

**INTERACTION BETWEEN HEALTH AND ENVIRONMENT: RECYCLING  
OFFICES IN THE REHABILITATION OF USERS OF PSYCHOACTIVE  
SUBSTANCES**

**INTERAÇÃO ENTRE SAÚDE E AMBIENTE: OFICINAS DE RECICLAGEM NA  
REABILITAÇÃO DE USUÁRIOS DE SUBSTÂNCIAS PSICOATIVAS**

**INTERACCIÓN ENTRE SALUD Y MEDIO AMBIENTE: TALLERES DE  
RECICLAJE EN LAS USUARIAS DE SUSTANCIAS PSICOACTIVAS  
REHABILITACIÓN**

Daiana Foggiato de Siqueira<sup>1</sup>, Luis Felipe Pissaia<sup>2</sup>, Claudete Moreschi<sup>3</sup>

**ABSTRACT**

**Purpose:** The aim was to understand the meaning of craft workshops using recyclable materials to users in detoxification treatment of psychoactive substances. **Method:** The research presents a qualitative approach, performed with fifteen patients who were admitted to treatment period in the unit for addicts and who were part of the craft workshops using recyclable materials. **Results:** From the analysis of the data resulted in the following categories: knowing the feelings lived; assigning importance to workshops recyclables; realizing the workshops as sustainable educational activity; influence of social media. Participants highlighted the importance of recycling workshops developed during the detox treatment and is considered an educational activity sustainable. **Conclusion:** Therefore it is essential professional nurse to adopt entrepreneurial attitudes in order to reduce the direct manifestations of drug use and arouse ecological awareness, in the order of the well being of the people in their one way.

**Descriptors:** Disturbances Related to Substance Use; Mental Health Services; Hospitalization; Health Education.

<sup>1</sup> Enfermeira. Mestra em Enfermagem. Doutoranda em Enfermagem pelo PPGENF/UFSM.

<sup>2</sup> Enfermeiro. Mestrando em Ensino pelo Centro Universitário UNIVATES.

<sup>3</sup> Enfermeira. Doutora em Ambiente e Desenvolvimento.

## RESUMO

**Objetivo:** Objetivou-se conhecer o significado das oficinas de artesanatos com materiais recicláveis para usuários em tratamento de desintoxicação de substâncias psicoativas.

**Método:** A pesquisa apresenta uma abordagem qualitativa, realizada com quinze pacientes que se encontravam internados para tratamento na unidade para usuários de substâncias psicoativas e que fizeram parte das oficinas de artesanato com materiais recicláveis.

desintoxicação, sendo considerada uma atividade educativa sustentável. **Conclusão:** Neste

**Resultados:** A partir da análise dos dados, resultaram as seguintes categorias: conhecendo sentimentos do vivido; atribuindo importância às oficinas de materiais recicláveis; percebendo as oficinas como atividade educativa sustentável; influência das mídias sociais. Os usuários evidenciaram a importância das oficinas de recicláveis desenvolvidas durante o tratamento de sentido torna-se fundamental que o profissional da saúde seja inovador com vistas a reduzir as manifestações diretas do uso de substâncias psicoativas e despertar uma consciência socioambiental, na busca do viver saudável dos indivíduos em sua singularidade.

**Descritores:** Transtornos Relacionados ao Uso de Substâncias; Serviços de Saúde Mental; Hospitalização; Educação em Saúde.

## RESUMEN

**Objetivo:** El objetivo fue conocer el significado de talleres con manualidades recicladas para los usuarios en tratamiento de desintoxicación de sustancias materiales. **Método:** Presenta un enfoque cualitativo, realizada con quince pacientes hospitalizados que recibieron tratamiento para los adictos a las drogas en la unidad y que formaban parte de los talleres de manualidades utilizando materiales reciclables. **Resultados:** Los datos analizados resultaron las siguientes categorías: conocer los sentimientos vivían; asignando importancia a talleres reciclables, la realización de los talleres como actividad educativa sostenible; influencia de los medios sociales. Reveló la importancia de los talleres de reciclaje desarrollados durante el tratamiento de desintoxicación y se considera una actividad educativa sostenible. **Conclusión:** Por lo tanto es esencial que los profesionales de la salud adopten actitudes empresariales con el fin de reducir las manifestaciones directas del consumo de drogas y despertar la conciencia ambiental en la búsqueda de una vida saludable de las personas en su singularidad.

