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Health promotion of nursing graduates: an integrative review

Promoción de la salud de graduados de enfermería: una revisión integrativa

Promoção da saúde de graduandos de enfermagem: uma revisão integrativa

ABSTRACT

Objective: To analyze the Health Promotion activities offered by Universities to nursing students, based on national and international scientific production; and to identify the evidence of these interventions in view of the movement of Health Promoting Universities. **Methods:** Integrative literature review, using health descriptors, keywords and MeshTerms, carried out in the Latin American and Caribbean Literature databases in Health Sciences (LILACS), PubMed Central (PMC), Cochrane and Web of Science (WoS), from 2003 to 2019. **Results:** 14 articles were selected, which were grouped into the categories: Doing and training for health: evaluation of health promotion and Other Health Promotion needs. **Conclusions:** The health promotion strategies offered by universities to undergraduate students show concern with specific aspects of the development of the student's body, but it does not always result from the articulation between the demands and what is offered, regarding the health of university students. There was a need for further studies on the subject, which contribute to the construction of health policies and actions aimed at the university population, which needs to be attended to in its singularity.

DESCRIPTORS: Health Promotion; University; Nursing; Student Health Services.

RESUMEN

Objetivo: analizar las actividades de promoción de la salud que ofrecen las universidades a los estudiantes de enfermería, con base en la producción científica nacional e internacional; e identificar la evidencia de estas intervenciones en vista del movimiento de las universidades promotoras de la salud. **Métodos:** Revisión de la literatura integradora, utilizando descriptores de salud, palabras clave y MeshTerms, realizados en las bases de datos de literatura latinoamericana y caribeña en Ciencias de la salud (LILACS), PubMed Central (PMC), Cochrane y Web of Science (WoS), de 2003 a 2019. **Resultados:** se seleccionaron 14 artículos, que se agruparon en las categorías: Hacer y capacitar para la salud: evaluación de promoción de la salud y; Otras necesidades de promoción de la salud **Conclusiones:** Las estrategias de promoción de la salud que ofrecen las universidades a los estudiantes de pregrado muestran preocupación por aspectos específicos del desarrollo del cuerpo del estudiante, pero no siempre resulta de la articulación entre las demandas y lo que se ofrece, con respecto a La salud de los estudiantes universitarios. Fue necesario realizar más estudios sobre el tema, que contribuyan a la construcción de políticas y acciones de salud dirigidas a la población universitaria, que deben ser atendidas en su singularidad.

DESCRIPTORES: Promoción de la Salud; Universidad; Enfermería; Servicios de Salud Estudiantil.

RESUMO

Objetivo: Analisar as atividades de Promoção da Saúde oferecidas pelas Universidades aos discentes de enfermagem, a partir da produção científica nacional e internacional; e identificar as evidências dessas intervenções tendo em vista o movimento das Universidades Promotoras da Saúde. **Métodos:** Revisão Integrativa da literatura, com uso dos descritores em saúde, palavras-chave e Mesh-Terms, realizada nas bases de dados Literatura Latino-Americana e do Caribe em Ciências da Saúde (LILACS), PubMed Central (PMC), Cochrane e Web of Science (WoS), no período de 2003 a 2019. **Resultados:** Foram selecionados 14 artigos, que foram agrupados nas categorias: Fazer e formar para saúde: avaliação de promoção da saúde e; Outras necessidades de Promoção da Saúde. **Conclusões:** As estratégias de promoção da saúde oferecidas pelas universidades aos graduandos demonstram preocupação com aspectos pontuais do desenvolvimento do corpo do estudante, mas nem sempre resulta da articulação entre as demandas e o que é oferecido, no que tange a saúde dos universitários. Verificou-se a necessidade de novos estudos sobre a temática, que contribuam para a construção de políticas e ações de saúde voltadas para a população universitária, que necessita ser atendida em sua singularidade.

DESCRIPTORES: Promoção da Saúde; Universidade; Enfermagem; Serviços de Saúde para Estudantes.

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INTRODUCTION

For decades, universities have played an important role in the lives of young students. Such institutions are recognized as part of the path towards the advent of professional construction, which permeates the individual at different stages, moments and levels of maturity and responsibility. Thus, it becomes a privileged environment, bringing people together at an important stage of their lives.

