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## HEALTH EDUCATION AS A FOUNDATION FOR TRAINING CPR TO TEENS IN THE STATE NETWORK HIGH SCHOOL WITHIN THE LEGAL SOUTHERN AMAZONIA



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### ABSTRACT :

Objective: To report the experiences lived by teachers and students in the workshops of the project on the training of teenagers to carry out the maneuvers of cerebral cardiopulmonary resuscitation (CPCR) in State schools in the Municipality from Cacoal RO-with emphasis on chest compression quality. Methods: This is a research-type report of descriptive qualitative experience lived by teachers and students involved in the project. Results: The teachings and research by the content

addressed edify the foundation for professional nursing education. Thus, the student has the opportunity to reflect on professional practice, develop critical thinking and logical, exchange experiences, and self-evaluate as to their content area for each training offered. Conclusion: Through the research, the objective is to produce and improve knowledge through thoughts about reality and need for a state or country that invest in teenagers so that they become adults able to act appropriately and effectively through situations of emergency and stops sudden cardiorespiratory witnessed in their homes or in the different environments in which they are inserted.



**KEYWORDS:** Health in schools. Nursing. Cardiopulmonary arrest. Cardiopulmonary resuscitation.

## INTRODUCTION :

Health education can be a strategy to promote social responsibility, providing opportunities for learning experiences through training and capacity building. We know the importance of the educational practices build; create mechanisms for the analysis of local experiences of integration between training opportunities, teacher development and health care practices, strengthening popular participation and valuing the knowledge Local<sup>1</sup>.

The university can be coordinated with other aid so sectors in the effectiveness of such a policy by focusing on practical actions in the empowerment on the part of all actors involved in the educational process and an acculturation of the importance of popular participation<sup>1</sup> in harm reduction.

The Cardiopulmonary arrest (CPA) can be defined "as a sudden and unexpected condition of absolute deficiency of tissue oxygenation, either by circulatory inefficiency or cessation of respiratory function<sup>3</sup>

Cardiopulmonary arrest (CPA) is considered a worldwide public health problem may result in irreversible damage to person when no care for maneuver is carried out, despite a major breakthrough in recent times related to treating and preventing many lives are lost every year in Brazil. We can estimate an average of 200,000 CPAs per year in the country with half of these CPA occurred in environments outside the hospital as homes, shopping centers, airports, stadiums and schools. In addition, this, the vast majority occurs in adults<sup>2</sup>.

In addition, it is estimated that in the United States, for example, in a population of 260 million people occurs approximately 330,000 deaths from sudden cardiac arrest. In Brazil, 34% of deaths are caused by ischemic heart disease<sup>10</sup>.

Even in the face of numerous investments and public policies aimed at expanding the resoluteness in basic monitoring and follow-up of diseases that lead to heart disease, the number is still high. In this sense, it is essential to develop actions that can minimize damage to individuals affected by CPA to provide the maintenance of their health even after the event through specific interventions<sup>11</sup>. In the meantime, the importance of individuals trained through educational activities on prevention, evaluation and behavior in emergencies is essential<sup>2,3,4</sup>. Measures such as chest compression applied, whether by lay a sudden attack victim is of paramount importance before the arrival of a qualified professional health care or specialized staff, aimed at a reduction in their health conditions thereof<sup>5</sup>. In this light, the work of nurses in health education is a means of contributing to the apprehension of practical and scientific knowledge necessary for the adoption of promoting attitudes of human health and also promotes equitable citizen participation.

This project seeks to support with training adolescents in State schools from Cacoal, thus contributing to increased survival in Cardiopulmonary Resuscitation victims, ensuring a better quality of life through chest compression quality and efficient, through theoretical and practical training, thoroughly discussing the contents of CPR among students and teachers of the Graduate Nursing. The objective is to relate the experiences lived by teachers and students in the workshops of the project on the training of teenagers to carry out the maneuvers of cerebral cardiopulmonary resuscitation (CPCR) in schools State of the Municipality from Cacoal-RO with emphasis on chest compression quality in terms of quantity and depth, based on the writings of the last guideline Cardiopulmonary resuscitation of the Brazilian Society of Cardiology (BSC)<sup>2</sup> and Guidelines for resuscitation of the American Heart Association (AHA)<sup>6</sup> a voluntary US health agency with global expertise in cardiovascular disease.

## MATERIALS AND METHODS

The project was carried out in the form of reporting exchanged experience and evidenced by students' actors and teachers involved since its conception until the completion of the workshops, whose main focus is to teach high school students from state schools from Cacoal city -RO cerebral cardiopulmonary resuscitation maneuvers.

The experience report is a descriptive research tool that reflects on an action or set of actions that address a situation experienced in the professional field of interest to the scientific community. The CPR project in schools to train teens to save lives was designed in 2012, it is of a continuous nature being carried out every six months after the selection of students regularly enrolled in the nursing program at the Faculty of Biomedical Science Cacoal - FACIMED on the fifth (5th) and sixth (6th) period, since they already have theoretical and scientific background relevant to project execution. 05 places are available each semester, approved participated in 03 theoretical and practical content workshops about the main objective of the project, with main emphasis on chest compressions quality.