**Descritores:** Trastornos Relacionados al Consumo de Sustancias; Servicios de Salud Mental; Hospitalización; Educación en Salud.

## INTRODUCTION

In contemporary society, several challenges related to the use and abuse of

licit and illicit substances are faced by all age groups of the population. In a hospital, there is the concern with the increase in the number of psychoactive substance users in

treatment for detoxification and the lack of occupation necessary for these individuals.

Faced with new consumer trends, the hospital environment, because of its welfare nature, provides services to several emerging situations, such as the problem of psychoactive substances. In household survey on the use of psychotropic drugs in Brazil, involving the 108 largest cities in Brazil, it was found that 22.8% of the population had already made use of any psychotropic drug in life.<sup>1</sup>

As a survey with users under treatment for detoxification of psychoactive substances, it is possible to say that individuals, despite the evident chaos in their lives, often seek alternatives to regain their life story. Among the strategies identified, the need for mental occupation stands out, accompanied by pleasure activities.<sup>2</sup>

Facing this new reality, health professionals have mobilized themselves for the implementation of entrepreneurial attitudes that can promote strategies of possible occupation/income to users in their social reintegration period, aimed at promoting environmental education with users of psychoactive substances.

It is essential that education and health research practices cooperate with

activities that are meaningful and that promote a (re)thinking and a (re)organization of the ways to reflect and act upon the healthy process of living, taking into account their effects and interactions with environmental issues.<sup>3</sup> Therefore, it is necessary that each professional perceived himself/herself as a social actor, taking over the environmental awareness to act in a responsible and environmental friendly manner. These actions need to encourage the search for an ecocentric ethics in order to establish a horizontal relationship between humans and the other elements of the environment.<sup>4</sup>

Among the actions contributing to environmental education, recycling is noteworthy, since it contributes intensively to the preservation of the environment. Towards the recycling, by building crafts with waste, it is possible to awaken creativity, a socio-environmental conscience, get occupational activities and provide financial resources for those involved. This fact is in line with the reality of psychoactive substance users in detoxification process, with the need to encourage them to sustainable care and maintain a therapeutic process during hospitalization.

Based on these, the question is: what is the meaning of crafts workshops with recycled materials to users in detoxification treatment of psychoactive substances? In this sense, the objective of this study was to know the meaning of crafts workshops with recycled materials to users in detoxification treatment of psychoactive substances.

## **METHOD**

This is a qualitative, descriptive and exploratory research, which aimed to know the meaning of crafts workshops with recycled materials to users in detoxification treatment of psychoactive substances. It was developed in a hospital located in the east of the city of Santa Maria/RS.

The study included fifteen members who were admitted to treatment in the unit for psychoactive substance users and who were part of the craft workshops with recyclable materials. These were chosen randomly and by acceptance to participate in the survey, with the signing of the Consent and Informed (IC) being requested.

The craft workshops with recyclable materials were held in the detoxification unit, emphasizing the contribution to environmental preservation, also focusing on financial sustainability for the patients in the post-discharge care. The crafts most built by them were flowers, dolls and gift wrapping. The products made were built using the following materials: bottles of 500 ml of mineral water, "pet" bottles, lids of plastic bottles, shampoo containers, milk cartons, roll of toilet paper, bottle caps medications, package of yogurt, among others.

Data collection was performed using a semi-structured interview, from March to July 2011. The audios were recorded and later transcribed. It was based on the following guiding question: what is the meaning you assign to workshops of traditional crafts with recycled materials?

To preserve anonymity, the speeches of the survey participants were identified by the letter "U" which is the first letter of the word user, and numbered according to the order of the speeches. Data collection ceased when, in coding and analyzing the data, new properties have not emerged.

