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First aid for school teachers: Integrative review

ABSTRACT | Objective: To highlight the importance of first aid in schools. Method: This is an integrative review, which used as a database the Virtual Library (VHL), PubMed and Google academic. The database search was carried out from February 2020 to May 2020. The PICO tool was used as a search strategy for articles. Results: 485 articles were found, and 58 of them were initially selected. After the exclusion criteria, nine articles were obtained as a final sample, grouped according to the author, year of publication, title, objective, type of study and results. Conclusion: The study made it possible to conclude that school educators prove to be laymen in relation to the initial first aid care, thus emphasizing the importance of periodic training for these professionals to bring more security in the school environment and reduce the rate of morbidity and mortality in our country.

Keywords: Accidents; First aid; Schools.

RESUMEN | Objetivo: destacar la importancia de los primeros auxilios en las escuelas. Método: Esta es una revisión integradora, que utilizó como base de datos la Biblioteca Virtual (BVS), PubMed y el académico de Google. La búsqueda en la base de datos se realizó entre febrero de 2020 y mayo de 2020. La herramienta PICO se utilizó como estrategia de búsqueda de artículos. Resultados: se encontraron 485 artículos, y 58 de ellos fueron seleccionados inicialmente. Luego de los criterios de exclusión, se obtuvieron nueve artículos como muestra final, agrupados según el autor, año de publicación, título, objetivo, tipo de estudio y resultados. Conclusión: El estudio permitió concluir que los educadores escolares demuestran ser laicos en relación con la atención inicial de primeros auxilios, enfatizando así la importancia de la capacitación periódica para que estos profesionales brinden más seguridad en el entorno escolar y reduzcan la tasa de morbilidad y mortalidad en nuestro país.

Palavras claves: Accidentes; Primeros auxilios; Escuelas.

RESUMO | Objetivo: Evidenciar a importância de primeiros socorros nas escolas. Método: Trata-se de uma revisão integrativa, que utilizou como base de dados a Biblioteca virtual (BVS), PubMed e Google acadêmico. A busca na base de dados foi realizada no período de fevereiro de 2020 a maio de 2020. A ferramenta PICO foi utilizada como estratégia de busca dos artigos. Resultados: Foram encontrados 485 artigos, e feita à seleção de 58 deles inicialmente. Após os critérios de exclusão, obteve-se como amostra final 09 artigos, agrupados de acordo com o autor, ano de publicação, título, objetivo, tipo de estudo e resultados. Conclusão: O estudo possibilitou a conclusão que os educadores escolares demonstram ser leigos em relação ao atendimento inicial de primeiros socorros com isso ressalta a importância de treinamentos periódicos a estes profissionais para trazer mais segurança no âmbito escolar e redução da taxa de morbimortalidade no nosso país.

Palavras-chaves: Acidentes; Primeiros socorros; Escolas.

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INTRODUCTION

Accidents are random events that can affect anyone, regardless of where they are. It is known that children spend an average of one third of their day at school. Therefore, accidents in the school environment are frequent and can occur at any time.⁽¹⁾

Among the factors resulting from school accidents, there is the vulnerability related to age, the different environment, the carelessness of those responsible, the inadequacy of the physical space and toys, in addition to the lack of

information from the children and professionals themselves.⁽²⁾ That said, service at this time is essential, even if it is from a trained or lay professional.⁽³⁾

Accidents are the main cause of death for children and adolescents. A study in the Brazilian capitals showed that the school age group (0 to 19 years old) corresponded to 45.7% of the consultations due to external causes in emergency services,⁽⁴⁾ while another Brazilian study also points out that, in pediatric emergency care, there was a statistical association between the occurrence of falls and the school environment.⁽⁵⁾ According to data from the Ministry of Health, approximately 3.8 thousand boys and girls aged one to fourteen die each year and another 117 thousand are hospitalized in serious conditions for accidental reasons in Brazil.⁽⁶⁾