The University, as an academic training environment, aims at the integral training of professionals from the humanistic, scientific and technological point of view, carrying out activities for sustainable human development, including students, teachers and administrative technicians⁽¹⁾.

The concept of health promotion reaches a much wider scope than that circumscribing the health field, including the environment in a broad sense, going beyond the local and global perspective, in addition to incorporating physical, psychological and social elements. One of the basic axes of health promotion is to strengthen the autonomy of individuals and social groups, as teaching is not to transfer absolute knowledge, but to enable this construction to be carried out by the university student⁽²⁾.

In 1998, the World Health Organization (WHO) published an orientation guide for universities that aimed at promoting health, explaining their contexts and contributions. In 2003, the institutional formality of the movement for Health Promotion Universities (UPS) in Latin America began, with Iberoame-

rican reach. It is an appropriate initiative to strengthen health through the ideal and practices of health promotion⁽³⁾.

Health Promoting Universities (UPS) are privileged spaces for creating a health promoting context for the educational community, as they improve the health profile through the development of teaching, research and knowledge sharing, which contributes, also for the well-being and sustainability of the community in general, and also for the evaluation of the effectiveness of intervention programs⁽⁴⁾.

Throughout history, important documents have been drawn up from conferences and congresses in order to improve the health reality of university students. Among the most recent, we can highlight the Charter of Okanagan, which encourages the incorporation of the principles of health and well-being in daily activities carried out in universities that promote health and the Alicante Declaration, which in turn, highlights the participation of universities in decisions that affect health, including the environment in which its participants work, live and relate^(4,5).

The best education is one that can promote the participation of the subjects, encouraging them to reflect, dialogue, creativity and their autonomy, empowering them throughout the teaching-learning process. It is not a favor that may or may not be granted, not considering the student's curiosity, preferences, concerns and languages is to go against the ethical principles of education and repress their freedom⁽⁶⁾.

The health of the student is created and lived by people within the confi-

gurations of their daily life; where they learn, work, play and love⁽⁴⁾. Healthy Settings is a concept that encompasses approaches based on Health Promotion settings, involves a holistic and multi-disciplinary method that integrates action between risk factors. Healthy Configuration approaches are implemented in different ways and in various environments such as schools, universities, workplaces and hospitals⁽⁷⁾.

At the 9th Global Conference on Health Promotion, global leaders agreed to promote health with a view to achieving Sustainable Development. The Conference highlighted the need for government policy action to protect the population from health risks, provide access to healthy choices and spread awareness of how to be and stay healthy⁽⁸⁾.

In this sense of implementing the movement of Universities Promoting Health, it would be desirable that institutions conceive and implement strategies and actions that involve students, teachers, civil servants and local resources to ensure their sustainability⁽⁹⁾.

The educational experience, the ability to learn must go beyond simple adaptation to the imposed reality⁽⁶⁾. After these surveys, the objective set for the study was: to analyze the Health Promotion activities offered by Universities to nursing students, based on national and international scientific production; and to identify the evidence of these interventions in view of the movement of Health Promoting Universities.

The question that guided the study was: What are the scientific evidence on the Health Promotion practices offered by Universities to nursing students?

METHODOLOGY

In order to achieve the proposed objectives, an integrative review study was chosen, which consists of a wide analysis of publications, with the purpose of obtaining data on a given theme and generating knowledge. This type of research includes the analysis of relevant publications, allows the synthesis of published studies on the subject, indicates knowledge gaps that need to be filled through new research, in addition to providing general conclusions regarding the study area⁽¹⁰⁾.

The integrative review is divided into six stages, namely: 1) identification of the theme and selection of the research question; 2) establishment of inclusion and exclusion criteria; 3) identification of pre-selected and selected studies; 4) categorization of the selected studies; 5) analysis and interpretation of results; and 6) presentation of the knowledge review/synthesis⁽¹¹⁾.

The selection of studies was carried out by the authors in January 2020 through online access to articles, indexed in the Virtual Health Library

(VHL), PubMed Central (PMC), Cochrane and Web of Science (WoS) databases.