Data and information were analyzed by categorization based on the Content Analysis method proposed by Bardin<sup>5</sup>,

being composed of three parts: the first consists of a frequency identifying the main meanings that users attach to the workshops with recyclable waste, the second analyzes the content that identifies the categories that emerged from the data collected, and the third refers to the interpretation of categories; knowing the feelings lived; attaching importance to the workshops of recyclable materials; realizing the workshops as sustainable educational activity; influence of social media.

To meet the ethical criteria, the recommendations of the Resolution nº 466/2012, the National Health Council<sup>6</sup>, as well as the authorization request to the Ethics Committee in Research of the Franciscan University (UNIFRA) were followed. The project was approved on September 21, 2009, by the Ethics Committee of UNIFRA, under no. 279/2009, CONEP record n. 1246.

## RESULTS

From the data analysis four categories resulted, namely: knowing the feelings of the lived; attaching importance to the recyclable materials workshops;

realizing the workshops as sustainable educational activity; influence of social media.

### Knowing the feelings of the lived

Participants understand the workshops as an opportunity by setting up on the occasion of feelings to dialogue; to have fun; feel free to create, invent and innovate in their buildings/crafts; reflect on the importance of school; feel important, restore confidence; and show solidarity with colleagues, as shown in the following reports:

*These workshops can help us even to set up a project who knows, after you leave here, to be able to help others who are in the same world of ours. (U3)*

*I think it's very important because it's cool, it's fun, we have fun talking to you and we here do not have much to do, and there, in the workshops, there are plenty to do. (U7)*

*The activities are very important, there I feel free, I can invent, draw and paint, you let us do what we want, it seems you trust us [...]that day, for example, we painted the Easter baskets, I love painting, it is one of the subjects of the school that I loved, I always got 10, I felt like being in school. (U13)*

Thus, they recognize the workshops as an opportunity, which later, through projects, can be developed in the context of their experiences, and then help other users

in their clinical treatment. This attitude demonstrates feelings of solidarity on the part of users, with their colleagues, who also need help.

Also, point out to the importance they feel about the dialogue that occurs during the construction of the workshops. They express feelings of relaxation and interaction, demonstrating the importance of dialogue tool. They feel important to talk and be heard. It can be noticed that users feel happy in relation to the trust given to them, representing an opportunity to restore the confidence lost due to the use of psychoactive substances.

It was also evident feelings of freedom in their speech when they report the inventions created during the workshops. They emphasize that these promote pleasant activities because they offer moments of relaxation combined with the integration periods on the part of those involved. Still, they make an analogy of the activities developed in the workshops with the school, demonstrating feelings of longing and desire to resume school activities.

### **Attaching importance to the recyclable materials workshops**

Users show the importance of recycling workshops developed during the detoxification treatment. They assign valuation to these activities as an opportunity to learn, transform, mind and obtain economic resources, as mention the lines below:

*It's one more thing for us to do here, it's a chance for us to learn to do out there to keep busy inside and outside. (U4)*

*I think it's cool, workshops help to make the dolls, make the flowers and many other things, this workshop was really cool. (U8)*

*I think it's good because it is one more resource for us, it's something else to do. (U11)*

As already reported, these activities mean a building and learning opportunity, but also represent occupation subsidies and financial resources, both for the moment they are in the unit, and for the period after hospital discharge.

### **Realizing the workshops as sustainable educational activity**

Users realize that the workshops represent a sustainable educational activity, since they contribute to the importance of separating waste properly with a view to environmental sustainability.

*I think it's important to clean the city, is also important for people to see that it is important we*

*separate the trash and show that it is possible to do several things with the recyclable. (U3)*

*I think it's cool to take advantage of the waste produced in the hospital, it also helps the environment. (U5)*

They believe that through these educational activities, it becomes possible to disseminate knowledge about the importance of separating and properly reuse recyclable waste from a hospital. They report that the workshops are an important attitude to the preservation of the environment, which, in turn, favors the maintenance of the cleaning conditions of the city.

### **Influence of social media**

Users perceive the contribution of social media in the education of individuals in relation to the culture of separate waste properly.