Education in first aid is one of the

main health promotion devices, seeking to give sovereignty, discernment, and knowledge to the individual, offering growth in values and a critical view. Health education is based on promotion involving the population in a participatory way in their daily lives.⁽⁷⁾

The teaching of first aid, even though it is not yet so widespread, is fundamental, as it has as principle the immediate care that must be provided to victims in urgent and emergency situations, caused by a traumatic or clinical accident, aiming to benefit those who are in a committed physical state.⁽⁸⁾

Any citizen is susceptible and vulnerable to accidents and disasters in their social environment. One of the most favorable places for these events is in schools, where students are affected, thus affecting their life in the school phase.⁽⁸⁾ According to the Statute of Children and Adolescents, it is essential to obtain protection and help in any circumstances for students in their environment.⁽⁹⁾ Therefore, it is essential that teachers are prepared and trained to help with all events that occur during the school period.

Teachers find it difficult to provide assistance in a situation of school urgency, consequently due to a deficiency in their knowledge that is not offered during their undergraduate period, with few exceptions, as it does not contain a specific discipline in first aid to assist them in an intercurrent.⁽¹⁰⁾ For this reason, information and training for teachers are relevant for identifying risks and accidents. In view of the relevance of the subject addressed, this integrative review aimed to highlight the importance of training in first aid in schools.

METHODS

The following study deals with an integrative literature review, with a qualitative approach, in which research from several published studies on the given subject were analyzed, leading to the elaboration of specific study conclusions.

It is characterized by five stages, namely: the identification of the research question; establishment of inclusion and exclusion criteria; data analysis; evaluation of studies and presentation of results.⁽¹¹⁾

In general, for the construction of the integrative review it is necessary to go through six distinct stages, similar to the stages of development of conventional research.⁽¹¹⁾ In view of this, the following steps were used for the analysis and selection of articles: formulation of the guiding question: (What is the importance of training in first aid in schools?); criteria for inclusion and exclusion of studies; definition of the information to be extracted from the selected studies; evaluation of studies included in the integrative review; interpretation of results; presentation of the review.

The study consisted of articles from the internet and the search took place from February 2020 to May 2020, collected in the PubMed database, using the Mesh database. Articles were also selected from research in the databases of the Virtual Health Library (MEDLINE, Scielo, LILACS, BDENF) and Google academic, according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) protocol.⁽¹²⁾

The selection of studies was carried out by two researchers, in independent searches. In case of disagreement, a third author was consulted and the final decision was taken by consensus. In order to ensure methodological rigor, the DeCS (Descriptors in Science and Health) were consulted for the selection of

terms, with the following combination being defined as the search equation: Pregnancy (Unplanned OR Unwanted) AND Breastfeeding.

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The following inclusion criteria were used: articles in Portuguese, Spanish or English; original articles, available and free of charge, that contained one or more descriptors, published from 2016 to 2020 and that fit the topic addressed. Repeated articles, which were published before the year 2016, that did not fit the chosen theme and were outside the school environment were excluded.

The PICO tool was used as a search strategy for articles, which is an instrument based on scientific evidence. The PICO method is used to form research topics of different natures, from the clinic, from the management of human and material resources, from the search for tools for symptom assessment, among others. The adequate definition of information and evidence is made possible through the appropriate research question, becoming essential for the resolution of the clinical research question⁽¹³⁾.

Chart 1 - Description of the Pico - Itaúna strategy, Minas Gerais, 2020

Acrônimos	Descrição	Análise
P	Paciente	Acidentes em ambiente escolar
I	Intervenção ou indicador	Treinamento em Primeiros Socorros para professores nas escolas
C	Comparação ou controle	Não se aplica
O	Outcomes - desfecho	Evidenciar a importância do treinamento em primeiros socorros nas escolas

Source: Rev. Latino-am Enfermagem, 2007⁽¹³⁾

Through this search method, 485 articles were found, and 58 of them were initially selected. The exclusion criteria were then performed, as described in Image1 below:

After that, 09 articles were then selected using the tool mentioned above, which were included in the

necessary inclusion requirements. A table was then created with the information taken from these articles, analyzing the variables: contextualization of first aid in schools; knowledge of school professionals about first aid; importance of training school professionals on first aid. Then, the

categories were analyzed and discussed to answer the initial objective and, finally, build the last stage of the integrative literature review, pointing out the possible knowledge gaps, with regard to the importance of training in first aid in schools.

