

# Health education for adolescents in school: importance of primary care

**RESUMO** | Objetivo: descrever as ações e a importância da educação em saúde na escola para os adolescentes. Método: Pesquisa descritiva, qualitativa, do tipo revisão integrativa, em julho de 2021, nas bibliotecas eletrônicas: Scientific Electronic Library Online (SciELO) e Google acadêmico. Foram encontradas 10 publicações para fazer parte do corpo de resultados desta pesquisa. As publicações foram organizadas em quadro único, com a ajuda do programa da Microsoft Word. Resultados: Percebeu-se que por mais que as ações de educação em saúde para os adolescentes na escola sejam importantes, existem dificuldades na articulação do cuidado, na implementação das ações e integração entre escola-equipe de saúde. Conclusão: A escola é o lugar mais importante para realizar ações de educação em saúde para os adolescentes, visando unir a equipe de saúde com a equipe escolar, oferecendo um serviço de qualidade e proporcionando momentos ímpares junto ao público juvenil.

**Palavras-chaves:** Educação; Saúde; Adolescentes; Atenção Primária à Saúde

**ABSTRACT** | Objective: to define actions and the importance of health education in schools for adolescents. Method: Descriptive, qualitative research, integrative review type, in July 2021, in electronic libraries: Scientific Electronic Library Online (SciELO) and Academic Google. 10 publications were found to be part of the body of results of this research. The publications were organized in a single frame, with the help of the Microsoft Word program. Results: It was noticed that as important as health education actions for adolescents at school are important, there are difficulties in articulating care, implementing actions and integrating the school-health team. Conclusion: The school is the most important place to carry out health education actions for adolescents, uniting the health team with the school team, offering a quality service and providing unique moments with the youth public.

**Keywords:** Education; Health; Teenagers; Primary Health Care.

**RESUMEN** | Objetivo: definir acciones y la importancia de la educación para la salud en las escuelas para adolescentes. Método: Investigación descriptiva, cualitativa, tipo revisión integradora, en julio de 2021, en bibliotecas electrónicas: Scientific Electronic Library Online (SciELO) y Academic Google. Se encontró que 10 publicaciones forman parte del cuerpo de los resultados de esta investigación. Las publicaciones se organizaron en un solo marco, con la ayuda del programa Microsoft Word. Resultados: Se notó que las acciones importantes de educación en salud para los adolescentes en la escuela son importantes, existen dificultades para articular la atención, implementar acciones e integrar el equipo escolar-salud. Conclusión: La escuela es el lugar más importante para realizar acciones de educación en salud para adolescentes, uniendo al equipo de salud con el equipo escolar, ofreciendo un servicio de calidad y brindando momentos únicos con el público juvenil.

**Palabras claves:** Educación; Salud; Adolescentes; Primeros auxilios.

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## INTRODUCTION

Adolescence is a transition that takes place in human life, and along with this process, there are some changes that permeate the psychological, physical, emotional and sometimes family dimensions. <sup>(1)</sup> One of the responsibilities of Primary Health Care is to take care of adolescents, precisely because of the vulnerability that this public faces in their daily lives. It is part of the health professional's commitment to carry out the School Health Program (PSE) and to understand the changes in this phase, in addition to developing health promotion and prevention actions at school. <sup>(1)</sup>

School is a gateway to health care for adolescents, as it is the place where they spend more time during their day. It is at school that the multidisciplinary team needs to be closer, and seek heal-

th education activities that address those adolescents in the best possible way.

<sup>(2)</sup> It is understood as health education, actions that prioritize prevention and health promotion to a given audience, using methodological resources to teach, such as: lectures, interactive games, meetings, community actions and other resources. <sup>(3)</sup>

The themes that can be worked on with adolescents are varied, and may include: Sexually Transmitted Infections (STIs), use of alcohol and other drugs, family conflicts, obesity, teenage pregnancy, violence and other essential topics for adolescent health. <sup>(4)</sup> Thus, it is understood that promoting health is thinking and performing in an educational way, which this act aims to reach subjects and contexts, enabling the right to health and life. <sup>(5)</sup> In the actions carried out by primary care, quality of life, reduction of injuries, identification of vulnerabilities and risks of the population are essential for the development of the care that will be offered. <sup>(5)</sup>

Given this initial explanation, the importance of this study is perceived, and from that, the following research question was constructed: What is the importance of health education in schools for adolescents carried out by primary care? Its objective is: to describe the actions and importance of health education in schools for adolescents.