*These days I was seeing on TV and were seeing who put in the right garbage that had one that said recyclable waste and no one used it, and so it shows people that it is important we separate the trash, I think the important thing is to show that it is possible to do several things with the recyclable. (U9)*

*On TV we see the reports that show how people invent things with garbage. Bottle cap makes dolls and are taken to children to play. (U14)*

It is noticed in the above report that the user has knowledge of the separation of waste, acquired through social media such as television. He mentions that although having the proper place for the adequate disposal of waste, some subjects discard it in the wrong way, thus demonstrating thus that the waste matter still needs to be more accurately worked, so that people acquire the habit of proper separation. Hence, we can say that television, in this case, established itself as an educational activity for the users, noting the cultural absence of separate, reuse and properly allocate such waste.

### **DISCUSSION**

The use of psychoactive substances causes some limitations on the freedom of users, as they are limited in their routines and, most often, the substance becomes the main focus and interest, reflecting the day-to-day social relations.<sup>7</sup> In considering the limitations of the users, it was noticed that the workshops have provided them an opportunity to express their feelings, making it possible to recover some of the lost freedom while the use of substances, as well as their resocialization.

Users of psychoactive substances have several losses arising from their crimes and offenses committed while seeking to keep the addiction.<sup>7</sup> These users do not suffer only physical losses but rather, values such as loss of trust, dignity and respect of the family, friends and society. Feelings of loss depict the frustration, depression and unwillingness to live.<sup>2</sup>

The effectiveness of public policies is vital, aiming to empower, educate and occupy young people, in order to minimize the effects associated with the use of psychoactive substances among adolescents.<sup>7</sup> In this direction, it is assumed that the workshops developed with users can contribute to acquisition of responsibilities to act and make decisions, favoring the effectiveness during and after treatment. During the treatment of each user, in addition to essential care by professionals, it requires a bio-psycho-socio-spiritual rehabilitation, in order to help not only medical treatment but also care that goes beyond, allowing users to feel safe and confident about their treatment and rehabilitation.<sup>8</sup>

Through the workshops it was possible to assign responsibilities to the users, since they felt free to turn

recyclables into new products/crafts, turning into a building and learning opportunity. These buildings represent subsidies of occupation and financial resources, both for the moment they are in the unit, and for the period after hospital discharge.<sup>7</sup>

These educational activities assist in the training of thinking and ethical individuals, aimed at social transformation towards a more just, supportive and human world.<sup>9</sup> Also, include aspects to effective learning, in terms that it draws attention to an emerging issue. The meanings of these actions promote the discussion between the participants and the knowledge generated, where, from the activity, it can be transported to the dimension of reality, denoting transcendence.<sup>10</sup>

Users perceive workshops as sustainable educational activity, having in mind that through these, it is possible to disseminate knowledge about the importance of separating and properly reuse recyclable waste from a hospital. They emphasize favoring these activities for the preservation of the environment, as well as to maintain the clean conditions of the city. It should be remembered that a clean city, in this case, with the absence of waste discarded in the streets, minimizes



the proliferation of micro-organisms arising from these wastes, and thus contributes positively to diminish the appearance of some diseases.<sup>8</sup> This attitude contributes to the positive visual impact of this environment, favoring the socio environmental health of these individuals.<sup>7</sup>

When paying attention to the environment in which the individual user is inserted, it is important that health professionals incorporate environmental issues in discussions involving the health/disease process.<sup>9</sup> One has to think about the field of the environment considering the activities developed in the context of the health service, besides promoting strategic actions towards the (re)thinking of health practices and their consequent implications for the environmental sustainability.<sup>11</sup>

Corroborating the statements of the users, it is emphasized that the recycling process contributes significantly to the preservation of the planet as it allows reducing the pollution of soil, water and air.<sup>7</sup> So, more and more society perceives the importance of ecological issues, recycling materials as a way to minimize the disposal and reduce production costs, collaborating with a healthy environment.<sup>9</sup>

The discarded products can go to a safe disposal site, such as landfills and specific deposits, otherwise they will go to an unsafe destination, being released in nature, which will pollute the environment and return to a reverse distribution chain.<sup>7</sup> The ideal is to have recycling as destination of the product, its reprocessing and return to the market. If there is no other alternative to be reused, the disposal will be in the form of trash in some specific deposit.<sup>12</sup>

