

SHARING KNOWLEDGE ABOUT THE NEW CORONAVIRUS: EXPERIENCE REPORT**COMPARTILHANDO CONHECIMENTO SOBRE O NOVO CORONAVÍRUS: RELATO DE EXPERIÊNCIA****COMPARTIR CONOCIMIENTOS SOBRE EL NUEVO CORONAVIRUS: INFORME DE EXPERIENCIA**

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ABSTRACT

Introduction: In March 2020, World Health Organization declared a pandemic due to the new coronavirus (SARS-CoV-2), which causes COVID-19. **Objective:** to promote health education, bringing relevant, clear and objective information about diseases. **Methods:** This is an experience report of undergraduate nursing students and graduate students in pathology, Universidade Federal de São Paulo, in the Pills of Knowledge campaign on the new coronavirus pandemic, held in March 2020. A newsletter and an educational video, with information about the coronavirus (what is, symptoms, transmission, risk groups, prevention, action, use of mask and vaccine) and, the material was made available virtually. **Result:** The video obtained 151 views on the Clube do Saber channel on YouTube and 490 people by Facebook. **Conclusion:** The dissemination of information about the coronavirus has reached a wide reach of the population.

Descriptors: Coronavirus; Coronavirus Infections; Health Education.

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RESUMO

Introdução: Em março de 2020 a Organização Mundial da Saúde decretou pandemia pelo novo coronavírus (SARS-CoV-2), causador da doença COVID-19. **Objetivo:** relatar a experiência sobre a disseminação de informações acerca do coronavírus. **Método:** Trata-se de um relato de experiência de graduandos do curso de enfermagem e pós-graduandos em patologia da Universidade Federal de São Paulo, na campanha Pílulas do conhecimento sobre a pandemia do novo coronavírus, realizada em março de 2020. Foi elaborado um boletim informativo e um vídeo educativo, baseado na literatura, com informações sobre o coronavírus (o que é, sintomas, transmissão, grupos de risco, prevenção, ação, uso de máscara e vacina) e o material foi disponibilizado virtualmente. **Resultado:** O boletim informativo e o vídeo educativo foram elaborados baseados na literatura. O vídeo obteve 151 visualizações no canal do Clube do Saber no *YouTube* e 490 pessoas no *Facebook*. **Conclusão:** A disseminação de informações sobre o novo coronavírus obteve grande alcance da população. **Descritores:** Coronavírus; Infecções por Coronavírus; Educação em Saúde.

RESUMEN

Introducción: en marzo de 2020, la Organización Mundial de la Salud declaró una pandemia debido al nuevo coronavirus (SARS-CoV-2), que causa COVID-19. **Objetivo:** realizar un informe de experiencia acerca de la difusión de la información sobre el coronavirus. **Métodos:** Este es un informe de experiencia de estudiantes de la carrera de enfermería y estudiantes de posgrado en patología de la Universidad Federal de San Pablo, en la campaña Píldoras del conocimiento sobre la pandemia del nuevo coronavirus, realizada en marzo de 2020. Se elaboró un boletín informativo y un video educativo, con información sobre el coronavirus (qué es, síntomas, transmisión, grupos de riesgo, prevención, acción, uso de mascarilla y vacuna) y el material se puso a disposición de forma virtual. **Resultado:** la elaboración del boletín informativo y del video educativo se realizó en base a la literatura. El video obtuvo 151 visitas en el canal *Clube do Saber* en *YouTube* y llegó a 490 personas en Facebook. **Conclusión:** La difusión de información sobre el coronavirus tuvo un gran alcance en la población.

Descriptor: Coronavirus; Infecciones por Coronavirus; Educación para la Salud.

INTRODUCTION

In December 2019, in Wuhan, China, the first cases of pneumonia caused by a new β -coronavirus appeared, capable of infecting mammals and causing serious and potentially fatal respiratory tract disorders. This virus has been officially named by the World Health Organization (WHO) as “2019 novel coronavirus” (2019-nCov) and the disease it causes as “2019 coronavirus disease” (COVID-19). However, the International Committee's Coronavirus

Study Group (CSG) has proposed naming it SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2).¹

In light of this scenario, at the end of January, the WHO declared the outbreak of COVID-19 (Coronavirus Disease 2019) caused by SARS-CoV-2 to be a Public Health Emergency of International Concern. On March 11, 2020, it was characterized by the WHO as a pandemic and in Brazil, on March 16, 2020, several states entered into social isolation.²

It is known that coronaviruses are enveloped positive-sense RNA viruses, that is, their highly preserved genome is presented in the same orientation as the mRNA, which shortens the translation process. In addition, they have an extensive genome (~30kb) and a remarkable recombinant capacity, a fundamental characteristic in the mechanisms of viral evolution, being responsible for the cause of many diseases in humans and animals, mainly human respiratory infections that are potentially lethal.³

Thus, COVID-19, caused by the SARS-CoV-2 virus, the RNA virus that stopped the world, has been classified as an acute infectious disease transmitted mainly by droplets, respiratory secretions and even direct contact. Contagion occurs mainly between days three and seven of the latency period (up to 14 days), when the patient may still be asymptomatic.

