

THE IMPORTANCE OF CHILDHOOD ACCIDENT PREVENTION: A REPORT OF EXPERIENCE

A IMPORTÂNCIA DA PREVENÇÃO DE ACIDENTES NA INFÂNCIA: UM RELATO DE EXPERIÊNCIA

LA IMPORTANCIA DE LA PREVENCIÓN DE ACCIDENTES EM LA INFANCIA: UM RELATO DE EXPERIENCIA

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ABSTRACT

Objective: to report the experience of nursing students in carrying out educational actions of the "Domestic accidents in childhood is not a joke" project carried out in the pediatric wards of the Santa Casa de Misericórdia Foundation of Pará (FSCMPA) and the University Hospital João de Barros Barreto (HUJBB). **Method:** This is an experience report, carried out by nursing academics from the sixth period, in the extension project supported by the Federal University of Pará, carrying out educational actions to guide children, parents or caregivers on the prevention of domestic accidents in Brazil. childhood, using the ludic, especially the puppet theater. **Results:** a group of 800 people benefited, eight meetings were held on the following topics: drowning, intoxication from cleaning products, nose and ear objects, burns, falls, scalping, electric shock and trampling. The meetings provided moments of well-being, appreciation of the child's life and health, satisfaction, relaxation and interaction. **Conclusion:** the experience of the nursing students was that the educational activities carried out by the project, through the play activity (puppet theater), were important in the promotion of health and in the prevention of childhood domestic accidents.

Descriptors: Accident Prevention, Pediatrics, Child health, Domestic Accidents.

RESUMO

Objetivo: relatar a experiência vivenciada por acadêmicos de enfermagem na realização de ações educativas do projeto de extensão "Acidentes domésticos na infância não é brincadeira" realizado nas enfermarias pediátricas da Fundação Santa Casa de Misericórdia do Pará (FSCMPA) e do Hospital Universitário João de Barros Barreto (HUJBB). **Método:** trata-se de relato de experiência, vivenciado por acadêmicos de enfermagem, do sexto período, na realização do projeto de extensão apoiado pela Universidade Federal do Pará, executando ações educativas para orientar crianças, pais ou cuidadores, sobre prevenção de acidentes domésticos na infância, utilizando-se do lúdico, em especial do teatro de fantoches.

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Resultados: foi beneficiado um grupo de 800 pessoas, foram realizados oito encontros, balizados acerca dos temas: afogamento, intoxicação por produtos de limpeza, objetos no nariz e ouvido, queimaduras, quedas, escarpelamento, choque elétrico e atropelamento. Os encontros proporcionaram momentos de bem-estar, valorização da vida e saúde da criança, satisfação, relaxamento e interação. **Conclusão:** a experiência vivenciada pelos acadêmicos de enfermagem foi de que as ações educativas realizadas pelo projeto, através da atividade lúdica (teatro de fantoches), foram importante na promoção da saúde e na prevenção de acidentes domésticos na infância.

Descritores: Prevenção de Acidentes, Pediatria, Saúde da Criança, Acidentes Domésticos.

RESUMEN

Objetivo: relatar la experiencia vivenciada por académicos de enfermería en la realización de acciones educativas del proyecto de extensión "Accidentes domésticos en la infancia no es broma" realizado en las enfermerías pediátricas de la Fundación Santa Casa de Misericordia del Pará (FSCMPA) y del Hospital Universitario João de Barros Barreto (HUIBB).

Metodología: se trata de relato de experiencia, vivido por académicos de enfermería, del sexto período, en la realización del proyecto de extensión apoyado por la Universidad Federal de Pará, ejecutando acciones educativas para orientar a niños, padres o cuidadores, sobre prevención de accidentes domésticos en la calle la infancia, utilizando el lúdico, en especial del teatro de títeres. **Resultados:** se benefició un grupo de 800 personas, se realizaron ocho encuentros, balizados acerca de los temas: ahogamiento, intoxicación por productos de limpieza, objetos en la nariz y el oído, quemaduras, caídas, escarpelamiento, choque eléctrico y atropellamiento. Los encuentros proporcionaron momentos de bienestar, valorización de la vida y salud del niño, satisfacción, relajación e interacción. **Conclusión:** la experiencia vivenciada por los académicos de enfermería fue que las acciones educativas realizadas por el proyecto, a través de la actividad lúdica (teatro de títeres), fueron importantes en la promoción de la salud y en la prevención de accidentes domésticos en la infancia.

Descriptor: Prevención de Accidentes, Pediatría, Salud del Niño, Accidentes Domésticos.

