



Humaniza FOP – Health, spirituality and science



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ABSTRACT

Humaniza FOP was created to provide the community with general and specific knowledge about the interaction between health, science and spirituality, addressing scientific evidence and its implications for the health of patients and caregivers from an integral view of the being that seeks attitudes of humanization and quality of life. It seeks to develop activities that contribute to a generalist, humanistic, critical and reflective education, based on technical and scientific rigor, but working to transform reality for the benefit of society, moving from technical care to humanistic health care. It carries out welcoming actions, study groups, meditation workshops and tutorials. As one of the activities and with the mission of promoting reflections and strengthening health professionals, it has published altruistic phrases and thoughts on social networks, virtual meetings

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with themes that help people to better face reality, strengthen ethics and social commitment. , in addition to the improvement of the university environment and the integration of students from Dental schools, aiming at the humanization and quality of life of the community.

Keywords: Humaniza, Quality of Life, Spirituality.



INTRODUCTION

In recent decades, important changes in the world scenario have had repercussions on health education. Among these, reflections on the approximation of health teaching methodologies that meet the needs of students who will work in a world of complex transformations and that completely affect the world of work deserve to be highlighted. There are more and more publications and discussions about the influence of spirituality on human health and the need for humanization in health services.

According to the National Curriculum Guidelines³, the Undergraduate Course in Dentistry seeks to develop activities that contribute to a "generalist, humanistic, critical and reflective" education, based on technical and scientific rigor, however, directing its action towards the transformation of reality for the benefit of society, moving from technical care to humanistic health care, as the humanistic training of dental students is essential for the construction of a professional trained to attend and understand the patient in an integral way, with respect and attention to their feelings and needs. Spirituality, when well applied by dental surgeons, can reduce the fear and anxiety of patients so frequent in dental treatments, as well as in the professionals who perform it.

In recent years, there has been an explosion of publications on spirituality and health in the national and international literature. Research in the various areas of Medical Sciences increasingly points to a central aspect of Spirituality in human life, showing its involvement with cognitive and emotional functions, eventually promoting well-being and quality of life. Most studies point out that higher levels of spiritual involvement are positively associated with indicators of psychological well-being, such as life satisfaction, happiness, positive affect, and high morale, which improve physical and mental health. The level of religious involvement tends to be inversely related to depression, suicidal thoughts and behaviors, use and abuse of alcohol and other drugs. Usually, the positive impact of religious involvement on mental health is more intense among people under stress or in situations of fragility, such as the elderly, people with disabilities and clinical illnesses^{1,2}. For this reason, the inclusion of modules, elective subjects and courses in this area in universities in Brazil and around the world is increasing. In 1992, only 2% of American medical schools offered this knowledge to their students, while in 2004, according to the *American Medical Association*, 100 of the 150 American medical schools already included health and spirituality disciplines in their curricula⁶.

Humanization will only have its place in the professional/patient relationship assured when it proves to be indispensable for the good results that the professional wants from himself in his work. For this, it is necessary to provoke a fundamental discovery in the lives of health professionals: the recovery of the desire and pleasure of caring, something that, being so far from the cultural values that predominate in contemporary times, seems irretrievably lost. Rivers 2009. Hence, the need for



good care to be felt as a disposition that can move the desire to learn another way of being and to make the clinical encounter in the intersubjective field and, beyond this, to achieve humanization in all its breadth.

This project emerged with the support of GESESP (Study Group on Health and Spirituality)⁴, which is an initiative of students from the Pernambuco Faculty of Health (FPS), which is part of the Academic Department of the Medical-Spiritist Association of the State of Pernambuco (DA-AME-EPE), Institution that emerged in 2010 and whose mission is to promote discussion on Health and Spirituality in the academic environment. It was the first student initiative in Health and Spirituality in the North and Northeast of Brazil, with the main objective of inserting a spiritualist paradigm within the University.

OBJECTIVE

Humaniza FOP aimed to provide members and the community with knowledge about the interaction between health, science and spirituality, analyzing scientific evidence and its implications for the health of patients and caregivers. The study sought to promote humanization and quality of life through an integral view of the human being, offering tools to face fears and conflicts. Additionally, it aimed at interaction between students from the institutions UPE, UNINASSAU, UFPE and UNIT, expanding studies on the subject through face-to-face and virtual meetings and participation in academic events.

METHODOLOGY

Initially, the Project Team was selected, formed by professors, servers, users and students of the Dentistry course at UPE and other Dental Schools in Pernambuco who wished to participate as an executing member of the project. The team members were trained to be multiplying agents and disseminators of the actions throughout the Campus of the colleges involved. Study topics were selected through a survey with the community on the subjects of interest for the group's collective discussions. From the group formed, a live stream took place monthly with invited professionals and with the suggested themes to equip the participants. Podcasts were also made using a Google virtual room, and a Youtube channel was created to save the lives and added some more videos of interest in the area. The project has sought to produce content to be posted on social media frequently. The students were divided into pairs or trios, which were responsible for producing content on the topics previously chosen by the group, such as: the importance of humanized care; the transformative power of dentistry in the patient's life; the importance of mental health at the university and in the exercise of the profession, among others. It also made available to the entire community a weekly virtual workshop, seeking to help everyone who wanted to learn and understand the benefits of



meditative practice on people's quality of life and well-being, in addition to regular posts with meditation tips linked to the workshop on social networks. The management team fostered the group of participants by electronic means, encouraging the realization of scientific works and various publications on the topics discussed in the lives and podcasts to stimulate reading and support the questions. A drive was created in which articles on topics relevant to the project are located and the link to the drive was also made available on the project's Instagram.