RESULTS

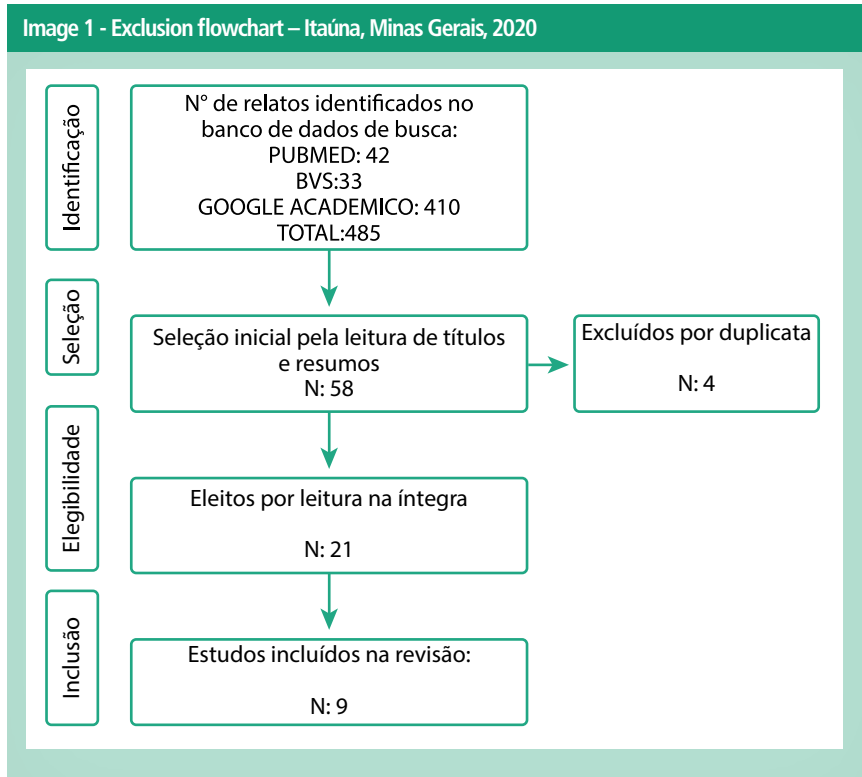
After the analysis, 9 articles were obtained as a final sample, grouped as shown in figure 3.

DISCUSSION

As a way of systematizing the findings of this review, it was necessary that the 09 articles found were analyzed more carefully through specific themes, which will be adopted below divided into categories:

Contextualization of first aid in schools

Public health policies state that schools are a favorable environment for addressing issues on prevention and health promotion. Early childhood education serves children from four months to five years of age, in which they are more vulnerable and prone to accidents due to the stages of their development, since they



Fonte: Autores (2020)

Chart 2 - References included in the integrative review, according to the author, year of publication, title, objective, type of study and results - Itaúna, Minas Gerais, 2020.

Autor/ano de publicação	Título	Objetivo	Tipo de estudo	Resultados
Pereira, et al ⁽⁹⁾ (2015)	A construção de conhecimentos sobre prevenção de acidentes e primeiros socorros por parte do público leigo	O estudo teve como objetivo avaliar a efetividade das ações de educação em saúde sobre a prevenção de acidentes e primeiros socorros.	Estudo descritivo de corte transversa	Do total dos participantes do projeto, 57 pessoas responderam ao pré e pós-teste. A média de acertos do pré-teste foi de 82% e a média do pós-teste foi de 91%. Desses 57 envolvidos, 43 (75%) participaram previamente de cursos sobre a temática.
Neto, et al ⁽⁴⁾ (2017)	Primeiros socorros na escola: Construção e validação de cartilha educativa para professores	O objetivo deste estudo foi construir e validar uma cartilha educativa para professores da educação infantil e ensino fundamental sobre os primeiros socorros nas escolas.	Estudo metodológico	A cartilha aborda os primeiros socorros que devem ser realizados em 15 agravos e possui 44 páginas. Todos os itens foram avaliados como pertinentes e o Level Content Validit Index possui média de 0,96. A cartilha foi aprovada pelos professores com nível de concordância 1,0.

