

USING ROLE-PLAYING TO PROMOTE HEALTH EDUCATION: EXPERIENCE REPORT ABOUT APPROACHING CHILDREN AGED 8 TO 12 YEARS OLD ABOUT SALMONELLOSIS

Willams Germano Bezerra Segundo^{I*}
Sarah Rabelo Honfi^{II}
Gabrielle Videres Alves de Almeida^{III}
Igor Souza Pessoa da Costa^{IV}
Ana Karina Holanda Leite Maia^V
Clélia de Alencar Xavier Mota^{VI}

ABSTRACT

Salmonellosis is one of the most frequent zoonoses in human beings and has become a public health issue. The enterobacteria infections are one of the main debilitating factors in the population, frequently associated with chronic diarrhea and malnutrition, impairing physical and intellectual development, especially at younger ages. The need of simple measures of health education is notorious, such as washing hands and food, usage of footwear, general health interventions, which lead to the integration of the environmental, general and individual health habits, which are effective in fighting infections. Epidemiology indexes linked to disease outbreaks by food contamination are becoming higher by the year and there is a direct connection with poor hygiene standards. Therefore, aiming to alert the children, warn them about Enterobacteriaceae and teach about Salmonella in a playful way, a theatrical play was created bringing situations from daily life. Our subject, Salmonellosis, was approached using role-playing as a strategy, also using a costume from a cartoon character as a way of calling for children's attention and therefore promote bonding with their group. The work targeted children, part of the population which have to be reached, mainly through games and drama, because with simple and accessible language mixed with creativity and humor their attention can be easily caught. Role-playing is a truly effective activity in promoting children's learning, once playing opens room for thinking, so the child steps forward in reasoning, develops thinking, establish social interaction, understands the environment, satisfy desires, develops abilities, knowledge, and creativity. We can conclude through the promotion of this ludic action that, despite the great incidence of Salmonellosis in the population, prevention methods are still not well known. Through the performance of a play the main goal was reached, which was informing and bringing knowledge about Salmonellosis and prevention methods in a different way, so that they could have fun while having full attention on the message being transmitted.

KEYWORDS: Health education. Primary health care. Community-institution relationship.

Student from Faculdade de Medicina Nova Esperança - FAMENE.^{I*}
E-mail: wsegundo_1@hotmail.com..

Student from Faculdade de Medicina Nova Esperança^{II}

Student from Faculdade de Medicina Nova Esperança^{III}

Student from Faculdade de Medicina Nova Esperança^{IV}

Academic advisor from the project "Education and health: prevention of infectious bacterial diseases and parasitoses" from Faculdade de Medicina Nova Esperança - FAMENE.^V

Academic co-advisor from the project "Education and health: prevention of infectious bacterial diseases and parasitoses" from Faculdade de Medicina Nova Esperança - FAMENE.^{VI}

INTRODUCTION

Salmonellosis is one of the most prevalent zoonoses in human beings and has already become a public health.¹ Bacterial infections are important due to their mortality rates and how frequently they can cause organic dysfunctions, being one of the main debilitating factors in the population, frequently related to chronic diarrhea and malnutrition, therefore compromising intellectual and physical development, especially at younger ages.²

Epidemiology indexes linked to disease outbreaks by food contamination are becoming higher by the year and there is a direct connection with poor hygiene standards, home, and school being the places where the risk of contamination is the highest. From this data grew the concern in medical students of promoting health education in an attempt to

prevent Salmonellosis from spreading.

The need for simple measures in health education is notorious, such as washing hands and food, usage of footwear.³ That is general health interventions, which lead to the integration of the environmental, general and individual health habits, which are effective in fighting infections.

Aiming to alert children, warn them about Enterobacteriaceae and teach about Salmonella in a playful way, a theatrical play was created bringing situations from daily life. Theatre can be seen as a complete dramatic game, because it can reach children in their full context, embracing creativity and learning in a fun way, therefore being able to enhance their knowledge.⁴

EXPERIENCE REPORT

The operation named “Galinha pintadinha in Salmonella farm” was constructed in Nova Esperança Medical School aiming to promote a moment of health education for children in the schools of João Pessoa, Paraíba. Our subject, Salmonellosis, was approached using role-playing as a strategy, also using a costume from the character “galinha pintadinha” as a way of calling for children’s attention and therefore promote bonding with their group. We wrote and played a story about a family that lived on a farm and raised chicken and cows. The family was composed by the parents and two daughters, one of them named Mariazinha, which really enjoyed eating poorly boiled eggs and drinking milk straight from the cow, while her sister, Florzinha, liked well-boiled eggs and

boiled milk. One day, Mariazinha woke up with a fever, nausea, headache, and stomachache, although her sister, which ate the same kind of food, woke up feeling good, with no symptoms. So, their mother took Mariazinha to a health station and the doctor explained that she had Salmonellosis, a disease caused by a bacterium due to the ingestion of undercooked and poorly boiled food. By the end of the play, the group tried to interact with the children, asking them about the plot to verify if the information was well transmitted. After, the children received some souvenir. During the operation, using a playful method, the children seemed really interested about discovering what was to be executed, which led to them paying attention and learning in a fun way.

