

# Nursing in the Promotion of Men's Health: Educational Practice on Prostate Cancer in a Basic Health Unit of the Amazon Region Brazil

Lidiane Assunção de Vasconcelos<sup>1</sup>, Aline da Rocha Neves<sup>2</sup>, Flávia Renata Neves Costa<sup>2</sup>, Leidiana de Jesus Silva Lopes<sup>3</sup>, Lisiany Carneiro de Santana Moreira<sup>4</sup>, Ilma Pastana Ferreira<sup>5</sup>, Anderson Roberto Assunção de Vasconcelos<sup>6</sup>, Andrea dos Santos Mendes Gomes<sup>7</sup>, Adriana dos Santos Mendes Gomes<sup>8</sup>, Jéssica Silva Sousa<sup>9</sup>, Larissa Aline Costa Coelho<sup>10</sup>, Daniele Melo Sardinha<sup>11</sup>

<sup>1</sup>Master in Health, Environment and Society in the Amazon, Federal University of Pará (UFPA). Professor at Cosmopolitan College. Belém, Pará, Brazil.

<sup>2</sup>Nursing Academic, State University of Pará (UEPA). Belém, Pará, Brazil.

<sup>3</sup>Master in Health, Environment and Society in the Amazon, Professor at the Institute of Health Sciences of the Federal University of Pará (UFPA). Belém, Pará, Brazil.

<sup>4</sup>Nurse Specialist in Stomatherapy, professor at the University of the State of Pará (UEPA). Belém, Pará, Brazil.

<sup>5</sup>PhD in Nursing, Federal University of Rio de Janeiro(UFRJ). Professor at the State University of Pará (UEPA). Belém, Pará, Brazil.

<sup>6</sup>Information System Academic, Federal University of Pará (UFPA). Belém, Pará, Brazil.

<sup>7</sup>Master in Collective Health, Federal University of Pará (UFPA). Belém, Pará, Brazil.

<sup>8</sup>Specialist in Audit and Health Systems. Belém, Pará, Brazil.

<sup>9</sup>Bachelor of Pharmacy, Higher School of the Amazon (ESAMAZ). Belém, Pará, Brazil.

<sup>10</sup>Specialist in Audit and Health Systems, Family Health Strategy Nurse Assistance. Belém, Pará, Brazil.

<sup>11</sup>Master Student in Epidemiology and health Surveillance by Institute Evandro Chagas – PPGEVs (IEC/SVS/MS). Ananindeua, Pará, Brazil. ORCID: <http://orcid.org/0000-0002-2650-2354>

**Corresponding Author:** Lidiane Assunção de Vasconcelos  
Travessa Timbó 1411A, Pedreira, Belém, Brazil.

**Abstract**— The "Blue November" became worldwide known through initiatives that had their genesis in 2003 in Australia. Brazil was one of the pioneer countries to formulate a policy directed to this population niche, called the National Policy for Integral Human Health Care. In this way, it aims to report the experience of nursing academics in a social responsibility action with male users of a basic health unit in a neighborhood of Belém, Pará, Brazil. This is an experience report from the experience of two academics from the Nursing undergraduate course at the State University of Pará (UEPA), which took place in a Basic Health Unit in a neighborhood of Belém, Pará, Brazil. The methodology used was problematization with the help of Arco de Maguerez. The action carried out obtained positive and satisfactory results that met the expected expectations. It is worth highlighting the active participation of the participants in the action, since they showed interest in discussing the issue addressed. Scientific knowledge assumes an important role in the practical field, however, at that moment humanization must prevail, because the nurse will find in his professional life different profiles and situations. The relevance of the dynamics on myths and truths and the conversation wheel as educational tools of primary prevention for health has been realized. Nursing, being called the science of caring, helps individuals deal with their health condition and changes when they cannot. The nurse has an important role in the development of actions and strategies that aim to bring health care in a way that meets the needs of the public present.

**Keywords**— Health Education; Men's Health; Primary Health Care; Nursing.

## I. INTRODUCTION

In Brazil prostate cancer represents the second most prevalent cancer in the male population, that 75% of cases occur in individuals over 65 years, studies show that the increase in incidence is related to new more effective diagnostic methods (INCA, 2019).

