

Action of cultural food practices in Pará AIMED at the nutrition of heart disease patients in northern Brazil: An experience report



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ABSTRACT

Introduction: Nutrition education is a health education activity that greatly facilitates the dissemination of knowledge to hospitalized patients, since they generally have no interest in or direct access to information about healthy eating habits. **Objective:** To educate patients and carers about the nutritional value of açaí in order to minimize myths and doubts about its consumption. **Methods:** This was a descriptive study reporting on the experience of an educational activity carried out by nutrition interns/researchers and nutritionists at the State Public Foundation Hospital de Clínicas Gaspar Vianna (FPHCGV) in the city of Belém do Pará/Brazil, in March 2023. **Results:** Each participant was served 200 ml of açaí and 15 g of tapioca flour. After the tasting, an observational survey was carried out, where it was possible to verify that the action represented a satisfactory initiative with excellent acceptability. **Conclusion:** The action showed positive feedback on the acceptability of the food by the patients and a good understanding of the educational content provided.

Keywords: Nutrition, Cardiac patients, Educational action, Health education.

1 INTRODUCTION

The National Food and Nutrition Policy (PNAN), through its principles, addresses the importance of nutritional education in health in order to promote the autonomy of individuals over their food choices and practices. It also highlights the importance of encouraging health professionals, offering instruments for the implementation of health education strategies with the purpose of disseminating information on food and nutrition, with health-promoting actions. (RABETIM, 2022). Thus, continuing education in health is permeated by several conceptions that are put forward and



made available to health workers who carry out their professional practice in the care of the public of the Unified Health System (SUS) (FERREIRA et al., 2019).

The eating habits of the people of Pará do not follow the nutritional standards of daily recommendations indicated for the Brazilian population, since there is a high consumption of preparations rich in saturated fats, simple carbohydrates, and ultra-processed foods, contributing to the emergence of morbidities and secondary pathologies that can interfere with nutritional status. Açaí, a fruit native to the Amazon, is rich in beneficial nutrients, such as fiber, vitamins, minerals, and antioxidants and is part of the basic diet of a large portion of the population of Pará, especially the riverside peoples who consume it in all meals of the day, as well as in the diet of the urban population (SILVA JUNIOR et al., 2019).

In the performance of the nutrition team at the cardiology clinic of the State Public Foundation Hospital de Clínicas Gaspar Vianna, it was possible to identify questions asked by patients and companions hospitalized at the clinic about the consumption of certain foods, including açaí. This triggered an educational action in order to contribute with information on the subject, in order to minimize the lack of knowledge about the excessive consumption of açaí by heart disease patients.

2 OBJECTIVE

Carry out educational action for patients and companions about the nutritional value of açaí in order to minimize myths and doubts about its consumption.

3 METHODOLOGY

This was a descriptive study of the experience report type of an educational action carried out by nutrition interns/researchers and nutritionists from the Public Foundation Hospital de Clínicas Gaspar Vianna in the city of Belém do Pará, in March 2023. This action is part of the cardiology nutrition research project entitled "**Nutritional risk screening and traditional methods of assessing the nutritional status of cardiac patients**" being carried out at the hospital. A partnership was made with the Nutrition and Dietetics Service (SND), which contributed with the offer of açaí and tapioca flour of good origin, these foods were served for tasting. The target audience consisted of patients admitted to the cardiology clinic, in addition to the patients of the obstetric clinic who were on the same floor. The educational action was authorized by the head of the cardiology clinic. The theme addressed: "Nutritional View on Pará Cultural Food". The entire activity was based on scientific evidence around food, chronic non-communicable diseases and the concepts of Food and Nutrition Education (FNE). The activity was divided into three main moments: a) Lecture on the benefits of açaí and guidance on proper consumption; b) Açaí tasting with tapioca flour; c) Space to clarify doubts and demystify myths about food.



4 DISCUSSION

In the development of the educational action, participatory and dynamic activities were carried out with the use of an explanatory folder and visual media, in order to a more Teaching (DA SILVA, 2022). The space used was the leisure room and television of the cardiology clinic. The target audience reached was about 35, including cardiac patients, companions and obstetrics patients. The multidisciplinary team assisted in the selection of patients who were "stable" so that they could get out of bed and participate in the activity. Each of the participants was served 200 ml of açaí and 15 g of tapioca flour. After the tasting, the observational research was carried out where it was possible to verify that the action It represented a satisfactory initiative with excellent acceptability and positive feedback on the acceptability of the food and educational content passed on.

Doubts and reports about eating habits were shared with the team, who encouraged and guided questions about these that could be improved. It has been observed that a considerable percentage of patients are hospitalized for a long time, referring to the emotional factor of homesickness. The action rescued the patients' contact with their homes through the sensory activities proposed by the nutrition team. Regarding the contribution of knowledge about nutrition, he brought to heart disease patients the reflection of glycemic control for the prevention of diabetes and reduction of the levels of fats in the blood, such as cholesterol and triglycerides. In the context of what was collected during the listening and taking into account the long hospitalization time, it was possible to confirm the importance of health actions aimed at Nutritional Food Education (EAN) (BEZERRA, 2022).

There were reports and inquiries of doubts about açaí, how to consume it, when to consume it, whether it is good or bad because of the existing pathology and its benefits. It can be said that during the action the team involved took into account the concepts discussed above, already previously studied, in order to provide a better reception, listening, non-formal and friendly conversation above all with humanization, these were the strategies used to achieve the objectives aimed at by the referred action.

5 CONCLUSION

Considering the frequency and the way in which the food "açaí" is consumed in the North region, the need for nutritional guidance for patients and companions about the amount to be consumed was relevant in this study. Since adequacy in consumption can bring several benefits to health in general.



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