We sought to contemplate the understanding of the theme, choosing to cross the descriptors indexed in the Health Science Descriptors system - DeCS (health promotion, universities, nursing and health services for students) and in the Medical Subject Headings - MeSH (health promotion), promotion of health, universities, university, nursing, student health services and student health service). To carry out the research, the Boolean operators "AND" and "OR" were also used⁷.

The selection process of articles respected as inclusion criteria articles published in the last 17 years, in Portuguese, English and Spanish, directly related to the theme and articles with research results answering the guiding question of the study on screen. Regarding the time cut, it was decided to seek publications from January 2003 to December 2019, since in 2003 the institutional formality of the UPS movement began, with the participation of health promotion actions in Latin America and Ibero-

american reach, in countries like Chile, Colombia, Costa Rica, Cuba, Mexico and Peru⁽³⁾.

The defined exclusion criteria were articles repeated in more than one database, articles with health promotion activities that did not include nursing students or risky behaviors of these students, without health promotion activities related to these diseases and studies that did not comply with the objective of the study.

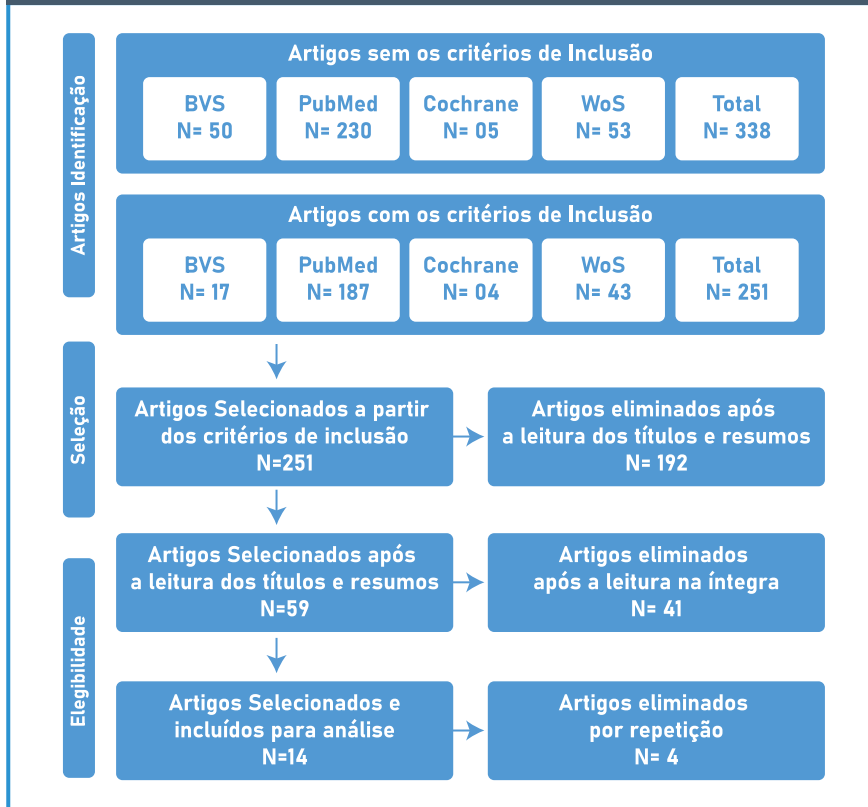
Initially, 338 articles were selected, after inserting the inclusion criteria this number reduced to 251 articles. Then, the titles and abstracts were read, and 192 articles were excluded due to lack of conformity with the study objective. Among these excluded articles, the reason for exclusion can be divided into 2 main categories: articles that were related to practices and activities developed by nursing students, with the objective of promoting community health and activities developed in school institutions.

Each article was read in its entirety, 41 publications that did not answer the question and the study objective were excluded. Such articles focused on the

Chart 1. Table with the search strategies in the databases used in this study. Niterói, RJ, Brazil, 2020.