According to Brasil, (2016), The "Blue November" became worldwide known through initiatives that had their genesis in 2003 in Australia. It is a movement that encompasses strategies focused on promotion, prevention and health care in order to expose and raise awareness of the importance of prevention and early diagnosis of diseases that plague the male population, among them prostate cancer.

Nevertheless, the month of November should be treated as a special period for the care of men's health, the Ministry of Health recommends that such actions should be carried out on a permanent basis, and that they should bring diverse themes, such as: access and welcome, prevention of violence and accidents, sexual and reproductive health, mental health, major illnesses, stimulation of healthy living habits, etc.(INCA, 2018).

Brazil was one of the pioneer countries to formulate a policy directed to this population niche, called the National Policy for Integral Human Health Care, with the objective of understanding the socio-cultural and institutional barriers, being important for the strategic proposal of measures that will promote men's access to primary health care services (Brasil, 2008).

Silva & Tavares, (2016)disagree that the proposal to include men in health care actions is still challenging due to the obstacles of long working hours, massively macho culture, for not having the recognition of the care and appreciation of the body in the purpose of health as social issues.

Primary prevention in health is an important practice in the daily life of all professionals in the area, and it uses tools such as educational actions, communication and social mobilization that make the individual involved an active subject of the action, constituting the construction of empowerment (Lima, Oliveira, Macedo, Dias, & Costa, 2014)..

Thus, health education prevents the health of the individual and the community, and it is up to the team to contribute to the quality and maintenance of men's lives by guiding, identifying, exploring, solving problems, giving explanations, clarifying doubts and showing the importance of health care and examinations that prevent and diagnose prostate cancer early (Gurgel, Santos, Monteiro, & Lima, 2015).

In this perspective, the objective was to report the experience of nursing academics in a social responsibility

action with male users of a basic health unit of a neighborhood of Belém, Pará, Brazil.

## II. METHOD

This is a report of experience in the vision of two second year scholars of the Bachelor of Nursing course at the State University of Pará (UEPA), which took place in a Basic Health Unit in a peripheral neighborhood in the city of Belém, Pará, Brazil, with the purpose of offering a primary health prevention service about prostate cancer. The methodology used was problematization with the help of Arco de Maguerez.

The above-mentioned methodology has five stages which are: observation of reality, which uses the survey of the problems of the chosen reality; survey of key points, which are the listed analyses of the possible problems to be worked on; theorization, which consists of the search for literature that addresses the importance of the subject; hypotheses of solution, elaborated in a critical way, creative to viable solutions; and the application to reality, which constitutes the execution of the decisions taken to intervene in the difficulties (Prado, Velho, Espíndola, Sobrinho, & Backes, 2012).

The first stage of the arch took place in a training camp, the same in which the action took place, in a meeting between the Unit's nurses and the guiding teacher.

The second stage was held in a meeting of the students together with the teacher mentor, where there was a sharing of the possible needs to be worked on. The theme was directed to prostate cancer, due to the occasional November to be focused on campaigns about men's health and the importance of prevention and early diagnosis about the comorbidity to be worked on, in which from this, the third stage (theorization) was carried out through bibliographic research in scientific research platforms: Scielo, Ministry of Health booklets, Virtual Health Library, Lilacs database.

The fourth stage consisted in the survey of solution hypotheses, which were elaborated from the theoretical-scientific support of the theorization. This stage was of utmost importance, as it discussed and elaborated the activities to be carried out in the action, selecting those that best fit the target audience.

The application to reality took place on November 27th of two thousand and nineteen, in the morning shift, from 9:00 a.m. to 10:30 a.m., in the courtyard of the establishment. There were users of the Basic Health Unit, Community Health Agents, Nurses of the Unit, teachers and students present at the action.

The tools used at this time were: dynamics of myths and truths, where each participant was given plaques (red representing the situations considered myths

and green representing the situations considered true) to answer the questionnaires, a structured conversation wheel based on the questions used in the dynamics about prostate cancer. Afterwards, gifts were distributed and coffee breaks were served.

### III. RESULTS AND DISCUSSION

The action carried out obtained positive and satisfactory results that met the expected expectations, it was observed the mobilization of community health agents in the dissemination of the action to be carried out, as well as the active participation of men in both moments of the activity, thus generating an exchange of knowledge between participants and the organizing committee of the action.