Carmo, et al ⁽¹⁰⁾ (2017)	Atitude dos docentes de educação infantil em situação de acidente escolar	Este estudo teve como objetivo investigar as atitudes dos docentes de uma escola de educação infantil perante um acidente escolar.	Trata-se de um estudo descritivo e exploratório com abordagem qualitativa.	Todos estes têm conceito amplo sobre acidente escolar, seis declaram ter em sua formação instruções de atuação em primeiros socorros e todos revelaram que a instituição na qual trabalham não forneceu preparo ou capacitação para atuação em acidentes escolares. Quatro informaram atuação direta nas situações de acidentes, sendo que os principais acidentes vivenciados foram: convulsões, cortes profundos, fraturas de membros superiores e inferiores expostas ou não, entorses, cortes extensos com muito sangramento, quedas e engasgamento.
Calandrim, et al ⁽¹¹⁾ (2017)	Primeiros socorros na escola: Treinamento de professores e funcionários	Tem como objetivo avaliar o conhecimento dos professores e funcionários após um treinamento de primeiros socorros.	Trata-se de quase um experimento do tipo pré e pós-teste.	Participaram 42,8% (15) afirmaram já terem recebido algum treinamento e 71,4% (25) já presenciaram uma emergência. Verificou-se antes do treinamento uma pontuação média de 19,43 pontos referentes a habilidade e 2,91 pontos no conhecimento e após 174,57 pontos na habilidade e 9,17 no conhecimento, diferença estatisticamente significativa pelo Teste de Postos Sinalizados de Wilcoxon ($p < 0,001$).
Galindo Neto, et al ⁽¹²⁾ (2018)	Vivências de professores a cerca dos primeiros socorros na escola	O objetivo deste estudo foi desvelar as vivências de professores do ensino infantil e fundamental sobre primeiros socorros nas escolas.	Estudo descritivo qualitativo	Foram obtidas três classes: "Conhecimento dos professores acerca dos primeiros socorros" "Sentimentos em situações de urgência e emergência" e "Primeiros socorros vivenciados na escola.
Brito et al ⁽¹³⁾ (2018)	Efeito de capacitação sobre primeiros socorros em acidentes para equipes de escolas de ensino especializado.	O objetivo deste estudo foi analisar o efeito de uma capacitação no conhecimento da equipe multidisciplinar de escolas de ensino especializado sobre primeiros socorros diante de acidentes escolares.	Estudo quase experimental	Participaram 162 profissionais de nível superior, predominantemente professores (82,1 %). Houve aumento de acerto em todas as questões abordadas com significância estatística ($< 0,05\%$). Destacam-se o correto manejo diante de queda com traumatismo craniano encefálico, choque elétrico e queimadura por líquido quente (respectivamente: 98,1%, 98,1% e 98,9% de acertos).
Castro, et al ⁽¹⁴⁾ (2019)	O conhecimento e a importância dos primeiros socorros para professores e funcionários em uma instituição de ensino federal do rio de janeiro	O estudo tem como objetivo identificar o nível de conhecimento dos servidores públicos de uma instituição federal de ensino do Rio de Janeiro, em primeiros socorros, bem como, apontar a percepção deles quanto à importância e necessidade desse conhecimento para o trabalho no ambiente escolar.	Pesquisa exploratória, abordagem qualitativa.	Sobre o conhecimento em primeiros socorros, 69% dos participantes relataram não possuir conhecimento de práticas de primeiros socorros. Contudo, 62% dos entrevistados referiram já ter participado de algum treinamento ou capacitação em primeiros socorros no processo de formação ou em outra etapa da vida. Em relação a já ter presenciado ou atuado no socorro de alunos ou servidores na instituição de ensino, 50% dos participantes responderam afirmativamente. Porém, 88% dos entrevistados responderam que não se sentiam preparados para prestar o primeiro atendimento em caso de acidentes ou agravos.
Ferreira, et al ⁽¹⁵⁾ (2019)	Atuação do Enfermeiro como educador em saúde de primeiros socorros em escola de ensino infantil	Identificar o nível de conhecimento em Primeiros Socorros (PS) dos professores da educação infantil e de uma escola privada, localizada na escola de Curitiba (PR).	Pesquisa com carácter descritivo com abordagem qualitativa.	Evidenciou-se que a amostra não detém conhecimentos suficientes para o atendimento em PS infantil, principalmente quando realizadas as simulações.