## METHOD

Descriptive, qualitative research, integrative review type. The study was developed in July 2021, in electronic libraries: Scientific Electronic Library Online (SciELO) and Academic Google. The following inclusion and exclusion criteria were listed for the selection of articles on the topic: articles in English, Spanish and Portuguese, complete, free, published between the years 2017 to 2021, not duplicated and that met the objective of the study. The following were excluded: Any article

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outside the inclusion criteria, theses and dissertations.

The following descriptors were used to select the articles: Education; Health; Adolescents and Primary Health Care, crossed by the Boolean operator AND. An instrument, built by the authors of this article, was used only to record the selected publications, for better reading and analysis. In the records, the following information was taken: name of the authors, title, year of publication, journal and the main findings on health education for adolescents in PHC.

After the search, it was possible to find 350 publications initially. From the timeline filter (2017-2021), 98 remained for analysis. The 98 publications had their titles read, and upon this reading, only 45 publications followed the analysis of the study. There was a second reading of the titles of 45 publications, in order to find out in detail whether the publications were related to the topic.

In the second reading of the titles, 30 publications followed, as 15 did not correspond to what the objective of the study referred to. The abstracts of the 30 publications were read, all aspects contained in the abstracts were analyzed, such as: introduction, objective, method, results, discussion and conclusions of each publication. From this reading, 8 publications were selected to be part of the body of results of this research. Two appropriate researchers on the subject were assisted in the search process.

Finally, the publications were organized in a single frame, with the help of the Microsoft Word program.

## RESULTS

Below, the table presents the description of the publications found on the subject. The publications made a great contribution to this study, addressing the main points related to health education for adolescents that takes

**TABLE 1- Description of publications on health education for adolescents in PHC:**

| Authors   | Title   | Year of publication | Journal                                 | Health education for adolescents in school conducted by the APS  |
|---|---|---------------------|---|--|
| Corrêa HW, Toassi RFC.(5)   | School Health Program: potentials and challenges in the construction of care networks.                        | 2018                | Saúde em Redes.                         | Poor resolution of the health team<br>Challenges to carry out health actions for adolescents.<br>There are potentials in health education actions at school.   |
| Assis PICM, Rosa GS, Cecílio AG.(6)   | Health, sexuality and adolescence: report of a Health Education action  | 2020.               | Revista de APS.                         | The activities developed addressed: use of condoms, contraceptive methods, sexually transmitted infections and teenage pregnancy   |
| Diniz CBC, Feitosa AA, Coutinho BLM, Gomes SC, Sant'anna AL, Araújo AF, et al.(7) | Nutritional monitoring of adolescents in the School Health Program  | 2020.               | J Hum Growth.                           | There are limitations regarding dietary practices<br>Emphasis on preventive practice, forgetting to question the needs of adolescents.<br>Nutritional monitoring can prevent situations related to obesity and other questions according to the identified needs |
| Vieira CENK. et al.(8)  | School Health Nursing Program: prevention and control of overweight/obesity in adolescents                    | 2018.               | Revista da Escola de Enfermagem da USP. | Carrying out a mapping of PSE actions for obesity prevention.<br>Implementation of interventions and strategies on obesity   |
| Brasil EGM. et al.(9)   | Adolescent health promotion and School Health Program: complexity in the articulation of health and education | 2017.               | Revista da Escola de Enfermagem da USP. | Difficulties in the PSE practices and in the implementation of actions.<br>The professionals' lack of knowledge about the program.<br>Lack of action planning<br>Disarticulation of health care for adolescents.   |
| Ramos LS. et al.(10)  | School health as a means of preventing teenage pregnancy: a brief analysis                                    | 2020.               | Revista Eletrônica Acervo Saúde.        | There is greater availability of families to educate themselves about teenage pregnancy.<br>Conservatism is an obstacle to health care for adolescents   |

|                         |   |      |                                  |   |
|-------------------------|---|------|----------------------------------|---|
| Silva AA de. et al.(11) | Health promotion actions in the School Health Program in Ceará: nursing contributions | 2021 | Revista Brasileira de Enfermagem | There was an increase in the clinical evaluation (78,7% and 91,3%).<br>Health promotion and disease prevention (82,5% and 89,3%).<br>Survey of students for follow-up (41,4% and 66,4%) in schools. |
|-------------------------|---|------|----------------------------------|---|

Source: Research data, 2021.

place at school, and which is carried out by the APS, whose function is to offer prevention and health promotion to all audiences in its territory, including schools.

There was a predominance of publications in the year 2020<sup>(3)</sup> and in the year 2018<sup>(2)</sup>. The journal of the USP School of Nursing was the one that published the most from 2017 to 2021, according to the publications analyzed.

