


THE RELEVANCE OF HOME VISITS IN THE ACADEMIC AND PROFESSIONAL TRAINING OF MEDICAL STUDENTS IN THE INTERIOR OF AMAZONAS <https://doi.org/10.56238/sevened2025.011-068>

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ABSTRACT

Medical practice requires, in addition to technical knowledge, sensitivity, empathy and respect. In this context, home visits emerge as a fundamental tool in the training of health professionals, providing close contact with the reality of patients, which favors a more humanized and comprehensive care. This report describes the experience of medical students from an institution located in the interior of the state of Amazonas, who participated in home visits organized by the team of the Basic Health Unit (BHU) and by the

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faculty. And in one of these visits, they followed the case of a 19-year-old young woman, victim of a serious car accident, which caused head trauma and prolonged hospitalization in the ICU. During hospitalization, the patient developed pneumonia and required neurosurgery, and at the time of the visit she was bedridden, with hemiparesis, speech difficulties, constipation and a significant weight loss at the time of the visit. The home environment presented precarious conditions, such as lack of adequate ventilation, inadequate mattress and a context of extreme social, family and health vulnerability. The health team carried out a complete clinical evaluation, guidance on medication and referrals to specialized care, including speech therapy, psychology, nutrition and otorhinolaryngology. The students were able to follow the entire process, being instructed on the proper management of the patient and the role of the multiprofessional team. This experience allowed the practical application of the knowledge acquired in the classroom, while sensitizing students to the importance of recognizing the social determinants of health. The experience showed that patients in vulnerable situations require personalized care and this is achieved in the home visit, also contributing to the students' understanding of the importance of seeing the patient holistically, respecting their unique needs and promoting care based on the principles of the SUS: universality, integrality and equity. Thus, it is concluded that the active participation of students during home visits is an indispensable tool for medical and personal education, as they awaken in students a sense of social responsibility and commitment to the construction of a more humane, effective and problem-solving medicine, which considers the patient in his totality, not only as a carrier of diseases, but as a subject inserted in a biopsychosocial context.

Keywords: Medical education. Home visit. Primary care.

INTRODUCTION

The In medicine, human frailty is dealt with on a daily basis, with people who need to be welcomed, assisted with respect and empathy. Home care emerges as an extension of the actions of the Family Health Strategy, consisting of a set of services and interventions aimed at health promotion, prevention, treatment of diseases, and rehabilitation directly at the user's home (Marconato, 2024). In this context, home visiting plays a key role in providing patient-centered care, recognizing their physical, emotional, social, and spiritual needs. It is essential that medical students experience this experience, contributing to the training of doctors with an empathetic, humanized and analytical look. In home care, the basic principles of the Unified Health System are respected, such as universality — care for users who cannot travel to the health unit for treatment; comprehensiveness — offering services to users at the three levels of care; and equity — meeting the needs of those who most need health care (Marconato, 2024). Thus, home visits become a fundamental pedagogical tool for the training of good health professionals, who, from the first periods, are inserted in a context that allows them to put into practice their medical and social skills learned in the classroom.

OBJECTIVES

To report the experience of medical students from a college in the interior of Amazonas, on the importance of home visits in academic and professional training, aiming to raise reflections on the subject.

EXPERIENCE REPORT

In one of the home visits, the students of the Medicine course, in a city in the interior of Amazonas, together with the team of a Basic Health Unit, accompanied a 19-year-old patient who, after a car accident, spent a month and a half hospitalized in the Intensive Care Unit (ICU) due to a severe head trauma, followed by neurosurgery. During her hospitalization, she developed pneumonia, which further aggravated her health condition. During the home visit, the young woman received all the necessary care from the Basic Health Unit team and the students. She underwent a complete physical examination, with evaluation of vital signs, such as blood pressure, heart rate, and temperature, as well as physical examinations of the craniocaudal body systems. The patient's adherence to the prescribed medication was verified, and prescriptions were adjusted when necessary. On the day of the visit, the patient was bedridden, underweight, unable to move one side of the body, with difficulty in speaking and constipation. At the mercy of an evident economic

vulnerability, he lived in an environment in which the mattress was inadequate, there was not enough ventilation, nor was there any necessary residential support. The doctor in charge provided all the necessary guidance to the patient and her family, in addition to referring her to speech therapy, otorhinolaryngology, psychology and nutrition sessions, offering the necessary support and guidance on her legal rights, ensuring comprehensive care. Throughout the visit, the team allowed the group of students to observe the procedures performed, guiding them on the correct management of the patient.

REFLECTION ON THE EXPERIENCE

Patients who require home visits are in a state of health that presents physical and psychological fragility. Certainly, they demand more accessible, personalized and comprehensive care, which takes into account their specific needs and the individual context. Home visits, carried out consistently, play an essential role in this process, providing regular follow-up and individualized support, ensuring that patients' needs are met continuously and effectively (Marconato, 2024). Furthermore, this is a unique moment that enriches and contributes to the learning of health professionals. Thus, the practical experience during classes, including the monitoring of the medical routine in home visits, enables the effective application of theoretical knowledge, enabling the student to deal with the various socioeconomic realities that interfere with health and all possible pathologies and complications.

CONCLUSIONS OR RECOMMENDATIONS

The experience lived by the medical students highlights the undeniable relevance of home visits in training, because, in addition to allowing the practical application of the knowledge acquired in the classroom, they also sensitize future doctors to the diverse realities of the communities served. This immersion provides a holistic view of medicine, emphasizing the need for a treatment that goes beyond the disease and addresses the human being in its integral context, ensuring equity, integrality and universality, fundamental principles of the Unified Health System.