Hosapatna, et al ⁽¹⁶⁾ (2020)	Conhecimento e treinamento de professores de escolas primárias em primeiros socorros-Um estudo baseado em questionário	Avaliar a conscientização sobre o treinamento em primeiros socorros entre professores do ensino fundamental.	Estudo baseado em questionário.	Dos sujeitos, 11,3% consideraram que os primeiros socorros são importantes e 87,7% disseram que é muito importante e queriam aprender primeiros socorros. Cerca de um terço (30,2%) dos professores conhecia alguns tratamentos básicos para emergências menores, mas eles não reconheceram que esses tratamentos eram chamados de primeiros socorros. A maioria dos sujeitos (69,8%) não conhecia a expressão "primeiros socorros".
Source: Authors (2020)				

remain in the school environment for a long time and the number of professionals is most often lower than the demand for children. Because of this and also because of the curiosity, immaturity and physical structure of the place, these children are more exposed, defenseless and vulnerable to accidents at any time.⁽¹⁴⁾

Data show that the highest frequency of these accidents occurs during sports and recreational practices, during pauses between classes and breaks, moments of free time when they take the opportunity to run and spill. In addition, some accidents can even leave irreversible consequences, if they do not have adequate care. For this reason, it is important that education professionals be able and prepared to provide first aid to children.⁽¹⁴⁾ Consequently, in 2014, with the implementation of the National Education Plan, full time was introduced in public schools with a seven-hour stay, which increases the vulnerability and the occurrence of accidents under the responsibility of school professionals.⁽¹⁵⁾ The restlessness of these children and the large number of hours in the school environment always make them more susceptible to accidents, as they are curious and are always looking for something new. The greatest number of accidents occur in the head, face and limbs and are always associated with falls, cuts and fractures and many professionals do not know how to deal with the situation.⁽¹⁶⁾



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The school environment is the space where children spend most of their time. For this reason, it is believed that schools have an important and growing role in promoting health, preventing diseases and accidents among children and adolescents. In most cases, this lack of knowledge on the part of education professionals and employees causes numerous problems at the time of accidents, such as the state of despair, the lack of experience when seeing the victim, the incorrect handling of the victim and even the excessive request and sometimes unnecessary specialized emergency relief.⁽⁸⁾ It is clear that the training of professionals from public and private schools contributes to the health education work carried out by health professionals and meets the initiative of the Ministry of Health's National Policy to Reduce Morbidity and Mortality from Accidents and Violence.⁽¹⁷⁾ Not forgetting that the purpose of first aid in schools is only an initial emergency care in order to preserve the life of the child, adolescent and even a school professional as much as possible until the arrival of specialized care⁽¹⁸⁾.

