

# Experiences in the school health system of Sobral/CE

Vivências no sistema saúde escola de Sobral/CE

Experiencias en el sistema de salud escolar de Sobral/CE

## RESUMO

Objetivo: Descrever as experiências vivenciadas pelas nutricionistas residentes nos serviços destinados às vivências de extensão da Escola de Saúde Pública Visconde de Sabóia (ESP-VS) vinculados à Secretaria de Saúde de Sobral/CE, bem como contextualizá-las (ressaltando as suas impressões, percepções). Método: Trata-se do relato de uma experiência realizada pelas nutricionistas da 15ª turma de residentes em saúde da família da ESP-VS, durante as vivências de extensão, de agosto de 2018 a abril de 2019. O cenário foi constituído pelos seguintes serviços de saúde de Sobral/CE: Vigilância Alimentar e Nutricional, Estratégia Trevo de Quatro Folhas, Programa Melhor em Casa (Serviço de Atenção Domiciliar), Alimentação Escolar e Vigilância Epidemiológica. Resultados: As vivências de extensão do programa de Residência Multiprofissional em Saúde da Família da ESP-VS tem por objetivo o desenvolvimento de competências profissionais. Conclusão: considerou-se estas vivências momentos que proporcionaram absoluta relevância para a aprendizagem no percurso formativo de residência em saúde.

**DESCRIPTORES:** Equipe multiprofissional; Atenção primária à saúde; Prática profissional.

## ABSTRACT

Objective: To describe the experiences lived by nutritionists residing in the services destined to the extension experiences of the Escola de Saúde Pública Visconde de Sabóia (ESP-VS) linked to the Health Department of Sobral/CE, as well as contextualizing them (emphasizing their impressions, perceptions). Method: This is the report of an experience carried out by the nutritionists of the 15th group of residents in family health at ESP-VS, during the extension experiences, from August 2018 to April 2019. The scenario consisted of the following services of health in Sobral/CE: Food and Nutrition Surveillance, Four-Leaf Clover Strategy, Better at Home Program (Home Care Service), School Feeding and Epidemiological Surveillance. Results: The extension experiences of the ESP-VS Multiprofessional Residency in Family Health program aim to develop professional skills. Conclusion: these experiences were considered moments that provided absolute relevance for learning in the training course of residency in health.

**DESCRIPTORS:** Multiprofessional team; Primary health care; Professional practice.

## RESUMEN

Objetivo: Describir las experiencias vividas por nutricionistas residentes en los servicios destinados a las experiencias de extensión de la Escola de Saúde Pública Visconde de Sabóia (ESP-VS) vinculada al Departamento de Salud de Sobral/CE, así como contextualizarlas (destacando su impresiones, percepciones). Método: Este es el relato de una experiencia realizada por los nutricionistas del grupo 15 de residentes en salud de la familia de la ESP-VS, durante las experiencias de extensión, de agosto de 2018 a abril de 2019. El escenario consistió en los siguientes servicios de salud en Sobral/CE: Vigilancia Alimentaria y Nutricional, Estrategia Trébol de Cuatro Hojas, Programa Mejor en Casa (Servicio de Atención Domiciliar), Alimentación Escolar y Vigilancia Epidemiológica. Resultados: Las experiencias de extensión del programa de Residencia Multiprofesional en Salud de la Familia ESP-VS tienen como objetivo desarrollar competencias profesionales. Conclusión: estas experiencias fueron consideradas momentos que proporcionaron absoluta relevancia para el aprendizaje en el curso de formación de residencia en salud.

**DESCRIPTORES:** Equipo multiprofesional; Primeros auxilios; Practica profesional.

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## INTRODUCTION

In order to strengthen Primary Health Care (PHC), combined with the need to expand the reorientation in the training of health professionals, Multiprofessional Health Residencies (MHR) emerged, created after the enactment of Federal Law No. 11,129/2005.<sup>1</sup>

The MHR are programs guided by the principles and guidelines of the Unified Health System (SUS), considered a model of in-service training that seeks to qualify health professionals to act in an integral, interdisciplinary way and in accordance with local and regional needs and realities. The Multiprofessional Residency Program in Family Health (MRPFH) was presented as a strategy for the reorganization of public services in Primary Health Care (PHC). This training modality aims to bring professionals closer to the social and health reality of work in the SUS, qualifying them to work in a multiprofessional way.<sup>2</sup>

