Interdisciplinarity, Health Promotion With People Who Experience a Chronic Disease: An Experience of The Participative Research

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# University of the State of Rio de Janeiro

- It has three University Centers: Biomedical Technology and Humanities Center

- There are numerous University Courses that interconnect with Extension, Scientific Initiation and Research

- It has twenty-seven thousand students and three thousand teachers, five thousand and seven hundred technical administrative staff. In addition, eighty-four undergraduate courses, one hundred and fifty postgraduate courses.

- There’s a hospital linked to the University. It serves the outpatient network, hospitalizations, small, medium and large Surgeries

- There’s a Maternity and one polyclinic with outpatient service
University of the Estate of Rio de Janeiro

Nursing School
OBJECTIVES

To present and discuss the repercussions of health education activities with an interdisciplinary group of people with chronic disease, especially fibromyalgia.
Chronic diseases have a high index of mortality.

It represents 70% of deaths in the world and 75% percent of deaths in Brazil.

Chronic diseases have different symptoms that might lead to incapacity.

One of the chronic diseases that most cause incapacity is fibromyalgia which main caracteristic is the chronic pain.
FIBROMYALGIA: A COMPLEX SYNDROME

Rheumatic, idiopathic syndrome characterized by chronic musculoskeletal pain.

Fatigue, sleep disorders, headache, morning stiffness, difficulty in memorization and concentration, anxiety, mood changes and depression.

Diagnosis performed through the palpation of 18 specific painful body sites.
THERAPEUTIC OBJECTIVES IN FIBROMYALGIA

- Reduce pain
- Improvement of sleep quality
- Keeping or restoring emotional balance
- Remission of associated disorders
- Improvement in physical fitness and fatigue.
What are the problems?

- People do not know about the disease
- Lack of public health polices
- Care practices out of people’s context
QUESTIONS

HOW CAN WE TRANSFORM PEOPLE’S REALITY?

How can we build collaborative knowledge in a shared way?

Is it possible to say that people are empowered through education and health processes?
What do we need to do?

- Develop the empowerment of people
- Increase the level of knowledge
- Optimize people’s participation
- Develop ability and competence to take care of health
WHY INTERDISCIPLINARY CARE?

The challenge of understanding the human complexity and the problems that affect people's health

The complexity involved: physical, emotional, psychological and also spiritual

Different people look at the human being in order to understand its totality
Theoretical Foundations

The present study is based on the theoretical-philosophical reference of education and on the principles of the educator Paulo Freire.

The Constructivist Theory has liberating and emancipatory basis that uses the dialogue and the relationship between teachers and students.

The result of this, is the search for the subject’s autonomy.

Freire acredita que o homem é um ser que existe no mundo e está sempre em relação com ele – condição esta que dá ao homem a capacidade de se reconhecer e se transformar a partir da educação (FREIRE, 2014).
METHODOLOGY

This is a participatory approach developed with 45 participants with chronic disease, especially fibromyalgia.

Scenario: Rio de Janeiro State University, Brazil (UERJ).

Project approved by the Ethics Committee

The data was collected between 2017 and 2018 using the Talking Map, World Café, and Interview.

The data was then organized and submitted to content analysis.
Stages of the interdisciplinary therapeutic group

Adaptation

Education and health

Transition

Group therapy (Psychology)

The project lasts nine years and it is divided in 4 phases of 3 months each

Coexistence

Physical Education
How does the therapeutic group work?

• **Free open meetings with volunteers**

• **Periodical meetings with 15 people (weekly)**

• **It has a democratic and a welcoming base**

• **Decisions and rules are set by all components**

• **The principles preserve ethics, confidentiality, solidarity, respect for the other, diversity and individual characteristics**
Participative Workshops

Physical Activities – It’s necessary to prepare the body to its changes
Participants are encouraged to think about the change
Participants are encouraged to think about themselves and about the changes that they want to make.
Self image and self esteem

We always make participants answer these questions

• Who am I?

• What's the image on the mirror?

• Am I happy with this image on the mirror?

• Am I taking care of myself?
FAMILY WORKSHOPS

What has changed with the arrival of fibromyalgia?

How do you deal with this illness?
RESULTS

# It was possible to understand how people live with physical, emotional and psychological pain.

# Health education promoted changes in behavior, healthier life habits, restoration of emotional balance, improvement of physical conditioning, fatigue, sleep and depression.

# The mutual help group favored people’s meeting, the exchange of life experiences and information about the disease and consequently the improvement of self-esteem.
The participants acquired skills and were empowered with the constructivist pedagogical practice.

# Acquired flexibility to revise their positions, accept changes, develop reflective reasoning and critical sense.

# The participatory proposal contributed to the production, co-creation and dissemination of scientific knowledge.

# It provided transformations and improvements in health education, as well as the improvement of the team of professionals who worked with this proposal.

# These activities aim at global health and the reduction of health inequalities, according to the strategies defined by the World Health Organization (WHO).
It states that **theory without practice becomes verbalism**, as well as **practice without theory becomes activism**. However, when it joins the **practice with the theory**, it has been the **practice**, the creator and modifier action of reality.

*Paulo Freire*
REFERENCES

- BRITO et al. Participatory health research international experience from four portuguese-speaking countries. In: WRIGHT, M. T.; KONGATS, K. Participatory health research, voices from around the world. New York: Springer, 2018, p. 219-238