BASE DE DADOS	ESTRATÉGIA DE BUSCA
BVS	(tw:(promoção da saúde)) AND (tw:(universidades)) AND (tw:(enfermagem)) AND (tw:(serviços de saúde para estudantes)) AND (la:("en" OR "pt" OR "es")) AND (year_cluster:[2003 TO 2019])
PubMed	((("health promotion"[MeSH Terms] OR ("health"[All Fields] AND "promotion"[All Fields]) OR "health promotion"[All Fields]) OR ("health promotion"[MeSH Terms] OR ("health"[All Fields] AND "promotion"[All Fields]) OR "health promotion"[All Fields]) OR ("promotion"[All Fields] AND "health"[All Fields]) OR "promotion of health"[All Fields])) AND (("universities"[MeSH Terms] OR "universities"[All Fields]) OR ("universities"[MeSH Terms] OR "universities"[All Fields] OR "university"[All Fields])) AND ("nursing"[Subheading] OR "nursing"[All Fields] OR "nursing"[MeSH Terms] OR "nursing"[All Fields] OR "breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields])) AND (("student health services"[MeSH Terms] OR ("student"[All Fields] AND "health"[All Fields] AND "services"[All Fields]) OR "student health services"[All Fields]) OR ("student health services"[MeSH Terms] OR ("student"[All Fields] AND "health"[All Fields] AND "services"[All Fields]) OR "student health services"[All Fields] OR ("student"[All Fields] AND "health"[All Fields] AND "service"[All Fields]) OR "student health service"[All Fields])) AND (("2003/01/01"[PDAT] : "2019/12/31"[PDAT]) AND (Spanish[lang] OR Portuguese[lang] OR English[lang]))
Cochrane	health promotion in Title Abstract Keyword AND universities in Title Abstract Keyword AND nursing in Title Abstract Keyword AND student health services in Title Abstract Keyword - with Cochrane Library publication date Between Jan 2003 and Dec 2019 (Word variations have been searched)
WoS	TÓPICO: (health promotion) AND TÓPICO: (universities) AND TÓPICO: (nursing) AND TÓPICO: (student health services) Refinado por: ANOS DE PUBLICAÇÃO: (2014 OR 2008 OR 2019 OR 2013 OR 2007 OR 2018 OR 2012 OR 2006 OR 2017 OR 2010 OR 2004 OR 2016 OR 2009 OR 2015) AND IDIOMAS: (ENGLISH OR PORTUGUESE OR SPANISH)

Figure 1. Flowchart for identification, selection and inclusion of integrative review studies. Niterói, RJ, Brazil, 2020.



experiences of students and nurses in the practical field of teaching or were aimed at promoting the health of school students or assessed risky behaviors of university students, without any activity at the university to minimize such behaviors. 04 articles were duplicated in more than one database.

Thus, the corpus of analysis was characterized by 14 scientific articles that discuss Health Promotion with nursing students. The identification flowchart presents the study selection process (Figure 1).

RESULTS

Among the productions found, 14 articles were selected that met the inclusion and exclusion criteria, based on the theme "Health Promotion offered by Universities to nursing students". These articles are presented in Chart 2, in which the following characteristics of the publication are described (authors, databases, country, title, objective and conclusion).

Chart 2. Characterization of articles according to authors, databases, country, title, objective and conclusion. Niterói, RJ, Brazil, 2020

AUTORES/ BASE DE DADOS/ ANO	PAÍS	TÍTULO	OBJETIVOS	CONCLUSÃO
Aparicio CXP, Hernandez FJB, Tamayo YG ⁽¹²⁾ . WOS 2019	Equador	Modelo de promoção da saúde na Universidade Metropolitana do Equador	Apresentar um modelo de promoção da saúde a ser aplicado na Universidade Metropolitana do Equador.	O modelo apresentado constitui uma estratégia para aprofundar a maneira como os indivíduos tomam decisões sobre seus cuidados de saúde. As ações realizadas pelo grupo de apoio especializado demonstram a busca para se atingir os princípios de promoção da saúde nesse centro de ensino superior.
Burgess AW, Thabault P, Kiernan L, Flaherty E, Leestma K ⁽¹³⁾ . PUBMED 2019	EUA	Iniciativa Atleta Guerreiro Universitário e a Enfermagem Acadêmica	Determinar se um elemento-chave da cultura ocupacional militar é capaz de preparar atletas universitários com veteranos	Este programa de intervenção no exercício físico foi implementado em dois Campus Universitários e indica os benefícios de envolver Membros Veteranos do Serviço Militar com o Serviço de Promoção da Saúde dos estudantes Universitários para melhoria da saúde.
Liang HF, Wu KM, Hung CC, Wang YH, Peng NH ⁽¹⁴⁾ . PUBMED 2019	Taiwan	Aumento da resiliência entre estudantes de enfermagem durante as práticas clínicas: um estudo participativo de pesquisa-ação.	Desenvolver e implementar um projeto baseado em aprimoramento da resiliência (ER) para estudantes de enfermagem de Taiwan durante o estágio em Last Mile.	O projeto de ER ajudou os alunos a desenvolver resiliência, aprimorando seus conhecimentos e habilidades de enfermagem e praticando pensamentos e comportamentos positivos.