Preventive measures were immediately suggested to reduce the spread of COVID-19 by the WHO, such as: washing hands frequently, avoiding touching eyes, nose and mouth, as well as the respiratory etiquette of covering mouth and nose with elbow or tissue when coughing or sneeze. In addition to these, other recommendations include the importance of social distancing, avoiding crowds to reduce contagion and, in the event

of mild symptoms, remaining in isolation, monitoring the disease remotely.⁴

In the midst of this pandemic scenario, the Clube do Saber (knowledge club) extension project, whose main objective is to provide the population with information about various diseases, in clear language and in person, identified the importance of reinventing itself in the virtual format and immediately preparing safe information about COVID-19. Therefore, the objective of this experience report is to share the results of the educational action carried out by this project, which disseminated knowledge about the coronavirus through a newsletter and a video containing important and safe information for learning, self-care and prevention of the community.

METHODS

This is an experience report on the dissemination of information regarding the coronavirus. This study was carried out by a group of students from the Nursing Graduation Course at the Federal University of São Paulo (Unifesp) and by students from the Post-Graduation Program in Pathology at the Escola Paulista de Medicina at Unifesp, guided by the teaching coordinators of the Unifesp Clube do Saber extension.

The first step was the creation of the newsletter and video about the new coronavirus. Both were prepared based on a

literature review that gathered articles obtained by searching for the terms "Sars-Cov-2", "new coronavirus" and "COVID-19" in the PUBMED and Scielo databases, in addition to government websites, by six nursing students participating in this campaign. The research was carried out in accordance with the guiding topics of the Clube do Saber campaigns (what is the disease, mode of transmission, symptoms, risk factors, diagnosis, treatment and prevention) and with the approval of the Research Ethics Committee (CEP) of EPM/UNIFESP under the number 1252070420. All material was revised by the professors to make the text accessible to the population and guarantee the reliability of the information. The video was made by the students and edited by a specialized professional, who used the Hit Film ® program to edit the images and Audacity® to edit the audio. The video editing process consisted basically of capturing the audio of the narration and editing the images according to the content.

After its preparation, in March 2020, the material was made available in digital format and the video was released on the following platforms: Facebook Clube do Saber (<https://www.facebook.com/clubesaber/>), Youtube Escola Paulista de Enfermagem (<https://www.youtube.com/c/escolapaulistad>

eenfermagem), EPE/UNIFESP institutional website and WhatsApp (<https://www.unifesp.br/>), in addition to the WhatsApp groups of each member of the group.

Data collection regarding access to the material on social media was carried out within the platforms on which they were made available: Facebook and Youtube, where it is possible to quantify and arrange the people who reached the content, between the months of March to July 2020. The data obtained were analyzed in their entirety in a quantitative way, being divided according to the indicated social media.


RESULTS

The newsletter and educational video covered the following information: what is the new coronavirus, symptoms, transmission, higher-risk groups, preventive actions, importance of wearing masks and clarification about the lack of a vaccine until the campaign was released. In the video, in particular, all this information was narrated as illustrative images were presented, in order to share scientific knowledge in a creative and playful way. Accessible language was used so that the campaign reached as many people as possible. The careful choice of words and images was made in order to make the video as didactic as possible.

The newsletter (Figure 1) and the video (Figure 2) that were made with guidelines regarding COVID-19, showed a good reach through social networks and the institutional website. Four months after publication, the video on the YouTube

channel had 158 views, and on Facebook it reached 572 people. In WhatsApp groups, the number of people reached is immeasurable and the disclosure was also made through a presentation at a virtual congress.

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Coronavírus – COVID-19

Tire suas dúvidas, informe-se, previna-se e juntos, mas separados vamos vencer!

No dia 30 de janeiro de 2020 foi declarado pela Organização Mundial da Saúde (OMS) o novo coronavírus (COVID-19) como Emergência de Saúde Pública de Importância Internacional.
Pouco mais de dois meses, em 11 de março de 2020, ela foi caracterizada como PANDEMIA.

