



Strategies to combat arboviruses as the focus of PSE in a school in João Pessoa

Estratégias de combate aos arbovírus como foco do PSE em escola de João Pessoa

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ABSTRACT

The Health at School Program (PSE), a joint initiative of the Ministries of Health and Education, has the primary objective of promoting the integration of health and education in the educational environment. Through this program, initiatives are being developed for health promotion, disease prevention and comprehensive care for students (Ministry of Education, 2007a).

Keywords: Arboviruses, School, Health.

RESUMO

O Programa Saúde na Escola (PSE), iniciativa conjunta dos Ministérios da Saúde e da Educação, tem como objetivo primordial promover a integração da saúde e da educação no ambiente educacional. Por meio desse programa, estão sendo desenvolvidas iniciativas para a promoção da saúde, prevenção de doenças e atendimento integral dos alunos (Ministério da Educação, 2007a).

Palavras-chave: Arbovírus, Escola, Saúde.

1 INTRODUCTION

The Health at School Program (PSE), a joint initiative of the Ministries of Health and Education, has the primary objective of promoting the integration of health and education in the educational environment. Through this program, initiatives are being developed for health promotion, disease prevention and comprehensive care for students (Ministry of Education, 2007a).

One of the PSE's priority areas of action is health education, which aims to provide students with the knowledge they need to adopt healthy habits and address various health-related issues (Ministry of Education, 2007b). Among these topics is the fight against arboviruses, diseases transmitted by insects such as mosquitoes.



Arboviruses are diseases caused by "arboviruses", a classification that encompasses all those viruses transmitted by arthropods, i.e. insects and arachnids (such as spiders and ticks) and are known as dengue, zika and chikungunya (FIOCRUZ, 2017). According to the WHO, arboviruses are a global threat to public health and therefore represent a significant challenge, as they affect not only the quality of life of individuals, but also the social and economic development of entire communities (Ministry of Health, 2022). In this situation, health education plays a crucial role in the prevention and management of these diseases.

From this perspective, the school environment is an ideal setting for implementing preventive measures that help reduce the number of cases of arboviruses and develop a culture of prevention and health care. In this way, the integration of the Health in Schools Program strengthens the link between health and education by ensuring that students have access to relevant information, develop health promotion skills and develop healthy attitudes. This, in turn, helps to build a healthier society that is resistant to animal-borne diseases (CATÃO, 2019).

Thus, we, the students of the 4th period of the Medicine Course at FCM, decided to draw up our experience report based on the educational action carried out in the form of a presentation to public school students in the city of João Pessoa, PB, with the theme: ARBOVIROSES. The aim of this report is to demonstrate the importance of actions to raise awareness of health education among young people, through the integration of health professionals and students with the school, emphasizing the active participation of the community as one of the basic principles of arbovirus control.

2 OBJECTIVE

Contribute to health promotion, care and prevention of arboviruses by carrying out an action under the Health at School Program.

3 METHODOLOGY

This is an experience report with a descriptive approach.

4 DEVELOPMENT

The health education actions involving arboviruses were developed by students from the 4th period of the Medicine Course at the Paraíba School of Medical Sciences, with students from the first year of high school at the State School of Elementary and Secondary Education (EEEFM) Professor Argentina Pereira Gomes, in which the school management requested that the subject of arboviruses be addressed in the activity. The presentation took place on April 9, 2023 to an audience of 25 students.

Initially, planning was carried out over a 6-week period on how to approach the topic for the target audience, given that they were teenagers, discussing the language to be used, the dynamics of the action and



the technological resources available. The focus of the topic and the integration of health education were taken into account, as it was in the general interest to provide a playful and meaningful experience, with the aim of giving the students enough information to become active agents in changing the epidemiological profile related to arboviruses in the area where they live.

The didactic material was based on the production of slides on the definition, symptoms, differences, treatment and prevention of arboviruses, which led to the expansion of knowledge on the subject for the medical students themselves. In addition, reflection on their own social reality and the transformative impact that the presentation would have on the students.

The methodology included a slide presentation, discussion of the topic, use of informal language appropriate for the audience, addressing a theoretical part followed by questions and curiosities about the topic, with the aim of making the presentation more dynamic. The program included slides as a technological method, since the use of visual resources is attractive to the public in question. The educational activity took place in the classroom and sought to engage and involve the students.

At the time of the action, after arriving at the school with all the presentation material ready and sufficient preparation time, the presentation of the subject began with an effort to use informal language, but adequate enough to encompass the maximum meaning of the subject. According to the plan, the discussion focused on the three most relevant arboviruses in the area and their main vector (*Aedes aegypti*), from their symptoms to their treatment and forms of prevention. There was an opening for dialog and questions from the students, as well as active listening for students who had experiences relevant to the topic. After this initial explanation, we proceeded to a game of questions and answers, with a gift of lollipops for each correct answer and, secretly, for the most participative student with the most correct answers, a box of bis. The questions were set at an appropriate level for the age group and were well received by the students.

At the end, the students, the medical students, the teacher and the guests expressed their motivation to prevent arboviruses based on the information provided.

5 FINAL CONSIDERATIONS

It can be pointed out that it is through experiences like this that some very important issues gain more visibility in society. The dynamics developed by the group showed a certain deficiency in terms of the target audience's prior knowledge and provided an experience of the great potential that exists in sharing information, which can be seen in the change in perception shown by the subjects after the presentation. The meeting prompted a lot of reflection on the part of those who organized it and also brought a lot of positive feedback, with many questions and interest in the topic discussed. It is worth highlighting the



importance of shaping the language according to the audience, so that understanding is facilitated and dialogues emerge naturally, avoiding miscommunication.

In this way, it is clear that the objectives were achieved in an excellent way, bringing benefits to all those who took part. It is therefore necessary for professionals to be committed to the project so that it can function properly. As a result, better results are achieved day after day in the field of learning.



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