

The Importance of Rectal Touch Examination in the Prevention of Prostate Cancer and the Role of Nurses in Self-Care in Front of Ribeirinha Reality

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Abstract— *The Prostate cancer is the second neoplasm that most affects men in Brazil (INCA, 2017). However, there is usually a neglect of man related to his health and resistance to screening by performing the digital rectal exam (Souza, Silva & Pinheiro, 2011). Given this scenario, the reality of the riverside is found, which needs further clarification about health services (Miranda, Corrêa, Nogueira, Palmeira & Rodrigues, 2017). Therefore, the present study aims to report the experience of nursing students in carrying out a health education action on the importance of the digital rectal exam in the prevention of prostate cancer. It is an experience report developed by undergraduate nursing students in a riverside community. Held on 11/15/2019, on Ilha das Onças in the municipality of Barcarena / PA, in a local church space, where there was an action in health to riverside dwellers, focusing on the prevention of prostate cancer. The report was based on the methodology of problematizing the “Arco de Magueréz”. The action was received with great enthusiasm, the participants were very attentive and collaborative, expressed a lot of opinion related to the subject, demonstrated reluctance about the preventive exam, a fact that reinforces the relevance of addressing the subject. They also reported the great difficulty in accessing health services. Furthermore, it was found that the participants had little knowledge about the subject. This reality, which generated several doubts during the action. The activity points out the need for methods of prevention and the demystification of the digital rectal exam, in addition to showing that it is necessary to have information, respect for equity, the National Policy for Integral Attention to Men's Health and the Population Policy of the Field and Forest.*

Keywords— *Health Education, Men's Health, Prostate Cancer.*

I. INTRODUCTION

Prostate cancer is the second neoplasm that most affects men in Brazil, because it is characterized, in most cases, as a silent disease, which consequently becomes neglected. Thus, dissemination can occur throughout the organism, causing death quickly (INCA, 2017).

According to the report of the National Cancer Institute (2019), the number of people affected by prostate cancer in the period from 2013 to 2019 reaches 144,155 thousand. However, of this total, about 7,266 individuals had no information about the treatment.

Through this reality, the National Policy for Attention to Men's Health was created, aiming to bring information and health services as a way of responding to the rates of health problems presented. This policy considers the specificities of the male population, and thus tries to reduce the low adherence of this public to primary care (Ministério da Saúde, 2008).

In this context, as a way of tracking the disease, digital rectal examination is an important tool in early diagnosis. During the exam, the responsible professional inserts the index finger into the rectal canal, which allows palpation in the organ, making it possible to evaluate possible changes in the size of the prostate (INCA, 2017).

It is inferred that the digital rectal examination is an important step in the identification of prostate cancer, because when there is an abnormality in the digital rectal and PSA (Prostate-Specific Antigens) exams, the patient is referred for a biopsy so that the diagnosis of the disease can be defined (Sarris *et al.*, 2018).

However, despite being a low-cost form of cancer screening, digital rectal examination is still avoided by some men because it causes discomfort, shame or even due to the lack of information about the technique used and the importance of the procedure (Souza, Silva & Pinheiro, 2011).

Furthermore, because it is a silent disease, men neglect to screen for prostate cancer (Freitas *et al.*, 2015). In addition, it is important to note that riverside men, as well as men in urban centers, usually attend health services less compared to women. This fact makes diagnosis difficult in the early stages of the disease (Miranda, Corrêa, Nogueira, Palmeira & Rodrigues, 2017).

Health education in this context should be an educational act for the nursing professional, which should encourage self-care. This can occur through the instructions given to the individual, who acquires the necessary knowledge to take care of themselves, and may have autonomy over their health (Ramos, 2018).

It is necessary that the professional is also aware of the self-care of the person who suffers influences from the

environment and culture, with regard to the learning that generates the patient's autonomy. And based on that, nursing is able to develop implementation actions ensuring the specific and particular needs of people (Bordalo, 2013).

Therefore, this study aims to report the experience of nursing students in carrying out a health education action about the importance of digital rectal examination in the prevention of prostate cancer.

II. METHOD

The present experience report deals with the implementation of Integrated Health Activities for Undergraduate Nursing students in the 4th semester of the School of Nursing Magalhães Barata - State University of Pará, which was developed by five students together with an advisor.

The activity developed had the greatest intention of carrying out the intervention to a reality, which refers to an experience in a riverside community in the municipality of Barcarena / PA. Thus, in order for the activity to take place, an Active Methodology based on the Problematization Method with the Arco de Maguerez was followed, which challenges students to solve problematic situations in the various social contexts.

Such methodology consists of a five-step process: Observation of Reality, the survey of Key Points, Theorization through bibliographic research, the planning of Solution Hypotheses and, finally, the Return to Reality for the application of a intervention action (Berbel, 2011).

Thus, in the first observation stage, one of the undergraduate students had the opportunity to visit Ilha das Onças, in the municipality of Barcarena / PA, where he could see that the riverside men obtained little knowledge about the prevention of prostate cancer due to lack of information surrounding the area, in addition to realizing the great difficulty of local residents in accessing any health service.