Tutoring groups were created with the objective of humanizing the relationships between teachers and students who are coming to the professional cycle to help in the student's relationship with teachers, coordinators and employees and with their own colleagues in didactic activities, help with visual didactic resources and personal issues that may interfere in academic life. The participants of the project also held lectures in the waiting room, visits for oral health guidance in nearby communities, welcoming patients, welcoming students who are starting their clinical activities, lectures to guide the rational use of water, energy and paper, hug day, labor day, anti-stress action in the week of tests and debates and virtual publications on social networks, and external actions when invited. They carried out a monthly evaluation in relation to their participation in this project and whether it has provided any modification in the classroom, and in interpersonal life and what is their level of satisfaction, which in addition to serving as an evaluation of the action itself, seeks to awaken in the participant the practice of observing himself, reflecting on his actions. It is believed that indirectly the family and friends of this group and all those who follow us on social networks have also benefited. Monthly meetings were held in order to evaluate the methodology used, difficulties encountered, mistakes and successes for the planning of future actions. We can affirm that the results of the activities developed by the project extended to the community in general, and promoted the interaction between society and the Universities, ensuring a bidirectional relationship between them, in such a way that social problems of a spirituality nature could receive productive attention from the academy.

DISCUSSION

The pedagogical projects of Dentistry courses are increasingly structured from the perspective of collective and autonomous construction of knowledge and have recognized the importance of spirituality in the construction of the health-disease process, in the therapeutic conduct of the patient, in health education and in the quality of life, supported by the Resolution published in the Constitutional Amendment of 04/07/99, of the World Health Organization, which proposes to include the spiritual sphere in the multidisciplinary concept of health. The Humaniza FOP project is an Extension project of the Faculty of Dentistry of the University of Pernambuco and began in 2016 with the aim of providing its members and the community involved with changes in attitudes from a



holistic view of the human being, being an aggregating space for students, professors, servers and users of the Schools of Dentistry of the University of Pernambuco and the Federal University of Pernambuco, aiming to fill gaps during the training process of the Dental Surgeon.

Teaching, research and extension activities have been developed and the fruits harvested are visible in our community. Through actions developed in the academic community and from 2021 onwards, these actions also involved students from the Dentistry course at the Federal University of Pernambuco (UFPE), Tiradentes University (UNIT) and Maurício de Nassau University Center (UNINASSAU) and which has helped to establish important concepts related to health, science and spirituality, contributing to the training of health professionals with an integral view of the being and expanding scientific thinking and making themselves understand the relationship between Spirituality and health within the curriculum, in an interdisciplinary and interinstitutional way, and thus develop a thought in future professionals, managers and users of the health system.

According to Santos and Asfora (2017), the stress in the lives of university students and the positive effect of the introduction of spirituality in academic training. Fortin and Barnet (2004) point out that in the United States, 17 of the 26 accredited medical schools offered formal activities related to spirituality in 1994; in 1998, it reached 39 institutions, and in 2004 there were already activities in this line in 84 medical schools in the country. Righetti (2005) indicates that, in Brazil, the Federal University of Ceará (UFC) is a pioneer in the implementation of a similar activity, through the optional discipline Medicine and Spirituality in the Medicine Course of the Faculty of Medicine in the city of Fortaleza in 2006, followed by the Federal University of Triângulo Mineiro (Health and Spirituality) and the Federal University of Rio Grande do Norte (Medicine, Health and Spirituality).

Humanization and comprehensive care for people's health are fundamental for the construction, maintenance and evolution of a University truly committed to the full development of the potential of the academic community, because, following the guideline of the expanded concept of health, it is necessary to consider man in his integrality, individuality and spirituality, which brings with it a life history impregnated with emotions, cultural experiences and values. Integrality refers to the whole, the global, the holistic. In fact, it is one of the guiding principles of the SUS, which cannot be defined only as a basic guideline, but as a set of notions pertinent to care free of reductionism, with a comprehensive view of the human being, treating not only as sick beings, but as people endowed with feelings, desires and afflictions⁸. Spirituality is a personal quest to understand the ultimate questions about life, its meaning, and the relationship with the sacred and the transcendent. It involves questions about the meaning of life and the reason for living, not limited to types of beliefs or practices. This search and belief have a sense of connection with something greater than oneself¹⁰.



It is of fundamental importance that professionals start from the moment they have a humanized view of patients. And, in the case of dental surgeons, in addition to technical training, it is essential that there is humanization throughout the service, because the consultation with the dentist brings great emotional meaning, because for people, in general, this is a moment of great intimacy. Thus, the anxiety and fear brought by the patients are inevitable, but the link between humanization and spirituality can bring comfort and tranquility to the patient and become more cooperative^{5,9}.

CONCLUSION

In view of the above, we can conclude that:

- Humanization in the health area has as one of its main objectives to provide better care to beneficiaries and provide conditions for workers, sensitizing them to interact better;
- Humanizing health also means that the mentalities of individuals will undergo positive changes, training new professionals for the health system;
- Studies in the area of health and spirituality helped the academic community to face the new reality during and after the pandemic;
- The study generated positive changes for humanization and quality of life, integrating the community and the University in a sustainable and dialogical way.



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