PHC needs to develop several prevention and health promotion actions for adolescents, through the School Health Program (PSE - Programa de Saúde na Escola), and in the publications studied, it was seen that there are some challenges, and that despite the educational actions in health for adolescents at school are important, the difficulties in articulating care, implementing actions and integrating the school-health team are sometimes weakened, leaving actions inconsistent.

It was evidenced that the nurse is one of the important figures in the care of adolescents at school, being the most reported professional in publications. The themes dealt with in the publications were diverse, such as: obesity, sexuality, teenage pregnancy, drug and alcohol use, family context and other pertinent themes, in addition, these themes were discussed in the topic below.

## DISCUSSION

Health education for adolescents at school is a primordial care action. One

of the topics covered in the publications was the IST's. It is known that there are several STIs to be prevented, and at school, educational lectures, both with boys and girls, become relevant. Working on sex education is something essential to be carried out by the health team at the school.<sup>(6,9,10)</sup> Themes such as IST's, teenage pregnancy and condom use are the most rising in publications aimed at adolescent health. The STIs that frequently affect the juvenile population are: Human Papillomavirus (HPV), Hepatitis B, Syphilis, Human Immunodeficiency Syndrome (AIDS) and Herpes.<sup>(6,9,10)</sup>

The encouragement to use condoms during sexual intercourse is important, as it is one of the most effective methods not only in preventing pregnancy, but also in STIs. Given the vulnerability that adolescents face, it is necessary to provide guidance regarding sex with more than one partner, early sexual initiation, absence of condoms during sexual intercourse, and other problems that can generate difficult results in the adolescent's life.<sup>(6,9,10)</sup> One of the important precautions that need to be encouraged for adolescents is vaccination. The adolescent's immunization schedule is fully available through the Unified Health System (SUS), it was pertinent that the health team carry out vaccination in schools for this audience.<sup>(12)</sup>

In another analyzed publication, care with nutrition, overweight and obesity in childhood and adolescence were listed as necessary interventions

at school, in which the health team can carry out activities that help to improve nutrition in adolescence, as well as in prevention of weight gain.<sup>(7,8)</sup> In this research, the nurse was predominantly present in activities related to nutrition in adolescence, however, with some difficulties in decision-making on the subject. The engagement of the multidisciplinary team is necessary, in which the support of the nutritionist is relevant. The article discusses Intervention Mapping, which is a method used to build health promotion programs, and in this article it was related to obesity.<sup>(8)</sup>

In this article, the early onset of sexual intercourse, which sometimes, in adolescence, is performed without proper care and guidance was addressed. One of the necessary topics is sexual health, as it prevents teenage pregnancy. It is known that pregnancy is a unique moment, and that adolescents are undergoing change, learning and aiming for different goals, in which a pregnancy can hinder their plans for the future. In this context, the theme of contraceptive methods is included, which are part of the guidelines for health education.<sup>(6,10)</sup> It is necessary to break with the "taboo" that often hinder the acquisition of knowledge by adolescents, and one of them is how to prevent an unplanned pregnancy. The health team can discuss the main methods, using resources to demonstrate and clarify doubts for this audience.<sup>(6,10)</sup>

Other topics in health education at school can also be addressed, such as

the use of alcohol and drugs. Explaining about the social vulnerability that adolescents experience, understanding their reality and the access they have to alcohol and other drugs is relevant, as based on this, health care actions can be developed on the subject.<sup>(9,11,5)</sup> It was noticed that there are some weaknesses and difficulties in carrying out the actions, however, it was also evidenced that the adolescent's health needs different perspectives and interspersed knowledge to provide care.<sup>(9,11,5)</sup>

## CONCLUSION

The importance of health education in schools for adolescents carried out by primary care was seen in all publications, through actions with important themes for the adolescent phase, which acted directly in the prevention and health promotion of this public. The objective of this research was achieved,

and the study addressed the main forms of health education in schools for adolescents, which is an important theme, as it is a relevant and broad public health problem. It was understood that the multidisciplinary team is essential, as it brings the perspective of caring for adolescents in an interdisciplinary way, covering several topics that they need in their daily lives.

Among the main results, the nurse stood out, and was closer to the actions developed at school. Nursing was a profession cited by publications, in which it is effective in its health care at school, creating bonds with students and the school team, developing themes related to adolescent health, being a category of great importance for the achievement of school health program.

The school is the most important place to carry out health education actions for teenagers, aiming to unite the health team with the school team,

offering a quality service and providing unique moments with the youth public. Health prevention is an important tool for the care of adolescents, therefore, it is necessary to encourage them to happen in a continuous and articulated way. Further studies on the subject are recommended, due to the fact that these are themes that do not cease in the lives of adolescents, and it is important to publish new articles on each subject addressed here in this research. 🍷

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