INTRODUCTION

When you live with children, there are many accidents that can occur in everyday life; sometimes one does not even imagine that something might happen, but it is always good to be attend to the odds that a child holds. According to the World Health Organization (WHO) accident is any event independent of the human will, unintended, disastrous and avoidable, triggered by the sudden and

rapid action, producing or not bodily injury, domestically or in other social environments such as traffic, school, sports and leisure, caused by an external force that acts quickly and manifests itself by bodily or mental harm. That is, accidents are currently classified as external causes.¹ Children, in this view, are the group most susceptible to disasters and accidents in the population context. The younger and immature a child is, the fewer will be

his/her understanding on the risk and higher his/her vulnerability and dependence on other people against accidents and disasters.¹

In the activities that we carry out with them, risks are present, therefore, it is the responsibility of the caregiver special attention and knowledge to prevent any neglect and always an immediate action to solve the problem is available in our practices. Their vulnerability to accidents will vary according to the coordination of their nervous system, motor skills, sense of risk perception and protection given to him/her by the mother and other family members.²

As for the place of child accident, they are more prevalent inside the home, room for growth and development of the child, which may prove hostile at times. This is because it is the place of greater permanence of the child.³

In Brazil, a study of 7,123 children under the age of 10 years, showed that 96.8% were victims of accidents, most occurrences (66.6%) focused at home, with the cut as the most frequent injury (35.7%). In addition, from the total number of children, 18.9% were younger than one year old and 41.6% were from two to five years.⁴

From this perspective, the consequences of accidents have

repercussions not only on the physical health of children but also in their welfare and their families; cause in society high costs for treatment, care, depending on the severity, for life. Thus, the domestic accident was characterized as one of the main causes of care, hospitalizations, disabilities and deaths in childhood, and has significantly contributed to the high rate of child morbidity and mortality.⁵

What justified this work was the observation of the high incidence of hospitalizations in pediatric units, driven by domestic accidents in the child's own home, and the urgent need to reduce the incidence of hospital admissions for this reason, coming up with the urgent necessity to do and execute programs.

The article aims to report an experience of nursing students in conducting educational activities of the extension project, entitled "Domestic accidents in childhood is not a joke," performed in the pediatric wards of the Foundation Santa Casa de Misericórdia do Pará (FSCMPA) and the University Hospital Joao de Barros Barreto (HUJBB) running educational activities to guide children, parents, carers and guardians, on the prevention of domestic accidents in childhood, using if playful, especially puppet theater.

METHOD

It is an experience report grounded in the practical experience of nursing students from the development of the Extension Project entitled "Domestic accidents in childhood is not a joke." This method was chosen because it is a descriptive tool, which generates a reflection on actions that were present in a situation experienced in the professional field of interest to the scientific academy.⁶

Conducted from March to June 2017, in the Pediatric Wards of the Foundation Santa Casa de Misericórdia of Pará (FSCMPA) and the University Hospital João de Barros Barreto (HUIBB); has as a target public children in a group age of 5 to 10 years and parents, guardians or caregivers of hospitalized children. The project involved 800 people, including children hospitalized, parents, guardians and/or caregivers. The sampling was non-probabilistic, but with volunteers.

For the implementation of the project with the hospitals, there was previous contact with the coordinating institution and nursing, aiming the designing and scheduling of the organization for the start of activities.

At first, there was a survey on the number of children hospitalized for home accidents, the resource used was the daily census of the unit, which contains this

information, then the instrument for data collection was a simple questionnaire distributed to parents, guardians or companions, on the knowledge of the main domestic accidents and asking for suggestions for topics related to domestic accidents in childhood to be addressed in the days of the actions.

The purpose was to observe the impetus of the dynamics, demonstrated to children and parents, guardians or carers, concerning the relevance of the theme: domestic accidents in childhood. This issue was addressed in educational activities in a fun and interactive way, enabling the exchange of knowledge and experiences.

Children, parents, guardians or carers were invited to sit, to better visualize the presentation of the theater and for greater comfort. The plays included five characters: Mr. John, Mrs. Ana, Marcelinha, Mary and Nurse Joana.

After the end of each theater session, the characters asked questions to participants and clarified all doubts coming from children, parents and guardians. Adults answered a few questions, such as if they thought that issue was important, if they understood what was covered, what to do in the event of that kind of accident in the house and if they had any questions. It is noteworthy that after each meeting was conducted an evaluation of the project with

parents and caregivers, providing opportunities that each participant could highlight positive points and others to be improved. To evaluate the project and the public's satisfaction with the health-promoting action, an evaluation instrument was created, which was completed after each activity.

This project, and consequently the data shown here, were taken from the extension project called "Domestic accidents in childhood is not a joke" which was funded by the PROEX in the Public Note PIBEX 2017, of the Federal University of Pará (UFPA). The approval of the CEP was not necessary, but it was accepted and approved by the hospitals.

RESULTS

A group of more than 800 children, parents, guardians and/or caregivers was benefited from the playful activities. Recreational activities were carried out, using the puppet theater. Eight plays were performed. At each meeting, it was discussed a different household accident, such as drowning, poisoning cleaners, objects in the nose and ear, burns, falls, scalping, electric shock, and running over.

The reception of children, parents, guardians and/or caregivers in both hospitals was positive, since 100% said it

is important to approach the subject, of which 40.5% rated the intervention as excellent, 30% as great and 29.5% as good, since many children who were there were because of accidents occurred within their own homes.