Wichmann F, Braun M, Ganz T, Lubasch J, Heidenreich T, Laging M, Pischke CR ⁽¹⁵⁾ . PUBMED 2019	Alemanha	Avaliação no Campus da prontidão da comunidade na implementação de programas on-line baseados em evidências para evitar o uso de substâncias de risco entre os estudantes universitários na Alemanha	Avaliar o nível de prontidão (capacidade) de universidades alemãs relativas à execução dos programas on-line baseadas em evidências para a prevenção do uso de substâncias de risco	A avaliação é bem adequada para contribuir para os atuais desafios de integração de programas on-line baseados em evidências, que têm o potencial de atingir grupos de difícil alcance (por exemplo, alunos fora do campus) em atividades de promoção da saúde existentes nas universidades.
McCabe B, Troy A, Patel H, Halstead V, Arana M ⁽¹⁶⁾ . PUBMED 2018	EUA	Desenvolvimento de um programa de promoção do sono saudável no campus universitário	Expandir o pequeno corpo existente da literatura sobre intervenções do sono para estudantes universitários	Houve melhora na percepção da importância do sono dos alunos de graduação e a qualidade do sono melhorou significativamente após o workshop.
Sawicki WC, Fram DS, Belasco AGS ⁽¹⁷⁾ . BVS/ LILACS 2018	Brasil	Intervenção Breve aplicada a universitários consumidores de bebidas alcoólicas	Investigar o consumo de álcool entre universitários de enfermagem e avaliar intervenção breve para abusadores de álcool.	A Intervenção Breve diminuiu significativamente o padrão de consumo de álcool, promovendo a saúde. Medidas de prevenção do uso e abuso de álcool devem ser programadas, em especial, visando à prevenção de problemas decorrentes do consumo excessivo do álcool e promoção da saúde física e psicossocial.
Cook L ⁽¹⁸⁾ . BVS/ PUBMED 2011	EUA	O papel da enfermeira psiquiátrica na criação de um programa de prevenção do suicídio no campus	Descrever como um membro da faculdade de enfermagem psiquiátrica estabeleceu com sucesso um programa abrangente de prevenção ao suicídio.	Atualmente o suicídio é identificado como a segunda principal causa de morte em estudantes universitários. Muitos campi universitários foram capazes de estabelecer programas de prevenção do suicídio.
Manderscheid RW, Masi D, Rossignol CR, MasiDA ⁽¹⁹⁾ . BVS/ PUBMED 2007	EUA	A integração dos serviços de saúde física e de saúde comportamental: três exemplos de casos universitários	Identificar as características dos três estudos de casos sobre a integração da saúde física e os serviços de saúde comportamental.	O estudo mostra não só que a visão de um cuidado primário integrado de saúde comportamental é possível dentro de uma universidade de saúde, mas também que pode ser feito para fins de melhora da clínica dos estudantes e dos gastos.
Sanders LB ⁽²⁰⁾ . PUBMED 2007	EUA	Prestação de serviços de Saúde Mental no Campus de Long Island: um estudo piloto.	Descrever a prestação de serviços de saúde mental a estudantes que frequentam faculdades em Long Island	Estudantes universitários, frequentemente fora de casa pela primeira vez, correm o risco de distúrbios de saúde mental que podem afetar o desempenho acadêmico e a qualidade de vida. Os enfermeiros empregados nos centros de saúde das faculdades podem trabalhar com estudantes e famílias no sentido de promover comportamentos de saúde.
Sturrock CJ, Currie MJ, Vally H, O'keefe EJ, Primrose R, Habel P, Schamburg K, Bowden FJ ⁽²¹⁾ . WOS 2007	Austrália	Trabalhos de saúde sexual na comunidade: uma revisão do Programa de Extensão	Oferecer assistência à saúde sexual em vários locais de circulação dos grupos envolvidos	As colaborações entre as agências para fornecer serviços de extensão facilitam a educação em saúde sexual na comunidade e a triagem para grupos com maior risco de IST. Os resultados também destacam a necessidade de continuar a vacinação contra hepatite, testes, promoção da saúde e educação nessas populações.

