante pasantía electiva de la residencia multiprofesional, con énfasis en Salud Mental Colectiva. Resultados: se buscó estructurar experiencias que capaciten en intervenciones de enfermería psicoterapéutica, en la Clasificación Internacional de la Práctica de Enfermería, en sistemas de información de enfermería y relación terapéutica. En el componente práctico, se planificaron visitas técnicas a los servicios con atención de enfermería en salud mental. Conclusiones: la pasantía electiva en el extranjero brindó experiencia sustancialmente positiva para especialidad de Enfermería en Salud Mental, y este fortalecimiento del núcleo profesional es necesario para formación en la modalidad de residencia multidisciplinaria, ya que permite mayor contribución de las enfermeras de salud mental al equipo de salud.

**DESCRIPTORES:** Enfermería; Enfermería Psiquiátrica; Salud Mental; Intercambio Educacional Internacional.

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**INTRODUCTION**

**M**ultiprofessional residency programs are characterized as a *latu-sensu* postgraduate modality, whose training context is developed in service, valuing the dynamics of the Unified Health System (SUS - Sistema Único de Saúde), with a view to implementing dimensions of the National Policy for Continuing Education in Health (PNEPS - Política Nacional de Educação Permanente em Saúde).<sup>1,2</sup>

When considering the Ceará scenario, the importance of the Multiprofessional Residency in Health (MRH) program of the Public Health School of Ceará (ESP-CE) in the state context is highlighted. The training process seeks to develop in a logic of interprofessional and transdisciplinary education, through a collaborative approach, in which resident professionals are more sensitive to the real needs and complexities of individuals, communities and territories.<sup>3</sup>

In the ESP-CE MRH program, the elective internship is characterized as external experiences of the practice scenario,

featuring complete immersion in another context of practice, whether in national or international territory. The internship fields can be chosen by the resident and occur in 30 calendar days, with the resident being given the power to choose more than one internship field, which can be divided into a maximum of two parts, with 15 days each.<sup>4</sup>

The possibility of developing the elective internship in another country is an opportunity for academic internationalization, making the training process more global and integrated with different world contexts, strengthening the development of innovations for regional and local practice. The internationalization process also enables cultural transactions and expands perceptions of the world, benefiting professional and personal growth.<sup>5</sup>

In the context of Mental Health Nursing, this process becomes particularly grand, due to the different approaches adopted in the training process in different countries. This international experience enables knowledge of trends in Nursing theories and shared investigative hypotheses, impacting the professional practice of

each country. Investing in internationalization means enabling Brazilian education to actively engage in scientific progress, promoting the solution of specific and also global problems, reaching global standards.<sup>5,6</sup>

In this sense, the Porto School of Nursing (ESEP) is configured as a strategic institution for training Mental Health nurses in Portugal, considering the Master's Program in Mental Health Nursing and the scientific contributions of the institution's researchers. The following projects stand out: the models of psychotherapeutic nursing intervention, Positive Mental Health, Literacy in Mental Health and First Aid in Mental Health.<sup>6,8</sup>

Given the above, the objective was to describe the academic internationalization, during the elective internship period, of the Multiprofessional Residency in Health, at the Nursing School of Porto.

**METHOD**

Exploratory and descriptive study, with a qualitative approach, about the Portuguese-Brazilian experience of academic internationalization, during the elective

internship of the MRH, with an emphasis on Collective Mental Health. Qualitative study is usually described as holistic, which is based on the premise that knowledge about individuals is only possible with the description of human experience, as lived and defined by its authors.<sup>9</sup>

The period of academic internationalization was in November 2019, which corresponded to all experiences at ESEP, the Master's in Mental Health Nursing and technical visits to community and hospital Mental Health services.