In the second stage, the survey of key points occurred. The student together with the guiding teacher and four other classmates, met and shared the evidenced needs, defining the focus on men's health. Thus, nursing students sought studies and research on the subject, for theorizing and basing the action of returning to reality.

In the fourth stage, the formulation of the health education action was developed by the students of the nursing course in order to minimize the lack of clarification about the disease and the preventive exam. In this perspective, the choice of activities that fit the target audience was sought.

The application of the health action took place in November 2019, during the morning shift, in a local church

space. However, the activity only happened after the group of students made contact with the community leader of the locality where the activity would take place, after that contact she was willing to disclose and encourage the population of riverside men to appear on the day of the action. It was present in the application to reality, the nurse of the Territory coverage Unit, the teacher and advisor and the community leader of Ilha das Onças and the target population.

The target population was composed of men from the riverside community, who were aged between 35-55 years, and some of the family members of the target audience, such as their wives, were also present.

At the first moment of the action, the academics presented the theme that would be exposed, so that one of the students and the guiding professor explained about the "November blue" campaign. Subsequently, a dynamic of myths and truths about prostate cancer and digital rectal examination by means of "YES / NO" signs began, in order to identify the public's prior knowledge. After answering each question asked, the students observed the results on the plates, and from there they made an explanation to the listeners related to the questioning.

After that, one of the nursing students performed, with an anatomical and synthetic piece of the male genital apparatus, a simulation of how the digital rectal exam occurs, in addition to elucidating the information that the exam is fast and painless. After that, a folder made by the academics was delivered and explained.

At the end, a breakfast table was proposed to the residents present as a way of thanking them for their participation and welcoming the community towards the students.

III. RESULTS AND DISCUSSION

The action was received with enthusiasm and the participants were very attentive and collaborative, expressing too much their opinions related to the subject. In addition, it is important to highlight how much the public was reluctant about the preventive exam, a fact that reinforces the relevance of carrying out educational activities in health, especially in communities that lack information and services.

In this context, it is essential to carry out educational interventions in health in the environment of the riverside man, since it enables the dissemination of knowledge and encourages self-care. Thus generating preventive actions for diseases, such as prostate cancer. However, it is also important to take into account prior knowledge about the community's theme (Santos *et al.*, 2015).

During the simulation of the preventive exam on the anatomical specimen, resistance related to the procedure was evident, in a good-humored way the residents reported understanding the importance of this prevention method. However, they stated that the digital rectal exam is something that generates a feeling of shame. This fact, which reinforces the low adherence on the part of the male public regarding the screening of the disease (Souza, Silva & Pinheiro, 2011).

In this context, the educational folder was developed in order to provide information to island residents on ways of preventing the disease and risk factors that can cause cancer, the main signs and symptoms of the pathology were highlighted in the material.

During the elaboration of the informative folder, the use of illustrative images and easy to understand language was prioritized, so that it was possible to visualize in a simple way how the digital rectal exam occurs, in addition to illustrating the difference of a healthy prostate for a prostate affected by cancer, thus aiming to reach the maximum public understanding of the subject.

Therefore, the production of a material showing the subject that will be addressed during an educational action, is something that contributes to the learning process. Thus, material written in a clear and objective way about prostate cancer is an important tool for absorbing the theme. What favors the decision making of the listener in relation to health care, in addition to enabling reflection on the subject in question (Moraes, Oliveira & Jesus, 2018).

IV. FINAL CONSIDERATIONS

Educational activities related to the prevention of prostate cancer are an important strategy in preventing the disease. In addition, it is extremely important to clarify the male and riverside population about the digital rectal exam, so that possible prejudices related to the procedure are demystified. Because, it is through continuous screening that the early identification of cancer becomes possible.

Educational action spaces are important scenarios for debate and exchange of information with the community on a theme. This is because this environment provides the listener with prominence in the learning process, a fact that makes the experience pleasant and relaxed. Thus, the present study contributed satisfactorily to the community.

Thus, by clarifying doubts, the participants obtained information that they had not had before. This fact, which encourages behavioral change in the face of resistance in carrying out the disease screening. In addition, the experience was enriching for nursing students, as it was possible to contribute in a positive and enlightening way about the importance of the theme. In addition to encouraging, through the information provided during the game of questions and answers, the self-care of the target audience.

V. CONTRIBUTIONS TO NURSING

With the application to reality through educational action in health, it was possible to verify the importance of the nursing professional as a transforming agent in people's lives. With this, it is important to elucidate the advantages of using the problematization methodology for the learning stimulus, because there is a necessary focus on the critical reflection of the students on a given problem situation.

In addition, the search for hypotheses for solutions encourages the academic to develop the ability to solve problems, which is one of the basic instruments of nursing. Therefore, preparing future nurses from the minute observation, to the resolution of problems and, mainly, better and more appropriate intervention and transformation of lives.

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