Canales MK, Carr-J, Wohlberg, J ⁽²²⁾ . PUBMED 2005	EUA	"Chegou a hora": percepções das mulheres universitárias sobre saúde ginecológica	Examinar as percepções das mulheres universitárias quanto à saúde ginecológica, com ênfase particular na tomada de decisão em saúde.	O período da faculdade pode ser "o momento" em que as universitárias começam a pensar e a tomar decisões sobre a saúde ginecológica, reconhecendo as definições sobre saúde e comportamentos saudáveis. As enfermeiras podem ajudar as estudantes a desenvolver estratégias para implementar essas definições e integrar os comportamentos saudáveis desejados em suas vidas universitárias.
Geary DM, Nardi DA, Smith J, Kremer M ⁽²³⁾ . PUBMED 2005	EUA	Necessidades de serviços de saúde mental baseado na comunidade universitária: identificando as 5 principais	Determinar as necessidades de serviços de saúde mental e de promoção da saúde prestados pelo corpo docente avançado de enfermagem	Indicou-se uma forte necessidade por serviços de saúde mental (particularmente para depressão), promoção da saúde, informações de bem-estar e cuidados primários de saúde estavam entre as principais áreas de necessidade entre os discentes de enfermagem.
Clemmens D, Engler A, Chinn PL ⁽²⁴⁾ . BVS/ PUBMED/ 2004	EUA	Aprender e viver a saúde: experiências de estudantes universitários com um curso de saúde introdutório	Avaliar em que medida a participação no curso de "Introdução à Saúde" e atividades relacionadas influenciou os comportamentos relacionados à saúde dos alunos.	O campus da faculdade fornece um microcosmo dos problemas de saúde que a nação enfrenta, com relatos sobre comportamentos de risco, evidentes em taxas mais altas de fumo e consumo excessivo de álcool. Os docentes das escolas de enfermagem podem desenvolver e fornecer programas de promoção da saúde e prevenção de doenças, tanto para seus próprios alunos enfermeiros, quanto para uma população estudantil mais ampla em todo o campus.
Gosline MB, Schank MJ ⁽²⁵⁾ . BVS/ PUBMED/ 2003	EUA	Uma feira de saúde em toda universidade: um estágio clínico de promoção da saúde	O objetivo geral foi melhorar nos participantes as práticas de autocuidado para promoção da saúde.	A feira de saúde forneceu exposições e recursos educacionais, foi uma abordagem inovadora para promoção da saúde e prevenção das doenças na comunidade universitária.

After reading the 14 articles in full, an analysis was carried out to extract the concepts covered in each article and focused on the theme, enabling the elaboration of the 4th stage of the Integrative Review, that is, the categorization. As per each category raised, the 5th stage of the Review, analysis and interpretation continued⁽¹¹⁾.

The articles were grouped by similarity of content and the activities involve the development of programs, courses, consultations and meetings. From reading the corpus of articles and analyzing their results and discussions, two categories of analysis were constructed: "Doing and training for health" and "Other demands for Health Promotion".

In the first category, "Doing and training for health: health promotion

evaluation", there are articles related to the implementation, description or evaluation of certain programs developed in these institutions, aimed at promoting the health of nursing students.