Although health education has existed for a long time, its action still demonstrates a lot of weakness in its operationalization, considering that health services give little importance to educational actions⁽¹⁵⁾. In Brazil, several policies have been implemented, including the Family Health Program, which was created in 1994,

with activities in different areas, focusing on prevention and health promotion. In addition, in October 2018, the Federal Government enacted Law No. 13,722, known as the Lucas Law, which considers mandatory first aid instruction to public and private teachers and employees, with the objective of such professionals knowing how to attend first cases in urgent and emergency situations immediately and correctly, until the arrival of a specialized service.⁽¹⁹⁾ Therefore, studies report on the importance of a professional nurse in these institutions for the prevention and early identification of diseases. The school nurse can promote practices of activities aimed at health promotion, helping the health of students and their families.⁽²⁰⁾

Knowledge of school professionals about first aid

First aid education needs to be more accessible and demanded by the general population, including teachers. This technique would help individuals to act more safely in a risky event, in all places and especially in the school environment. With this knowledge, there would be less damage to the victim's health.⁽²¹⁾

Studies have shown that teachers see the need for first aid training on emergencies and accident prevention, as they understand that child development and school growth are conducive and favor the occurrence of accidents, since children are always driven to discover something new.⁽²²⁾

A survey carried out at the children's school in Shanghai, China, based on questionnaires to assess teachers' knowledge of first aid, with topics on the treatment of nosebleeds, shock, drowning and asthma, found that teachers did not know the principles of first aid. Thus, they reflected that it is very valuable to have knowledge of such techniques.⁽²³⁾



First aid education needs to be more accessible and demanded by the general population, including teachers. This technique would help individuals to act more safely in a risky event, in all places and especially in the school environment. With this knowledge, there would be less damage to the victim's health.



Teachers showed awareness of their own unpreparedness to act in emergency situations at school. They recognize that they have limited knowledge related to insecurity and to doing the right thing.^(22,24) The lack of knowledge can be associated with a lack of training or ineffective training. This reflects in the unpreparedness, collaborating so that the experiences are not positive, but instead, negative.⁽²⁴⁾

Importance of training school professionals on first aid

Regarding the training of teachers and school staff working with early childhood education, the results show that before training professionals and teachers on 1-Identification and calling for help, 2- Cardiopulmonary resuscitation maneuver and 3- the use of an automatic external defibrillator in the theoretical knowledge of these contents, there were 25% of correct answers before training, rising to 94,3% after training.⁽¹⁾ From the same point of view, in a study conducted in the District of Udupi, in nine elementary schools with 150 teachers from public and private schools, a pre-test was carried out, after which training and, finally, a post-test to verify the gain of knowledge in relation to first aid and thus, it was found that after training teachers learned about emergency care.⁽²⁵⁾ Thus demonstrating the importance of courses and training for the development of new knowledge and skills to be able to act in situations involving accidents in schools with a trained health professional.

Brito et al. (2018)⁽²⁵⁾, demonstrated that the multidisciplinary team did not have any type of prevention training and first aid practices, however 68,5% had undergone some activity on the subject for more than two years.⁽¹³⁾ Castro et al. (2019)⁽²⁶⁾, adds, stating in his study

that 62% of the interviewees have already participated in some first aid training in the course of their training. However, despite the training, the studies provide data proving the lack of preparation of these professionals.⁽²⁶⁾ It is possible to re-evaluate the importance of continuing education in first aid to educators, with the passage of time to the techniques or theories learned may be forgotten.

As a delimitation of the study, the small sample stands out, which could be expanded to more schools in consequent studies. Furthermore, it is expected that more research will be carried out in this area, since knowledge in first aid is essential, can save

many lives and is always being updated.

CONCLUSION

Accidents in the school environment are quite common and the results of this study found that early childhood educators prove to be laymen in relation to the initial care about school accidents, however, they are very interested in learning about first aid. This demonstrates the need for teachers' prior knowledge to provide correct, fast and effective assistance until the arrival of specialized support.

This will certainly be favorable for the minimization of accidents at school,

and for the reduction of stress and insecurity of the educator, improving their experience in the school environment.

The importance of periodic training with teachers and staff in public and private schools across Brazil on first aid technique is emphasized in order to reduce possible damage due to failure to provide immediate assistance and the use of appropriate techniques. It is suggested to implement an urgency and emergency training program, aiming to develop preventive and promoting school health actions, with theoretical and practical basis, thus establishing more confidence in providing first aid measures and reducing the rate of morbidity and mortality in our country. 🐾

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