To initiate activities in the pediatric wards of the hospitals, in the first encounters with the children, they showed themselves timid. While performing the puppet theater, the interest of all of them was clear, shown through facial and body gestures, satisfaction, contentment and interaction with the puppets. The choice for the popular playful activity and everyday matters related to domestic accident facilitated the acceptance by children and consequently worsened the construction of knowledge about the main causes of accidents involving children, which occur at home and how to prevent them.

It was observed that parents, guardians and caregivers have a certain lack of information related to the topic. The adults had a deficit of knowledge related to domestic accidents involving children, as evidenced by the large number of questions done to the academics.

There was also noted that nursing students have gained an empowerment, received some kind of contentment, enthusiasm and pleasure, since it was

explained the importance of prevention of accidents in childhood. It was evident in the work that it is necessary to have preparation of the educator nurse to identify the sources that pose a risk to the child. It was of paramount importance the reflection of the academic group to answer the questions arising from children, parents, guardians or carers.

DISCUSSION

It is noteworthy that there was the promotion of the theme, the development and transfer of knowledge, especially with the questions asked and answered by the children. The perception of children in relation to the activity performed, understood by questions, presented in a very positive way, both for the purpose of the activity, and for the training of students from a more humanistic perception. Other studies also showed continuing education in health, perceived positively by students⁶ and adolescents.³

The themes discussed in this project were relevant and the use of playful methodology, with emphasis on dialogue, was adequate in relation to the participants, allowing for reflection, exchange of experiences and the construction of the joint learning. Regarding the perception of the use of playful methodology for health

promotion activities with the children, the audience realized that this type of strategy is appropriate and efficient. Another project also passed over the question of individual training, showing that the playful approach represents an important instrument for the process of forming children awareness.⁷

Play is an activity that children love and which is necessary for their life, because, as well as the act of eating or sleeping, the game carries an organic and psychosocial function in child development. Also, it is through play that children build knowledge about the world and about themselves.⁷ It is agreeing with this principle that our activities include the "puppet theater", which besides providing leisure, fun and a sense of satisfaction, contribute to the intellectual, psychological and social development of hospitalized children.

The games print features that allow the participants to express their impressions, ideas, opinions and views on the theme, as well as allowing work reflexively the demonstrations presented by the group on the subject addressed⁸ Agreeing with this, we introduce the playfulness and expanded educational opportunities for beyond the learning process. It is, also, a cultural phenomenon, since it constitutes a set of knowledge,

senses and meanings built by the subjects in historical and social contexts in which they operate.

Professionals who deal with child public should be alert about the characteristics of the child, as this may facilitate the occurrence of certain types of accidents, contributing to prevention to be more effective. From this perspective, especially with regard to child accident, it is evident that the effectiveness of any strategy will depend on the partnership working together with families of children, schools and health professionals.

It is important and necessary that the professional nurse keeps updating, in an effort of clarifying the doubts and know children's world.⁹ With this in mind, our project introduced the toy, especially the puppet, in care nursing practice in an attempt to minimize the number of domestic accidents involving children.

Authors reflect on the exercise of nurse educational practice to child and show the importance of observing the context in which the child lives, in order to provide a full and careful individualized care.¹⁰ In this same perspective, our work and our nursing students try to make the reduction of accidents to be achieved through educational prevention with parents, guardians or caregivers, providing

information and procedures necessary to protect the child in relation to the accident.

It is important to be taken into consideration the need for educational playful practices in life. It is therefore necessary that the transmitter of information enter the play in an educational and preventive project, that is, to be aware of the importance of their action with respect to learning.¹¹ It is in agreement with this work, that the nursing students do the transmission of information in this context be extremely important and the continuing education through play, being presented as an indispensable tool. The nurse is able to develop programs for prevention and educational activities for self-care and, therefore, is of utmost importance to the reduction of such accidents in society.

This study brings significant contributions to health considering that the promotion activities to children's health directly influence the satisfaction and productivity of the parents or guardians. This study presents a model of action for easy access and achievement, which showed satisfactory results with the nursing staff, being relevant to expansion of this routine in other services.

CONCLUSION

We conclude that the situation experienced by nursing students in the pediatric wards of FSCMPA and HUIBB, was that the educational activities undertaken by the project, through playful activity (puppet theater), were important in health promotion and prevention of domestic accidents in childhood.

Continuing education and awareness, using puppets and addressing the theme domestic accidents involving children have been achieved. Nevertheless, there is still much to work on, because education is something that is implemented slowly. Thus, it is up to parents, guardians and caregivers, the search for improvement of their knowledge, to improve child care, thus providing greater physical security for him/her.

We can think how toys, in this case the puppets are instruments that should be taken to the hospital more often. Socializing knowledge with education and use this instrument is very important: not only captures the playfulness, but also shows the practical value in its educational aspect.

This study highlights some limitations to the development of activities: the choice for children who had no difficulty in locomotion hindered the participation of the majority of children and parents; the short period of time (one

year) to carry out the project, as there is a high demand in hospitalizations because of child domestic accidents; getting the job done in just two hospitals, given the fact that there are many hospitals in the city.

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