The implementation of a physical exercise program in the United States of America (USA) integrated Veterans of War with the University students, in order to benefit the physical and mental health of both groups. Incentives for participation in the program and the practice of exercises included the opportunity for nursing students to use the campus exercise facilities, as well as utensils for use during and after activities, for example, water bottles, sports equipment, clothing for practice (shirts and shorts) and notebooks⁽¹³⁾.

The implementation of a universi-

ty program has improved the resilience of nursing students. The Resilience project had six workshops held over two months. The evaluation methods involved group discussion, individual interviews and reflective diaries⁽¹⁴⁾.

Theoretical-practical teaching is an essential component of the preparation of nursing students to apply theoretical knowledge in a real-life environment. However, students generally attribute this practice as extremely stressful, which can impair their clinical performance, affect the quality of patient care they provide, as well as their own physical and psychological health, and hinder their continuation in nursing careers. Resilience, understood as the ability to overcome challenges, is fundamental for these students⁽¹⁴⁾.

An online program was implemented with the potential to reach groups that are difficult to reach for Health Promotion among university students, including nursing students. In general, the universities included in this study exhibited low levels of readiness to implement online programs to prevent and/or reduce the use of risky substances. Based on the results of the evaluation, universities received feedback on the next stages of the program, with a view to increasing the institution's involvement⁽¹⁵⁾.

A sleep health program on campus for university students was evaluated. In this study, 5 focus groups and 4 workshops were carried out. The results showed that more than half of the students (59%) reported sleeping 5-6 hours a night, 24% slept seven or more hours and 18% reported sleeping four or less hours. The workshops had a facilitator who described the relationship between sleep and academics, demonstrating how to perform relaxation, meditation and yoga to increase sleep quality⁽¹⁶⁾.

Another study presents strategies that promote healthy lifestyles and a growing concern about the rates of overweight, depression, diabetes, hypertension, homicide and suicide. The article describes a survey conducted by the faculty during the first year of implementation of a program designed to assess the extent to which participation in activities at the university influenced health-related behaviors⁽²⁴⁾. It is suggested that the curriculum supports healthy lifestyles of nursing students.

One of the studies discusses a program carried out at the university on suicide prevention, a condition identified as the second leading cause of death among university students. The program that prevents suicide on the university campus is developed by the professors of the discipline "Nursing in Mental Health", through courses on issues related to mental health, the skills that can be performed, the involvement with support groups and

the search for new opportunities that can help in the development and improvement of services aimed at the university community⁽¹⁸⁾.

In the second category, "Other Health Promotion Demands", there are articles related to students' demand for other health services and needs, such as outpatient care, health fairs and meetings bringing together university students to address some topics.

One university made a diagnosis of its student population, identifying that 70% of the group of students analyzed had some health disorder. The recommended Health Promotion model incorporates Nursing and Sports Training, which strengthens students' self-esteem and awareness of a healthy lifestyle⁽¹²⁾.

Other interventions carried out were intended to reduce the consumption of alcohol, tobacco and marijuana among students⁽¹⁷⁾. A lecture entitled "Consumption of alcohol and its consequences" was held, delivery of the folder and educational booklet. One year later, they performed the 2nd IB, with new feedback on the result of the pattern of excessive consumption that each university student presented, being redirected to read the educational booklet⁽¹⁷⁾.

Another health promotion by the university integrated the physical health of nursing students with the behavioral health service, a study carried out at three universities. This investigation happened due to the problems found among the students, such as, learning difficulties, attention deficit and hyperactivity disorder, alcohol and other drugs abuse⁽¹⁹⁾.

Due to such problems, these institutions developed outpatient care services and various mental health activities (meetings with the group of university students) with students. The team responsible for attending to nursing students was composed of psychiatrists, psychologists, psychotherapists, nurses and administrative staff⁽¹⁹⁾.

Another study reported on the provision of mental health services, from meetings with university students in a Health Center and it was understood that the presence of nurses in these Centers promotes healthier health behaviors⁽²⁰⁾.

In yet another study from 2007, another Health Promotion action focused on sexual assistance for men who have sex with other men, sex workers, young people and university students, including the nursing course, was found. Such actions carried out consisted of consultations, health guidelines, provision of exams, condoms and educational material⁽²¹⁾.