1. O que é o coronavírus (COVID-19)?

- Coronavírus é uma família de vírus que causam infecções respiratórias graves
- COVID-19 é a doença respiratória nova e grave





B

2. Sintomas

- Febre (a febre não precisa ser alta) e tosse, dores musculares, falta de ar, dor de garganta, coriza, e outros como diarreia
- Após a exposição ao vírus os sintomas podem aparecer entre o 1º ao 14º dia (questão ainda em descoberta)

3. Transmissão

- Contato com pessoas infectadas
- Por meio de tosse ou espirro de pessoas infectadas
- Tocar em superfície, objetos e utensílios contaminados e levar as mãos à boca, olhos e nariz


4. Grupos de maior risco

- Maiores de 60 anos
- Pessoas com diabetes
- Pessoas com doenças respiratórias
- Pessoas com doenças cardíacas






Figure 1: Online bulletin Coronavirus – COVID-19. 1A: Coronavirus – COVID-19, what is it? 1B: Symptoms, Transmission, Risk groups. 1C: Prevention, Action, Masks, Vaccine.



Figure 2: Screenshot of the Clube do Saber channel on YouTube, video “Boletim sobre o Coronavírus Covid-19”. Video access link on YouTube platform: <https://www.youtube.com/watch?v=M1yoEvNIV1Q&feature=youtu.be&fbclid=IwAR3XZXwY3EqGL5dzauQPZ89hTto3fkIzQRuX3AHTCimPg5-Zt51X7O1ifGQ>

DISCUSSION

At the beginning of the outbreak, little was known about the origin of the virus, its clinical presentation and the consequences of COVID-19. In approximately three months since it all began, more than 100 articles have been published on the subject in China alone.⁶ Scientists have made progress in characterizing the new coronavirus, understanding its pathophysiology, and are working tirelessly towards the discovery of new and more effective therapies and vaccines against the virus.⁷

Most of the clinical manifestations are similar and mild in children and adults, with fever, cough, fatigue, secretion production, shortness of breath, sore throat and headache. Elderly people and those with associated comorbidities can quickly progress to the most severe condition of the disease, in which complications are more severe, such as acute respiratory distress syndrome, respiratory failure, septic shock, metabolic acidosis that is difficult to correct, coagulation dysfunction and multiple failure of organs, leading to death.¹

The diagnosis is first performed by the clinical analysis of the health professional, in which the manifestations of signs and symptoms are evaluated, and then by molecular test RT-PCR (reverse transcriptase reaction, followed by

polymerase chain reaction), in which the nasopharyngeal and oropharyngeal scraping samples are collected in a sterile swab. The diagnosis can be extended to people who had contact with people infected by the pathogen that causes COVID-19, with a positive result for the disease by the RT-PCR test.⁴

The possible conducts in the face of suspected or confirmed cases of COVID-19 depend on the general condition of the patient and the existence or not of comorbidities, ranging from discharge with isolation and follow-up by telephone, to hospitalization with oxygen support.⁵

Community prevention methods include implementing techniques to avoid crowds, avoid contaminated materials and disinfect community environments, prioritizing the improvement of health management. Individually, it is recommended to follow a balanced diet and practice constant physical activity, in addition to the information that has been widely disseminated such as always washing hands, not touching eyes, mouth and nose, which were included in our media released by the Clube do Saber extension.

Based on all this information, health professionals have been constantly confronted with numerous challenges, and one of them is certainly raising awareness among the population about the risks of the

disease and more effective ways of prevention, making scientific concepts and information closer to people's everyday life.

For this reason, all methods of disseminating information are valid and represent an essential part in controlling viral dissemination. The means that are known to allow a great reach for the dissemination of knowledge are social media and the WhatsApp application.^{7,8}

At this moment, so unknown and of such a collective and global character, health education has made great progress through the resources that technological evolution offers us. This period requires a valuable reflection by all educators regarding the need to adapt the process of learning and transferring knowledge outside the university walls. Thus, it is possible to clarify the many doubts present about this disease, which has changed our world in a general way.^{9,10,11} It is also important to combat the fake news that still occurs during the pandemic, bringing consistent and true information about COVID-19 with clear and accurate content in this digital world.^{1,2}

It is clear that in this period, the challenge of structuring and planning virtual activities aimed at health education still remains, with the results achieved in this experience report being very positive and relevant, given the number of people reached on social networks, even though it is

not possible to account for the dissemination of information via WhatsApp, as Souza et al. point out.¹² The dissemination of information continues to be an extremely necessary strategy for raising awareness among the population and has been a very valuable field of action in the practice of nursing and health care.

CONCLUSION

Faced with the need to offer access to information of an educational nature, related to knowledge about what the coronavirus (COVID-19) is and its characteristics, symptoms, transmission and prevention, a newsletter and a video aimed at the population in general. A limitation of this educational action was not being able to carry it out in person, due to the moment of social isolation as a result of the pandemic.

However, taking into account the reach (number of views/shares) of this campaign on the social networks where it was broadcast, one considers that the dissemination in the online format was important to bring scientific information to the population in a clear, safe and objective way about the new coronavirus.

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