



Menstrual dignity project: Guaranteeing access to menstrual health to the community of the São Carlos do Jamari district, Rondônia

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1 INTRODUCTION

Menstruation is a physiological and cyclical process that occurs during the woman's reproductive period and results in endometrial shedding and bleeding. It is a natural process of the female organism and can represent a social and public health problem when a portion of women do not have access to hygiene products necessary to control menstrual flow, such as a simple intimate absorbent. Menstrual poverty reflects, among other reasons, the lack of financial resources that make it difficult to acquire these products as well as the lack of information about the menstrual cycle. The negligence of the State, in providing resources or the free distribution of these items, encourages voluntary social projects, such as the one carried out by students from the Pharmacy course at the São Lucas University Center. On the occasion, intimate pads were distributed to women from the riverine community located in the São Carlos do Jamari district.

2 OBJECTIVE

Collect and distribute intimate absorbents to the women of the riverine community located in the district of São Carlos do Jamari, Rondônia, through the "Health and Citizenship Boat" expedition, ensuring, in a safe and hygienic way, the basic need of girls and women of that region.

3 METHODOLOGY

This work was divided into two stages. The first stage was the dissemination of the campaign to collect absorbents through social networks Instagram® and WhatsApp®, in stories mode, in the profile of the students themselves. The dissemination period was from October 19 to November 1, 2022. Absorbent collection points were created in boxes scattered around Campuses I and II of the São Lucas University Center (UNISL), located in the city of Porto Velho/RO. In the second stage of the work, the pads collected



during the campaign were taken to the UNISL Health and Citizenship Boat, which went to the district of São

Carlos do Jamari, where free medical care was provided in several areas by academics, under the supervision of their professors. As a criterion for the distribution of pads, a pharmaceutical anamnesis was performed, taking as a criterion women from 10 to 55 years old who have their menstrual cycles active.

4 DEVELOPMENT

For the excursion, in the district of São Carlos do Jamari, about 7 cardboard boxes were distributed by the Campuses I and II of UNISL, being 3 boxes on campus I and 4 boxes on campus II. This action relied, solely, on the donation of the academic community of this educational institution. The boxes from unit I were placed in 3 different points of the campus from October 20th until November 1st, and the boxes from unit II were placed in 4 different places of the campus from October 28th until November 1st. After the period, a total of 1776 units of pads were collected, including 175 packages with 8 units, 20 packages with 16 units, 1 package with 32 units and 24 loose units. The excursion took place from November 3rd to 6th, and 111 kits with about 16 units each were delivered during the period of the excursion, to a total of 98 women from the community, aged between 10 and 54 years.

5 CONCLUDING REMARKS

This project, carried out by the pharmacy course students from UNISL, was satisfactory, generating 111 packages of 16 units of pads, which were distributed in the district of São Carlos do Jamari. Through this action it was possible to guarantee the right to menstrual dignity for the women of the region attended, as well as to provide professional growth for the students who participated in the expedition.



REFERENCES

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