This process takes place through the development and linking of knowledge, skills and professional skills, uniting the knowledge of each category to work in the collective health of the various territories assisted by the teams of the Family Health Strategy (FHS) of the Family

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Health Centers (FHC's), in a multiprofessional way, based on the principles and guidelines of the SUS.<sup>3</sup>

The MRPFH of the Escola de Saúde Pública Visconde de Sabóia (ESP-VS) in Sobral/CE had its origin (September 1999) and evolution strongly linked to the municipal health system. It was born with several challenges, including responding to the social and health needs of the population and local territories, and qualifying network professionals for a new paradigm, which emphasizes health promotion and disease prevention.<sup>3</sup>

Since 2001, the nutrition category has been part of the MRPFH program in Sobral, opening space to develop its relevant attributions in view of the nutritional profile of the local population. Thus, this strategy is perceived as a space for the professional nutritionist to act, as he is able to work on proposals that address issues relevant to food and nutrition, contributing to recreate health care practices.<sup>4</sup>

The extension experiences, as part of the theoretical-methodological design of the MRPFH of the ESP-VS de Sobral, aim to intensify and improve the professional practice relevant to each of the categories that are part of the MRPFH, from the search for relevant knowledge and experiences in other services

of the regionalized health network, always aiming to contribute to increase the effectiveness of practices and knowledge. They occur through institutional exchanges, which can be within the scope of the municipality of Sobral or in other municipalities, mediated, monitored and evaluated by ESP-VS.<sup>3</sup>

Thus, this report aims to describe the experiences lived by nutritionists residing in the services destined to the ESP-VS extension experiences linked to the Health Department of Sobral/CE, as well as contextualizing them, emphasizing their impressions and perceptions.

## METHOD

This is the report of an experience carried out by the nutritionists of the 15th group of residents in family health at ESP-VS, from August 2018 to April 2019. The report was prepared from May to August 2019. Thinking from the perspective of the formative character and, according to the Political Pedagogical Project institutionalized by the institution, the scenario of experiences consisted of the following health services in Sobral/CE: Food and Nutrition Surveillance, Four-Leaf Clover Strategy, Better at Home Program (Home Care Service), School Feeding and Epidemiological Surveillance. The residents completed a workload of 12 or 16 hours of experiences in each of the aforementioned services, totaling, in the end, 80 hours.

## RESULTS AND DISCUSSION

### Food and Nutrition Surveillance (FNS)

The Food and Nutrition Surveillance (FNS) includes continuous and routine activities of collection and analysis of data and information that present the food and nutritional conditions of the local population, with the objective of providing subsidies to assist in the planning of programs with a view to improving food consumption patterns and the nutritional status of the population.

The resident nutritionists were received by the nutritionist who managed the FNS. No primeiro turno de visita, as residentes foram apresentadas aos programas pelos quais a VAN realiza o registro com diversas informações, como: Sistema de Vigilância Alimentar e Nutricional (SISVAN), Programa Bolsa Família, Programa de Suplementação Nacional de Vitamina A e Estratégia de fortificação da alimentação infantil com micronutrientes em pó (NUTRISUS). The residents received an explanation about the collection of information for the feeding of these programs, this joint work between the present institution and the FHC's of Sobral. The FNSS registration forms and food consumption markers were some of the systems' instruments that were presented.

In one of the last moments, one of the residents accompanied the manager on a visit to the Early Childhood Education Centers (ECEC's) in the municipality to observe the use and acceptance of NUTRISUS by the children. NUTRISUS is a micronutrient food supplement that aims to prevent and control nutritional deficiencies for children in a certain age group. During the visit, the manager shared instructions with the day care professionals on the distribution of the supplement at meals and on the recording of information.

### Four-Leaf Clover (Trevo de Quatro Folhas) Strategy

The Four-Leaf Clover Strategy was an initiative created in 2001 by the Sobral Health Department with the purpose of qualifying attention and health care for the maternal-infant public, in addition to promoting the reduction of infant deaths. Through article 1 of Law No. 1041 of November 24, 2010, which provides for the establishment of this Strategy, it became a "Public Health Policy to Support Pregnant Women, Mothers and Life Encouragement".<sup>5</sup>

Freitas<sup>6</sup> mentions in his report that the Four-Leaf Clover Strategy is a set of actions, at the secondary care level, with

the purpose of reducing maternal, perinatal and infant mortality rates (which remained high before its implementation), in addition to offering more comprehensive health care for pregnant women, postpartum women and children under two years of age who are at clinical risk and/or social vulnerability, whether they are residents of urban or rural areas in the municipality of Sobral.