In the first workshop we discuss about the idealization of the project, its main purpose and objectives, social contribution and importance of education and research, students previously selected a written and practical sign a statement of commitment to participate in all project stages. In this first meeting it was distributed the scientific material on the subject.

In the second workshop the students and other teachers present and sign the attendance list to the project, and start the *debrenfing* of scientific materials distributed to them in the first workshop, and at that time it starts realistic simulations, CPR mannequins, test performances of all actors involved in the project.

The third and final workshop worked up in order to prepare the presentation in Power Point® (2010), selection of videos with the focus on the thematic goal, which is to teach teens to do chest compression with quality and efficiency, through a more didactic exhibition presentation; It held also simulation presentation of the lecture by students by timing the time not to exceed 30 minutes, and returned to finish up the last simulation mannequin, reviewing all the concepts discussed in the second workshop.

## RESULTS AND DISCUSSIONS

The activity made possible a reflection of the teachers and students involved in the extension project on the methods, difficulties and advantages of holding practices aimed at lay lecture collectively, putting into practice the knowledge acquired during the workshops.

Academic outreach projects developed in universities, are essential for the formation of the professional future, which articulate teaching and research, and is a two-way street between academy and society offering an exchange of systematized knowledge from practice empirical of everyday. It is considered a privileged space for the experience of experiences related to health education, humanization, care and health care<sup>7</sup>.

Thus, health education developed at the university is one of the pillars of the concept of health promotion, and Levy<sup>12</sup>, should promote a sense of identity, autonomy and responsibility of individuals, as well as to increase the solidarity and community responsibility.

A document of the *Scientific Group on Research in Health Education*, the World Health Organization, states that "The health education goals are to develop in people a sense of responsibility for their own health and the health of the community to which they belong and the ability to participate in community life in a constructive way".

In this context, one can show that constructive educational activities are one of the guiding

principles of nursing, regardless of the environment in which individuals are inserted and the actions to be developed. This requires thinking educational activities as a major theme in academic and as part of nursing work<sup>8</sup>.

The students who work in these stocks are benefiting from the enriching experiences of the health project in schools, as we deepen the studies on the topics to be presented, perform readings of scientific articles and group discussions. It is an extension of your human and professional education by improving their knowledge on cardiac arrest and how to provide the initial care<sup>9</sup>.

The essence of the project experienced by academics refers to the fact that the possibility of working theory and practice with great timing, because the simulations worked during the workshops increase the skills of them. The simulations were based on the writings of the last guideline Cardiopulmonary resuscitation of the Brazilian Society of Cardiology (BSC)<sup>2</sup> Resuscitation Guidelines and the American Heart Association<sup>6</sup>, after conducting a reading using reasoning and clinical judgment. It was decided in this workshop illustrating the construction of a folder with a specific language to subsequently lay and there the distribution function of each element within the design.

According to Brazil<sup>9</sup>, anyone, if qualified, can provide care to victims of cardiac arrest and / or sudden illness, just remain calm and confident, and with the basic principle rapid and safe approach. The schedule for the presentation took place in accordance with the availability of each school, and this first contact made by the project coordinator and creator with the principal of the school where he was scheduled day and time of the presentation with borderline time of 1h and 30min. The presentation of the project took place at night because of availability of project members. Before the presentation of the content was administered a pre-test and after submitting a post-test to analyze the knowledge acquired by the students. These results will be tabulated after 03 years of project execution, since we already obtain a sufficient sample and a period considered acceptable for data analysis. Will be issued Certified FACIMED the integral members of the project, consisting of hours, content and objectives of the project, besides the delivery of the folder made by members of the project to disclosure and dissemination of knowledge, this folder is intended for the lay public.

At the time of expository presentation was addressed content with a dedicated language for the lay public, about the anatomy of the heart and pulse, especially the carotid.

It explained about body oxygen supply to justify the importance of chest compressions quality in order to preserve the nervous system and the myocardium itself. If approached yet facts shown by the media of cardiac arrest within schools.

## CONCLUSION

The city of Cacoal is located within the Southern Cone of Amazonia and overcome all difficulties and through FACIMED, institution pioneer in the implementation and execution of social projects, it is contributing to the implementation of this project health in schools, benefiting over qualifying the health of the regional population, and the knowledge of students about teaching and research.

The experience helped in the provision of care for sudden attack victim in hospital patients extra environments. It is believed that the project can contribute universally because these are teenagers who will disseminate knowledge throughout society, in the context of prevention, early identification of warning signs of heart failure, and confirmatory signs, thus making quality compressions with in order to reduce morbidity and mortality of victims of cardiac arrest.

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