For the resident to undertake the elective internship, in the context of the ESP-CE MRH program, an Elective Internship Plan must be sent, describing the aspects that justify the period, location and training objectives of this experience. The Plan is subsequently submitted and evaluated by the Emphasis Coordination and by the Multiprofessional and Uniprofessional Residency Committee (COREMU - Comissão de Residência Multiprofissional e Uniprofissional), with the response being approved by the technical chamber. At the end of the internship, the resident produces a report on the training process.<sup>4</sup>

The record of the internship experiences took place through a field diary, with a description of the important points about each elective activity and the technical visits carried out, contemplating aspects of observation/action and preparation of a provisional synthesis. Subsequently, the described content reaches a deeper content, in which learning issues are raised, based on what was experienced by the resident, in academic mobility, in order to reflect and validate information. In theoretical classes, it was possible to raise questions and doubts about the contents presented in the following classes. During the technical visits, e-mails were made available to request further explanations and details about the institutions visited, in order to intensify and qualify knowledge.

For data analysis, a qualitative approach was used, which is not concerned with quantifying, but with understanding and explaining social relations, as well as dynamics, and is interested in reaching a level of

reality, that is, motives, aspirations, beliefs, values and attitudes.<sup>9</sup>

During the course of this study, the ethical and legal aspects of research were observed, in accordance with Resolution No. 466/12, of the National Health Council.

## RESULTS AND DISCUSSION

We sought to structure experiences that would provide qualification in nursing psychotherapeutic interventions, in the International Classification of Nursing Practice (ICNP), in Nursing Information Systems and in the Therapeutic Relationship. In the practical component, technical visits to services with assistance in Mental Health Nursing were planned.<sup>6,10</sup>

The experiences are justified when considering the importance of Resolution 599/2018, of the Federal Council of Nursing (COFEN), which proposes guidelines for the performance of the Nursing team in Mental Health and Psychiatry. There is a need to adopt theoretical models to support and systematize mental health care actions, which is one of the competencies of nurses in this specialty.<sup>11-12</sup>

The study, developed in Portugal, proposes the creation of a Psychotherapeutic Nursing Intervention Model, based on Nursing theories and shared investigative hypotheses, in addition to the Nursing Process, and on Nursing taxonomies, in order to ensure the effectiveness of an autonomous and systematized clinic practice.<sup>6</sup> The incorporation of the ICNP into the health information systems in Portugal also represents a potential for assistance.<sup>10</sup>

### Experience description

Initially, there was a meeting with a professor from the area of Mental Health, from ESEP, who would supervise the activities of the elective internship. At that time, adjustments were made and the contents of the program were consolidated, with a view to the prior submission of the Elective Internship Plan. The first activity took place at a meeting of a research group, Innovation & Development in Nursing (NursID), which has a partnership with the Center for Re-

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search in Health Technologies and Services (CINTESIS - Centro de Investigação em Tecnologias e Serviços de Saúde). It is a large research and development unit, headquartered at the University of Porto.

NursID's main projects include Mental Health Literacy, Positive Mental Health and First Aid in Mental Health. 7-8 The meeting provided the dynamics of a research group in the context of Portugal, through an overview of the progress of projects, bureaucratic procedures and new trends in Nursing research in Mental Health.

Another example of experience in the theoretical field took place in the classes of the Discipline of Intervention Methodologies, of the Master of Nursing in Mental Health and Psychiatry at ESEP. The contents covered in the classes were: Cognitive Restructuring, Metacognitive Training, Positive Mental Health, Helping Relationship, Nursing Psychotherapeutic Intervention Model, Coping, Cognition Theory and ICNP.

In the Nursing Degree, there were experiences in two classes of the Discipline of Communication, in which the themes were addressed: Clinical Communication, Therapeutic Communication Techniques, Communication in Life Cycles, Communication Changes. In a class of the Discipline of Behavior and Relationship, the experience of a simulation of clinical situations that explored the therapeutic relationship and communication techniques was provided.

The technical visits were planned to provide an overview of the care dimension at different levels of health care. First, there was an opportunity to experience a day hospital for Mental Health, in which psychosocial rehabilitation was mainly worked on, through workshops in handicrafts, cooking, carpentry, painting, among others. There was a specific nursing service, in which medication administration and therapeutic regimen management were performed. The hospital institution also had the presence of professional psychologists and occupational therapists.

