

**THE RELEVANCE OF THE ACADEMIC EXTENSION ON THE RATIONAL PRACTICE OF MEDICINES: EXPERIENCE REPORT****A RELEVÂNCIA DA EXTENSÃO ACADÊMICA SOBRE A PRÁTICA RACIONAL DE MEDICAMENTOS: RELATO DE EXPERIÊNCIA****LA RELEVANCIA DE LA EXTENSIÓN ACADÉMICA SOBRE LA PRÁCTICA RACIONAL DE MEDICAMENTOS: RELATO DE EXPERIENCIA**

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**ABSTRACT**

**Objectives:** To present the experience of the academic extension undergone by students of the nursing course, during a Community Extension Project by CESMAC do Sertão Faculty.

**Description of experience:** This is an experience report based on educational actions carried out in public and private schools in the municipality of Palmeira dos Índios-AL, about the rational use of medicines. **Report:** The activities were carried out with elementary and middle school students, benefiting approximately 1200 students between February and December of the year 2017. The subjects were approached according to the National Policy of Medications and Manuals of the Ministry of Health. **Conclusions:** The activities developed can contribute significantly to the expansion of health education, providing beneficiaries with simple strategies that guarantee knowledge about the Rational Use of Medicines and promote the integration of the faculty with and society.

**Descriptors:** Self-medication; Nursing students; Community-Institution Relations.

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## RESUMO

**Objetivos:** Apresentar a experiência da extensão acadêmica vivenciada por estudantes do curso de enfermagem, durante um Projeto de Extensão Comunitária pela Faculdade CESMAC do Sertão. **Descrição de experiência:** Trata-se de um relato de experiência baseado em ações educativas realizadas em escolas da rede pública e privada no Município de Palmeira dos Índios-AL, acerca do uso racional de medicamentos. **Relato:** As atividades foram desenvolvidas com escolares do ensino fundamental e médio, beneficiando aproximadamente 1200 escolares entre os meses de fevereiro a dezembro do ano de 2017. Os temas foram abordados de acordo com a Política Nacional de Medicamentos e Manuais do Ministério da Saúde. **Conclusão:** As atividades desenvolvidas conseguiram contribuir de forma significativa para a ampliação da educação em saúde, proporcionando aos beneficiados estratégias simples que garantem o conhecimento sobre o Uso Racional de Medicamentos, além de promover a integração da faculdade com a sociedade.

**Descritores:** Automedicação; Estudantes de Enfermagem; Relações Comunidade-Instituição.

## RESUMEN

**Objetivos:** Presentar la experiencia de la extensión académica vivenciada por estudiantes del curso de enfermería, durante un Proyecto de Extensión Comunitaria por la Facultad CESMAC del Sertão. **Descripción de experiencia:** Se trata de un relato de experiencia basado en acciones educativas realizadas en escuelas de la red pública y privada en el Municipio de Palmeira de los indios-AL, acerca del uso racional de medicamentos. **Relato:** En el presente trabajo se analizaron los resultados obtenidos en el análisis de los resultados obtenidos en el estudio de los resultados obtenidos en el estudio. **Conclusión:** Las actividades desarrolladas logran contribuir de forma significativa a la ampliación de la educación en salud, proporcionando a los beneficiados estrategias simples que garanticen el conocimiento sobre el Uso Racional de Medicamentos, además de promover la integración de la universidad con la sociedad.

**Descriptor:** Automedicación, Estudiantes de Enfermería, Relaciones Comunidad-Institución.

## INTRODUCTION

Drugs play a central role in the current therapy with potential to alleviate symptoms, ongoing treatments and in some cases cure diseases. Access to them is considered a fundamental human right; however, drugs are incorporated into the capitalist logic of consumption worldwide. The strong pressure to the standardization of human behavior, influenced by the

biomedical model, and sales strategies of the pharmaceutical industry, encourage inappropriate use and enhance the process of medicalization of society. The Brazilian situation in the use of drugs is worrisome because the country has a high prevalence of drug consumption and poor adherence of the population to the prescription as the guidance of the services. Hence, this issue gets worse by the practice of irrational use

and the process of self-medication very active in the social dynamic of Brazil.<sup>1</sup>

According to the Ministry of Health (MOH), more than 50% of all drugs are incorrectly prescribed, dispensed and sold; and over 50% of patients use them wrongly. More than half of all countries do not implement basic policies to promote rational use of medicines, even aware of the various factors that contribute to this practice: people responsible for prescribing can obtain information about treatments directly from the pharmaceutical companies; incomplete diagnosis of diseases resulting in inadequate choice of treatments; besides the users seeking unreliable information on the Internet.<sup>2</sup> It is known that the indiscriminate use of drugs involves a large public health problem, due to risks of toxicity and dependence that may happen. In view of this, since 1980 the Ministry of Health set up the National Poisoning Information System (SINITOX), with the idea of meeting the need for greater national reach of information in toxicology, then, to be developed new strategies for promotion and prevention.<sup>3</sup>

In Brazil, the health educational activities for children and adolescents at school have been present since long time, with policies and programs established for this purpose aiming to assist and address

health in this environment, where advances with the scientific technical developments are experienced, shifting the conventional and biomedical discourse for a design linked to health promotion at school.<sup>4</sup> These activities aim to raise people's awareness about certain issues related to health and at the same time promote and prevent injuries.<sup>5</sup>

School is an extremely important place for the implementation of health education programs and promote health by gathering children and adolescents who are in a growth, development and learning stage.<sup>6</sup>

Thus, working these actions in a playful way and with different teaching resources makes possible the development of the human person, stimulating the process of interaction, self-confidence, reasoning, intellect, allowing a more effective teaching-learning process.<sup>7</sup>

Therefore, the academic extension becomes relevant as the community can benefit from information pertaining to the topic, the development of researches and teaching carried out teaching within the academic context, with a view to changing realities, improve the quality of life of the assisted population and provide the exchange of experience between them.