The name 'Four-Leaf Clover' is associated with a vegetable, called "lucky clover", whose meaning is analogous to care management in the four phases of maternal and child care: prenatal care, childbirth and puerperium, birth and follow-up of the child in the first two years of life.<sup>7</sup>

During the experience, it was possible to perceive how important the actions developed by this Strategy are, where the nutritionist's work is absolutely essential for the provision of adequate and specific care for the monitoring of the mother and the premature newborn (NB), providing it with adequate and healthy growth and development. The intersectoral partnership with Trevo in the municipality of Sobral has strengthened attention to this public in an integrated and co-responsible way.

### Better at Home Program (Home Care Service)

Ordinance No. 2,527, of October 2011, establishes that Home Care (HC) is constituted as a "modality of health care that replaces or complements the existing ones, characterized by a set of actions to promote health, prevention and treatment of diseases and rehabilitation provided at home, with a guarantee of continuity of care and integrated into the Health Care Networks".<sup>8</sup>

The professionals from the Better at Home (Melhor em Casa) de Sobral/CE Program team who received the residents explained the service flow, which is as follows: the ESF team of the CSF/territory/residence of the user who presents the need must make the request for their inclusion and admission to

the Program through their evaluation and the eligibility criteria of the service, followed by the assistance planning, which includes the assessment of the degree of complexity of the health situation of this user, definitions about the modality, the resources and equipment needed for home care and the frequency of home visits.

This process also requires budgeting and cost spreadsheets (for each patient). The assistance and monitoring of the admitted user takes place until his discharge, with the requirement of formal records at all stages and throughout the period of care, including the use of a specific Information System.

Thus, the nutritionist is part of the multidisciplinary care team and has an important role in this service, where he carries out home visits to users and families, assessment of users' nutritional status, individualized diet therapy prescription and nutritional monitoring, according to health conditions, thus assisting in comprehensive health care.

#### School meals

The term "school meals" has been used to name the set of meals offered by the National School Feeding Program (PNAE - Programa Nacional de Alimentação Escolar). School feeding is a relevant practice in Brazilian public elementary and high schools. The PNAE aims to contribute to the biopsychosocial development, school performance and formation of healthy eating habits of students, through food and nutrition education actions and the provision of meals that meet their nutritional needs during their stay at school.<sup>9</sup>

The experience in the School Meal service in Sobral took place with the reception of the nutritionist who coordinates the sector, who explained how the preparation of meals takes place, from the purchase of foodstuffs, through bids; the professional also presented the menus and the program she uses to register their entry and exit. During the experience, a routine visit to a state

school was carried out with one of the nutritionists of the service, where it was possible to follow in practice the activities of guidance to the school's cooks.

#### Epidemiological surveillance

Epidemiological surveillance aims to

conditions, as well as the factors that condition them, in a defined geographic area or population.<sup>10</sup>

In the experience in the Epidemiological Surveillance of Sobral, the resident nutritionists were received by the service manager, who presented the entire space, professionals and flows; she also explained the importance of correctly recording data and notifications for carrying out actions in family health territories. On the last visit, there was a conversation about perceptions and clarification of general doubts about the activities carried out by epidemiological surveillance in the municipality.

The extension experiences of the ES-P-VS MRPFH program aim to provide the apprehension of knowledge about the organization and dynamics of the various services of the health system of Sobral/CE, aiming at the development of professional competences. They comprise the completion of mandatory internships in services of the municipal health network, with the possibility of taking place at different levels of health care (primary, secondary, tertiary) or in management.

#### CONCLUSION

During the period of this activity, it was possible to perceive how the services of the health system of Sobral/CE are interconnected and need interprofessional collaboration to provide quality health care to the population. It was also observed the importance of multidisciplinary support teams, such as the multidisciplinary residency, integrated with the actions of the Family Health Strategy. Thus, these experiences were considered moments that provided absolute relevance for learning in the training course of residency in health.

It was also possible to observe the importance of the professional category of nutrition in the services provided, as a fundamental part of a whole, which aims to provide comprehensive care to the health of communities.

**It was also observed the importance of multidisciplinary support teams, such as the multidisciplinary residency, integrated with the actions of the Family Health Strategy.**

provide permanent technical guidance to health professionals who are responsible for deciding on the implementation of disease control actions. In addition, it makes available up-to-date information on the occurrence of these diseases and



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