From the health promotion activities carried out by nursing professors, other needs for services within the university were raised to be developed with their students, such as: mental health service, information service for the improvement of students' well-being, primary health care services for maintaining and improving their health and counseling⁽²³⁾.

Also, in this thematic category, a study on the development of a health fair across the university is analyzed. Before the elaboration of this activity, the greatest health demands present in this university community were identified, including nursing students. After this survey, the fair provided primary health care services, awareness of alcohol, nutrition, cardiovascular health, prevention and transmission of infections, massage therapy, alternative therapies, planning and prevention of sexually transmitted diseases⁽²⁵⁾.

Concluding this category, one of the studies reported the perception of university women about gynecological health. The participants reported that stress, time limitations and university life conditions have negatively influenced their ability to live healthily⁽²²⁾.

In this sense, the researched institution had a Women's Health Clinic, which provides care to nursing students and other courses. Among the activities

developed in the consultations at this specialized clinic are routine gynecological exams for cancer prevention, health care in general with information for decision making⁽²²⁾.

DISCUSSION

The university becomes the environment in which the nursing student, during a certain period of life, spends a large part of their time, thus being an appropriate place to do and train for health, making them aware of their own physical well-being, mental and social. It is understood that the multiple responsibilities inherent to the university period may influence the health and lifestyle of the students, reflecting on the personal and professional aspects of the present and the future.

“The university experience favors the vulnerability of young adults to health risk behaviors and environments”⁽²⁶⁾. It is important to reinforce the adoption of preventive and health promotion measures, which integrate environmental, cultural and socioeconomic issues. Activities such as courses, consultations, meetings, workshops and fairs are presented as possible strategies to achieve this goal within universities.

The experiences of health programs in universities are numerous in different modalities, developed with the functions of contributing to university well-being through assistance and promotion and prevention activities, with different levels of application and social coverage. Internal university health demands are met through services of general medicine, oral health, mental health, health of pregnant women, first aid, among others⁽²⁷⁾.

Recognition of the real needs of nursing students is essential to start planning and developing activities that may have a positive impact on the lives of such individuals. It is necessary to carry out this survey of information before starting any action, as socioeconomic, environmental and cultural differences may influence the demands of each institution.

Attention to Women's Health is considered as one of the research priorities by the Brazilian government. This program gained prominence with the elaboration of the National Policy for Integral Attention to Women's Health. This policy incorporates guiding themes such as gender, integrality and health promotion. The first programs that addressed Women's Health had a focus only on reproductive health and obstetric care. From this Policy, advances were made in the field of sexual rights, family planning, abortion, combating domestic and sexual violence, diseases, the environment, leisure, food, among others⁽²⁸⁾.

CONCLUSION

This Integrative Review achieved its objectives since it made it possible to analyze the scientific production of the Health Promotion activities offered by Universities to nursing students; and generate evidence of these interventions, in view of the movement of Universities Promoting Health.

The research carried out a synthesis of knowledge from international scientific production on the subject, making it possible to understand Health Promotion activities offered by Universities to nursing students, involving the deve-

lopment of programs, courses, consultations, workshops and meetings.

The research identified relevant aspects in the health promotion of nursing students, valuing behavioral issues inside and outside the university. It became evident the need to expand the discussions of care and actions with students who have mental disorders increasingly common today, such as anxiety and depression. The feeling of nervousness and concern about the semesters, the extensive academic workload and the various responsibilities and duties within the university, can have a negative impact on physical and mental health, but can be mitigated by promoting practices that facilitate social and social interaction. relaxation.

This research demonstrated the need for further studies on the theme, which contribute to the construction of health policies and actions aimed at the university nursing population that needs to be attended to in its singularity.

It was also found that the Health Promotion strategies offered by universities to nursing students demonstrate concern with specific aspects of the student's body, but it does not always result from the articulation between student demands.

The University is an appropriate place to identify the health needs of nursing students, which should support the development of health promotion activities. Thus, it is concluded that there is a concern, even if remote, of the Universities regarding the performance of activities that seek to positively impact the healthy, conscious and sustainable human development of future nurses. ■

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