Under this perspective, the university extension project aimed to develop educational and playful actions related to the Rational Use of Drugs in the school context.

## **METHODOLOGY**

This is a descriptive study, experience report type, from the practical experience of a group of nursing students from the CESMAC do Sertão Faculty, as members of an extension project on the rational use of drugs in the school context. The school environment was chosen, as it is a means of knowledge construction and dissemination among children, youth and adults.

It was carried out from February to December 2017 in the city of Palmeira dos Índios- Alagoas, in state and municipal public schools and private education. Students from the 4th year of elementary school up to the 3rd year of high school, aged nine to seventeen, participated in these actions. At first, there was previous contact with the principals of the schools in order to arrange a schedule for the implementation of the activities. In a first step, a survey of the schools that would be part of this was done, from a random, probabilistic

sampling. The second was delivery of the document to the responsible principals. At the same time the grades that would be part of the project activities were selected as well as the profile of each group; then, what would be developed was set.

The meetings took place in classrooms and auditoriums at set times by the direction and coordination, corresponding to the same period of the participants' classes.

The extensionists made it clear that the meetings would be in the form of participatory dialogue from conversation circles, opposing the conventional method of the classroom, searching through different teaching resources, in a playful manner, greater interaction and promotion of actions, enabling the exchange of experiences. Students were asked to make a semicircle to better visualize the presentations and to obtain greater comfort.

Thus, it was noticed that using this approach there was a more effective participation of the students to what was being proposed, in order to obtain greater knowledge construction.

At the end of each meeting, the students questioned the participants, but also allowed themselves to be on hand to clarify any doubts.

The data herein were taken from the extension project titled, "Rational Use of Drugs in the School Context" by PROEX, in the announcement of the year 2017 of CESMAC do Sertão Faculty, with the approval of the Research Ethics Committee (CEP) being not necessary.

### **Experience Report and Discussion**

The project benefited approximately 1,200 students, including children and adolescents according to age group activities. Among these, the students performed plays, puppet theater, presentation with slides, explanatory videos, medicine boxes to identify the validity, among other dynamics. The topics discussed in these meetings were: rational use of medication, proper storage, importance of medical prescription, side effects, proper disposal and self-medication.

The reception of the students was positive; they were aware of the information, participating and reporting daily experiences on the subjects. Some of them were more timid at first, but in the course of activities they were interacting with others. The method used was in accordance with the age, needs and

characteristics of each group. During the plays and theater with puppets, it was revealed through looks, gestures and participation that students were enthusiastic and interested in the subject, that is part of everyday life for everyone who was present, in order to enhance the construction of knowledge on important information. It was observed that municipal and state public school students present lack of information related to the subject, considering the large number of questions.

It was also found that the group of nursing students was able to put into practice the knowledge acquired previously in the classroom while performing a reflection after each meeting.

It is noteworthy that the extension program entitled Rational Use of Drugs in School Context showed the importance of its existence regarding the relationship established between institution and society, in which they happen through the approach and exchange of knowledge and experiences of scholars and students, the possibility of developing teaching-learning processes, from daily practices, along with teaching and research, and especially by the fact of providing the confrontation of theory with reality and the needs of these students.<sup>8</sup>

In addition to presenting the following main advantages: the spread and

socialization of knowledge held by a particular subject area and new knowledge generated by the research area; knowledge of the reality of the community that the college is inserted; the possibility to diagnose academic research needs; the provision of services and assistance to the community; as well as the structure and the possibility of the university community to know the real problems and act effectively on the search for plausible solutions.<sup>9</sup>

Given the above, it is understood that the extension is not only to offer opportunities to obtain course load or hold lectures and events, but rather abstract culture and the problems faced by the community in which it is inserted, proposing ways to help it. Through these activities to promote health, faculty transfers knowledge to the outside community, promoting development and social transformation. In contrast, the integration between the two brings numerous benefits to academia. Limited access to public health services, the pharmaceutical industry marketing, the lack of information, the culture of healthy living and the effects of modern life on health are among the causes of irrational use of medicines. Self-medication is not just a current problem of public health; it is a cultural trait. Since ancient times, medicinal

herbs were used to cure or prevent diseases, linking them to the rituals and beliefs, forming a set of various plant species with therapeutic indications for different diseases.<sup>10</sup>

Corroborating the Ottawa Letter (1986), the definition of health promotion consists of a process of preparing the community to work on improving the quality of life and health, including a higher qualification in the control of this process, with health being a construction of the individual, focused on self-care and care for others and ability to make decisions. The strategies are essential for health promotion. These include: health defense, being "health the major resource for social, economic and personal development, as well as an important dimension of quality of life."

## CONCLUSION

However, the actions taken during the experience of nursing students of the Faculty CESMAC do Sertão, through this extension project, brought significant contribution, promoting health and increasing health education, proposing an explanation about the importance of knowledge on the drugs used irrationally,

providing scholars with simple strategies that ensure knowledge about choosing the most appropriate medication, as well as create opportunities for college integration with society, providing health care services to the community, especially bringing knowledge to it.

The actions to promote health in school contexts, using different teaching resources and recreational activities, such

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as plays and puppet theaters, were instrumental in the whole process.

Yet, the practice of academic extension was of paramount importance to the faculty for the academic extension, for providing personal growth and professional future, but also for the assisted population that acquired benefits throughout implementation of the project.

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