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**Another technical visit took place at a psychiatric hospital in the North of Portugal. In this context, there was the presence of inpatient units for people with general mental disorders and those resulting from substance use.**

gal. In this context, there was the presence of inpatient units for people with general mental disorders and those resulting from substance use. The technical services included Psychiatry, General Practice, Nursing, Psychology, Psychomotricity, Social Work and Stomatology. There were occupational workshops, where various manual activities were developed. Another highlight was the presence of a house for training activities of daily living, aiming to facilitate the transition from hospitalization to hospital discharge, making the discharge process more qualified and better adapted to the context of life.

The last point of attention visited was a Community Care Unit (CCU), one of the services that integrate the Primary Health Care of the National Health Service (NHS), together with the Family Health Units (FHU). The CCU is a community service, having a population-based logic. Its attributions are: to provide health care, psychological and social support; carry out health education, integration of family support networks; and implement mobile intervention units. They are especially aimed at groups of people at higher risk or physical and functional dependence or illness that require close monitoring. 13

During the experience at the CCU, home visits were carried out, together with a specialist nurse in Mental Health who worked at the Unit. In addition, she participated in a session of a therapeutic group aimed at patients with depression. The use of Health Information Systems was properly demonstrated, and it is possible to observe how nurses recorded nursing care through electronic medical records. The ICNP was characterized as the terminology adopted by the information system, making it possible to understand the record of Nursing Diagnoses, results and interventions.

There was also a moment with the Unit manager, who presented the operational aspects and the proposal of this service, within the scope of Primary Health Care in Portugal. Furthermore, it was possible to clarify doubts and share experiences.

#### Main results achieved



The most relevant results were achieved, mainly, with regard to the structural and functional understanding of the different psychotherapeutic nursing interventions validated in Portugal. It is also mentioned the acquisitions in the Therapeutic Relationship, mainly in Therapeutic Communication, which were of great prominence. The ICNP was worked transversally in all classes, providing learning of terminology, in a more applied, integrated and sensitive way to the operational processes of care.

The technical visits provided assistance gains, strictly in the field of the professional category, as well as in public health, considering that the different services visited, at their respective levels of health care, are part of the NHS in Portugal.

The Information Systems in Nursing and Health could not be deepened in the context of teaching, given that the period of November 2019 did not coincide with the approach to this theme, in the classes of the subjects experienced. However, this element was addressed during one of the technical visits. Despite this, it becomes a limitation, as this objective of the experience was addressed punctually, especially

when considering the complexity existing in electronic health records in Portugal and the respective context with the terminology of the ICNP.

When considering the importance of Psychotherapeutic Nursing Interventions, as a theoretical model that supports and systematizes the practice of Nursing in Mental Health, one can see their centrality in the scope of academic training and, also, professional practice. The Resolution 11 599/2018, of COFEN, seeks to promote Nursing actions in this sense.

The establishment of the Therapeutic Relationship, seen as the basis of the care process in Mental Health by the aforementioned Resolution, was another aspect contemplated in the experience in the context of learning, both in the classes of the disciplines and in the technical visits, characterizing achievements for the Nursing practice in Mental Health.

Understanding the dynamics of mental health care processes, in the reality of the NHS in Portugal, and contextualizing, problematizing and drawing parallels with the reality of the SUS in Brazil, was also characterized as a potential, providing a

view and critical analysis of each context.

## CONCLUSION

It is known that many factors influence the training process in multi-professional health residencies throughout Brazil, however, the present experience was characterized as enhancing the training process, especially within the professional category.

Academic internationalization initiatives bring different dynamics to the training process, especially when considering the professional and personal achievements involved. Understanding the phenomenon of Nursing in different local, regional and international contexts enables a systemic view of professional practice.

In view of the above, it was concluded that the elective internship abroad provided a substantially positive experience for the Mental Health Nursing specialty, an essential strengthening of the professional core for training in the multidisciplinary residency modality, as it enables a greater contribution of mental health specialist nurses to the health team.

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