DISCUSSION

Through the ludic operation, we could realize the significance of carrying information about some diseases that frequently attack the population. Playfulness has intrinsic educational value, and beyond that, it has been used as a pedagogical resource.⁵

The work targeted children, part of the population which have to be reached, mainly through games and drama, because with simple and accessible language mixed with creativity and humor their attention can be easily caught. Role-playing is a truly effective activity in promoting children's learning, once playing opens room for thinking, so the child steps forward in reasoning, develops thinking, establish social interaction, understands the environment, satisfy desires, develops abilities, knowledge, and creativity.⁶

The operation's theme "galinha pintadinha in Salmonella farm" aimed to reach children of all ages that have access to the cartoon "galinha pintadinha", because they could link fantasy with reality lived by them, especially the ones with the lower socioeconomic conditions. According to Pena, through ludic activities children can reproduce many situations lived in their daily lives, which are reimaged with a touch of creativity and make-believe. With our operation, we could understand the significance of playfulness to children. Through playfulness, children can channel their ener-

gies, beat their obstacles, change their reality. It creates conditions for fantasy liberation and transforms it into a source of great pleasure.⁷ Playfulness is fundamental since it helps children develop logical thinking, stimulates their interaction with the environment, creates maturity for social activities and also stimulates personality. "...in the biological and cultural context activities are free, joyful and involve great meaning. It has big social value, offering educational possibilities because it allows body development, psychic life and intelligence, contribute to group adaptation helping to live in society, participating in, and questioning about social life assumptions".⁸

Through ludic operations health practices turned to children education can be exercised, with participatory methods during and after the play by asking them about the activity, that allows intellectual growth and not only their interest but also from the adults who were watching. The interest in the activity was overwhelming, such as the learning verified after a quiz about the theatrical play.

Although it is an important activity to perform, especially with children, there are still some difficulties. The main ones are the devaluation of ludic activities by educators and the segregation and exclusion of children, particularly those from public schools, in their outside educational activities.

CONCLUSION

We can conclude through the promotion of this ludic operation that, despite the great incidence of Salmonellosis in the population, prevention methods are still not well known. Through the performance of a play with the theme "galinha pintadinha in the Sal-

monella farm", the main goal was reached, which was informing and bringing knowledge about Salmonellosis and prevention methods in a different way, so that they could have fun while having full attention on the message being transmitted.

During the quiz applied at the end of the play, the success of our operation was clear. It was also notorious for the need of more educational activities turned to the parents and relatives since most of the times they are the ones

responsible for cooking. It is necessary that health workers in general use more of ludic knowledge as a resource for spreading information about prevention to the population.

USO DO TEATRO PARA PROMOVER EDUCAÇÃO EM SAÚDE: RELATO DE EXPERIÊNCIA SOBRE A ABORDAGEM DA SALMONELOSE PARA CRIANÇAS DE 8 A 12 ANOS

RESUMO

A salmonelose é uma das zoonoses mais frequentes em seres humanos e já se tornou um problema de saúde pública. As enterobacterioses são um dos principais fatores debilitantes da população, associando-se frequentemente a quadros de diarreia crônica e desnutrição, comprometendo o desenvolvimento físico e intelectual, particularmente das faixas etárias mais jovens da população. É notória a necessidade de medidas simples de educação em saúde, tais como lavagem das mãos e de alimentos, uso de calçados e ações de higiene em geral, que promovam a integração dos hábitos de saúde individuais, coletivos e ambientais, os quais são eficazes no combate à diversas infecções. Os índices epidemiológicos associados a surtos de doenças por contaminação de alimentos vêm aumentando a cada ano e pode-se observar relação direta com padrões higiênicos inadequados. Assim, o objetivo deste estudo consiste em promover o conhecimento sobre salmonelose ao público infantil, de forma lúdica, utilizando o teatro como estratégia, empregando também uma fantasia de personagem de desenho animado como um artefato para chamar a atenção das crianças e assim promover uma aproximação com o grupo. Com uma linguagem simples e acessível, concomitante a uma maneira criativa e cômica, é possível prender mais facilmente a atenção de crianças. O lúdico é uma atividade de grande eficácia na promoção do conhecimento infantil, pois o brincar gera um espaço para pensar, permitindo que a criança avance no raciocínio, desenvolva o pensamento, estabeleça contatos sociais, compreenda o meio, satisfaça desejos, desenvolva habilidades, conhecimentos e criatividade. Pode-se concluir com o desenvolvimento dessa ação de caráter lúdico que, apesar da grande incidência de salmonelose na população, as práticas de prevenção ainda não são bem conhecidas. Através da realização de um teatro, o objetivo principal foi atingido, que era prover as crianças de conhecimentos sobre a salmonelose de uma maneira diferente, bem como os seus métodos de prevenção, para que assim elas pudessem se divertir enquanto a mensagem e a informação era transmitida.

PALAVRAS-CHAVE: Educação em saúde. Atenção Primária à Saúde. Relação Comunidade-Instituição.

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