Bacelar, Coni, Santos, & Sousa, (2018), pointed out in his work that there was the success of the activities carried out, to a great extent, the involvement of the multidisciplinary team of the Family Health Strategy, which encouraged the participation of men and collaborated in all actions planned, which was configured in strengthening the collective construction of health education, through the integration of interdisciplinary knowledge, conferring the expansion of the discussion and themes addressed to the male public.

In this way, it is also worth highlighting the active participation of the users of the Basic Health Unit, since they showed interest in discussing the theme approached, bringing to action the empirical knowledge and the reality of life in relation to the theme of Prostate Cancer, thus helping to generate contextualized and collective knowledge on the theme, thus creating a space for reflection and critical awareness in the participants on the importance of caring for themselves.

Queirós, Vidinha, & Filho, (2014) reports that the theory developed by Dorothea Orem, consists in the idea that individuals, when capable, should take care of themselves, performing activities for their benefit to maintain life, health and biopsychosocial wellbeing, therefore, when self-care is effectively performed, it helps maintain structural integrity and human functioning, contributing to their development.

A survey showed in relation to the stigma about prostate cancer, in relation to the rectal touch examination, reflecting in men a feeling of refusal about the preventive care of the disease, that the main among them and the rectal touch, because they reported to affect their masculinity. Thus, this behavior only keeps men away from basic health services, but little by little this public has become aware of the importance of prevention (Gomes, Nascimento, Rebello, & Araújo, 2008).

In view of the results obtained, it is worth emphasizing that these actions of social responsibility focused on the health area contribute in a positive way to the life and health of the people who participate in them. Furthermore, it corroborates for the professional and human growth of the individuals who are willing to carry them out.

Health education is an educational process that involves the relationships between health professionals, the managers who support them and the population who needs to build their knowledge and increase their autonomy in individual and collective care, aiming at the critical and reflective development of the individual about their health (Falkenberg, Mendes, de Moraes, & de Souza, 2014; Peruzzo et al., 2018).

The nursing in the promotion of the man's health, has a fundamental role, because it is the nurse the managing professional in the primary attention, this way it has the autonomy to plan and to execute educational practices directed toward the man's health, however, it is distinguished that this public has low adhesion to the programs of the primary attention, being thus necessary the active search of this public, therefore, these practices will be able to sensitize the men for the self-care, and consequently to influence in the precocious diagnosis and treatment. Thus, the impact of educational practices on primary health care can be noted (Bezerra & Júnior, 2014).

The realization of educational practices performed by nursing academics, promotes a professional training with a holistic vision, and stimulating the role of educator that is essential for the nurse professional. For this type of action, it is necessary to observe the performed, identify the problem, plan and execute, thus, this process promotes the academic to visualize the performed and preparing it for the job market, with a perception that the practices of promotion and education in health are fundamental to impact on public health problems, impacting on reducing morbidity and mortality (Sardinha, Maciel, et al., 2019; Sardinha, Silva, et al., 2019)

### IV. CONCLUSION

Scientific knowledge assumes an important role in the practical field, however, at this moment, humanization must prevail, because the nurse will find in his professional life different population profiles and situations, where he will have to assist the user in a humane way, becoming an attentive listener so that he can meet his needs. In this panorama, several obstacles should be overcome so that the population feels more receptive to the care, generating mutual trust and more productive care.

The relevance of the dynamics on myths and truths and conversation wheel as educational tools of

primary prevention for men's health was perceived as being of fundamental importance for society. The action allowed users and academics a greater knowledge about the subject, providing a satisfactory exchange of experiences, besides contributing to the formation of students. The educational action in health carried out in the Family Health Strategy has positively contributed to the transformation of a preventive care practice and better perception by men of the importance in health care.

## V. NURSING CONTRIBUTIONS

Nursing, being called the science of caring, helps individuals deal with their health condition and changes when they cannot. The nurse being one of those responsible for leading primary care health teams, has an important role in the development of actions and strategies aimed at bringing health care to meet the needs of the public present.

In view of this, the participation as academics of the actions of extension, social responsibility, promotion and prevention to health is of relevant importance for the development of the same in the area, because it contributes in the field of knowledge and prepares them for the planning, organization and execution of activities with emphasis on basic care, promoting and preventing the health of people.

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