



Medical student's experience in primary health care internships

Vivência de acadêmicos de medicina em estágio na atenção primária à saúde

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ABSTRACT

The SUS establishes universality, equity and comprehensiveness as its principles, through Law 8080 of 1990, in view of the principle of comprehensiveness, which is based on understanding the patient as a whole, a human being with biopsychosocial aspects and with difficulties inherent to their reality (BASTOS et al., 2011; BRASIL, 1990).

Keywords: Health, Experience, USF.

RESUMO

O SUS estabelece como seus princípios a universalidade, equidade e integralidade, por meio da lei 8080 de 1990, tendo em vista o princípio de integralidade, que se baseia em entender o paciente como um todo, um ser humano com aspectos biopsicossociais e com dificuldade inerentes à sua realidade. (BASTOS et al., 2011; BRASIL, 1990)

Palavras-chave: Saúde, Experiência, USF.

1 INTRODUCTION

The SUS establishes universality, equity and comprehensiveness as its principles, through Law 8080 of 1990, in view of the principle of comprehensiveness, which is based on understanding the patient as a whole, a human being with biopsychosocial aspects and with difficulties inherent to their reality (BASTOS et al., 2011; BRASIL, 1990).

The internships carried out by the students consisted of: learning about prenatal care, carrying out actions based on the health at school program and experiencing the puerperium. Thus, the internships made



a great contribution to learning medical practice in a primary care routine, as well as the emotional framework and psychosocial attitudes. (BRASIL, 2017)

The policy of humanizing prenatal care, childbirth and birth within the Unified Health System advocates dignity and health for mothers and babies (SANTOS; ARAUJO, 2016).

Based on the scope of health promotion, the School Health Program (PSE) was created in 2007. The program is based on the articulation of the Family Health Strategy with the school and aims to promote and prevent health. (CARNEIRO, CAVALCANTI, LUCENA., FERREIRA., et al., 2015)

Child health, through childcare, was addressed as a way of monitoring growth and neuropsychomotor development (VIEIRA, FERNANDES, et al., 2012).

2 OBJECTIVE

The aim of this study is to present the experience of medical students in a family health unit

3 METHODOLOGY

A descriptive study of an experience report carried out during the practices of the Teaching-Service-Community Integration IV discipline of the 4th semester of the Undergraduate Medicine Course at the Paraíba Faculty of Medical Sciences-FCM/AFYA, at the São José Family Health Unit located in João Pessoa/PB from March to May 2023.

The working method adopted was to form a group of five people, made up of a teacher and four students. Practices were carried out in the mornings, where the opportunity arose to get to know the facilities of the USF, as well as how it worked during consultations. The purpose of the internships was to experience prenatal consultations, actions based on the Health at School Program (Presidential Decree No. 6,286 of December 5, 2007) and childcare.

This report aims to present the theoretical, practical and personal experiences acquired by medical students by describing the activities, conduct and observations carried out during their internships in a Family Health unit.

Therefore, it is worth pointing out that this study did not require the submission and approval of the institution's research ethics committee as it is an experience report. Thus, there are no conflicts of interest involved in this work, as the results presented here are the fruit of academic activities.

4 DEVELOPMENT

During the first internship at the integrated São José USF, a small exploration was made of a micro-area of the territory cut off by the Jaguaribe River, which does not have the proper conditions for water use.



The lack of basic sanitation characterizes the territory as an area of risk, with more threats to habitual and sanitary diseases, such as E. coli diarrhea, worms and leptospirosis (FONSECA; VASCONCELOS, 2011).

On the second day of practice, the competent experience of women's health was carried out, and prenatal care was provided. They listened attentively and humanized to pregnant women's complaints and actively sought out possible risk factors for pregnancy. This gave the trainees an understanding that not all patients receive the same care during pregnancy, resulting in a gain in practical knowledge that cannot be acquired through theoretical studies. (ORDINANCE No. 4.279/210)

In the penultimate internship, the School Health Project (PSE) was discussed, with the aim of promoting health and preventing childhood obesity. The result was enriching not only professionally but also personally for the university students, who realized the possibility of having an impact and transforming the knowledge of the children approached through the project. (PRESIDENTIAL DECREE N°6286, 5 DECEMBER 2007)

On the last day of practice, the students had access to childcare. This periodic service aims to analyze the child's growth and development in early childhood, as well as all vaccination coverage, guaranteeing physical, psychological, social, affective, motor, learning and language monitoring. The experience with this service led the students to understand how a childcare visit works (RICCO, RUBENS GARCIA et al., 2000).

The USF internship provided significant learning in relation to medical practice and comprehensive patient care. We understood the importance of primary health care, prevention and teamwork. We also developed communication and empathy skills, which are essential for establishing a therapeutic relationship with patients

5 FINAL CONSIDERATIONS

An internship in a Family Health Unit (FHU) is a transformative and fundamental experience for professional training. The opportunity to experience medical practice in a real context, in a multidisciplinary team, caring for the health of the community, analyzing the challenges and limitations is enriching for a medical student.

One of the greatest lessons learned is the ability to humanize the importance of primary health care, understanding that prevention, promotion and care actions. Placing students in practice at a USF allows them to take part in vaccination campaigns, prenatal and childcare appointments, monitoring the development of children and pregnant women at the USF, increasing their understanding of how comprehensive and continuous care can make a difference to people's lives. It also provides greater knowledge about the importance of a multidisciplinary approach to health care and the integration of the



USF's work with other government programs such as the School Health Program, which are essential for offering more complete and effective care to the entire community.

The internship at the USF is a journey of learning and care, capable of bringing students closer to the reality of community health



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