Based on the perception of the users, it was observed that in contemporary society the lack of proper waste separation culture prevails. This fact makes one rethink the concept that most people have about waste as something dirty and useless in its totality, considering that most of the materials that go to waste, can/should be reused or recycled. Therefore, one can see the contribution of social media in the education of individuals in relation to the culture to separate the waste properly.<sup>9</sup>

When talking about the importance attributed to social media in the context of the waste, it is believed to be necessary to increase the dissemination of this knowledge through the media most accessed by contemporary social actors.<sup>8</sup> Among these resources, it is important to

highlight the internet, television, newspapers, radio and journals, which, together with other social media, are responsible to convey relevant information to their viewers.<sup>7</sup>

The spread of television resource was one of the most important phenomena of recent history. This can have a large influence on modern man, especially in the context of their attitudes, values and behavior.<sup>10</sup> In the current context, television is part of human life, following the existential route, serving, many times, as a socialization mechanism to guide actions and consume patterns.<sup>13</sup> The media have a social role to inform, entertain and spread culture to the public on topics of interest. Among these functions, there is the role of educate, which can be run through educative programs.<sup>14</sup>

In the context of users of psychoactive substances, socio environmental education is an important tool, especially when it is facing an ecological act. An ecological attitude is more than the sum of good behaviors, it is necessary to know why to act or not to act, in other words, the motivations for certain attitude.<sup>7</sup> It is important to consider that the act involves making decisions and it is not

something which is just under the rationality, but also involves feelings.<sup>4</sup>

The deepening of knowledge about ecological problems, both in the field of vocational training and through continuing education, is essential to promote a reassessment of views, positions and actions in order to drive the worker to develop more responsible actions with the environment.<sup>15</sup>

Thus, it is for health professionals to consider the importance of ecological care in scale and complexity, and constantly seek higher subsidies to act consciously and responsibly with a view to environmental preservation and enhancement of environmental determinants in the healthcare process of the population.<sup>4</sup>

It emphasizes the need for the crossing from anthropocentrism to ecologycentrism, through systemic perception that we are beings of interactions and associations and that we maintain a relationship of dependency and influence with all other beings and the environment. Man need to transcend the natural world and promote actions that go beyond the singularity, rescuing the feeling that belongs to nature.<sup>16</sup>

One need to consider that the ecosystem care is also an inherent care for the health professionals, who care and preserve the life of man and nature, given that environmental adversity can also be perceived as potential health problems. Therefore, only on the basis of an integrated perception between man and nature, health-environment is that one can establish a complex care relationship.<sup>17</sup>

## CONCLUSIONS

By knowing the meaning of the crafts workshops with recycled materials to users in detoxification treatment of psychoactive substances it was possible to know the feelings of the experienced users, the importance of recyclable materials workshops as sustainable educational activity and also understand the contribution of social media in the culture of waste separation.

One believes the importance of the inclusion of health professionals in this process, that is, the commitment of these professionals with regard to continuing education strategies in health aimed at the subject as a whole, integrating prevention, promotion, protection and health recovery.

It is emphasized the importance to continuously promote activities aimed at the emerging concerns that relate to socio environmental health.

In the hospital context, in face of the increase of psychoactive substance users in treatment for detoxification, it is for health professionals to consider which preventive strategies are less expensive and which ones minimize the damage to the social and environmental health. Yet, it is essential to adopt educational and entrepreneurial attitudes in order to reduce the direct manifestations of the use of psychoactive substances and arouse environmental awareness in the pursuit of healthy living of individuals in their singularity.

Therefore, the health professional as an interlocutor of the human and ecological care, must always promote education in different performance scenarios in order to promote public health and sustainability of our planet. This study is limited when sharing an experience performed in a hospital, for this reason does not depict a widespread reality. Therefore, further studies should be performed in order to propose the development of workshops with this specific group.

It should be added that this study has some limitations, such as being enclosed in a unique setting, as well as the time it was developed. Thus, it is not intended to generalize the results; however, its contribution relies on the deepening of the subject studied, which reveals the importance of this research.

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