

## Chapter 70

# Permanent education and expanded clinic: a new paradigm of care

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### **ABSTRACT**

Current health care requires conducts based on the proposal of comprehensive care, aimed at the subject and no longer for the disease. Aiming at comprehensive care through work in multiprofessional team, the current work proposes to relate the experience report of an expanded clinical practice proposed by the MT-Hemocentro and academics of the extension project "Sickle Cell Disease: pain that comes from the blood", with an bibliographic review on the subject, emphasizing the concepts of permanent and expanded clinical education, for the construction of a health intervention project that goes beyond the biomedical perspective towards new forms of care.

**Keywords:** Hemophilia, Expanded Clinic, Intersetoriality, Permanent Education, Winnicott.

## **1 INTRODUCTION**

The following work aims to relate practice and bibliographic review regarding a therapeutic action of the extension project, " Sickle Cell Disease: pain that comes from the blood", carried out at the hematology outpatient clinic of the MT-Hemocentro. We proposed a practice based on the view proposed by the concept of an expanded clinic, focusing on people assisted by the MT-Hemocentro, emphasizing hemophilia in this work.

MT-Hemocentro is a public institution in the State of Mato Grosso, which offers specialized assistance and treatment in hemotherapy and hematology. It has an outpatient clinic specialized in the care of non-oncological hematological diseases, and mainly serves people with Hemophilia and Sickle Cell Disease. The outpatient clinic is composed of a multidisciplinary team, with social worker, nutritionist, physiotherapist, nurse, technical nursing technician, general practitioner, cardiologist, orthopedist and hematologist, available for the care of patients followed up in the unit.

Hemophilia is a hereditary coagulopathy with mild to severe hemorrhagic manifestations, physical, psychic and socially affected by the individual (BRASIL, 2015). The current health care requires conducts based on the proposal of comprehensive care, aimed at the subject and no longer for the disease.

Founded on this, on the day of Hemophilia, at the request of a student with hemophilia, patient of the MT-Hemocentro, the group of students and the multidisciplinary team of the health unit, they opportunized an action in the Sesi School of the city of Várzea Grande -MT. Interactive activities were

performed, such as the construction of a toy with reference to the common drug in hemophilia and told in a playful way about what hemophilia is.

## 2 DEVELOPMENT

The expanded clinic enables multiprofessional work, but with interdisciplinary knowledge, consequently transcending the importance to the signs of symptoms to also care about the subjective and social dimensions of the user, the health worker and managers (MINISTÉRIO DA SAÚDE, 2009).

In the project presented above, the welcoming listening of the demand presented by the school was carried out, thinking about how it would be possible to integrate the different sectors to solve the problem presented, enabling the promotion of intersectoral health. From that moment on, we carried out the strategic planning for the promotion of the event, which included: psychologists, nurses, social worker, nutritionist, psychology and biomedicine students, a team of teachers and students from the school. To carry out the project we count on the involvement of the following sectors: health, education and social work.

A priori members of the extension project met with the multidisciplinary team of the MT-Hemocenter with the intention of discussing and reflecting the request that their patient had made to his school. The Ministry of Health proposes as a strategy the "valorization of work and workers and the quality of health actions provided to population, strengthening the consolidation of the SUS, valuing the articulation teaching and service" (BETTANIN; RODRIGUES; BACCI, 2020, p. 42988).

The team, through discussion of the possibilities of scope of the action, created the intervention together, favoring health from the proposal to overcome the walls of the institution, based on continuing education, elected the activities as an education with teachers, drawing groups, puppet presentation, to achieving the effectiveness of health seen as integral. The set of knowledge allowed the event to consider the limitations of the patient and the benefit of the other participants.

The professionals responsible for the physical health of the patient adjusted the ideas that appeared in the meetings, aiming at the low impact of the proposed physical activities. The psychologists permeated the discussions aiming to meet the patient's demand in line with the development of the subject and his/her environment.

The activity started with the education of teachers, therefore a fantasy was produced for the student, whose theme was the Coagulation Factor, name given the main medication used in the treatment of hemophilia.

The patient/student dressed as "Super Factor" told the class about his character and the importance of this, in addition to explaining to his colleagues with the help of a puppet, what hemophilia would be. The action was ended by forming groups for the production of a drawing, together with the explanation of a monitor, only hemophilia. The concept of expanded clinic is based on the principle of articulating dialogue with regard to the health and illness of citizens and its inclusion in health care (BRASIL, 2009).

To allow listening is to go against the difficulties of the subject, bringing the necessary material to develop joint interventions, as was performed with the patient of the hemocenter. Based on their demand, a health education action was carried out through listening and specific approaches to the community of addressed school to expose what hemophilia is, and what its specificities are, thus, promoted the subject to be part of his health promotion.

When thinking about this project, the team considered listening welcoming and proposed therapeutic action to decentralize the health of hospitals or primary care. At the moment when a health team mobilizes for actions beyond the corridors of the hospital, and is part of other sectors, so that together it is possible to carry out health promotion, as well as the prevention and restoration of it, together they are able to give autonomy and co-responsibility to the sectors, as well as make the person protagonist of their own care process.

The intersectoriality fits the perspective that health is not the absence of disease (WINNICOTT, 1975), considers a subject that is part of groups, and that these groups influence their health. Alluding to what has been said, the promotion of objective saúe exactly to build "collective spaces of exchange that allow the enrichment of the community and the professionals involved, through the knowledge of daily life, local strategies, the possibilities of each subject" (SUNDFELD, 2010, p.1085). Promoting health promotion, the guidelines for the implementation of the National Policy of Permanent Health Education are put in place.

Art. 1 [...] Single paragraph. The National Policy for Continuing Education in Saude should consider regional specificities, overcoming regional inequalities, training and development needs for health work and the already installed capacity of institutional provision of formal health education actions (MINISTÉRIO DA SAÚDE, 2009, p. 8).

The EPS has as a proposal to offer the health professional the possibility of learning and teaching, it is a way to transform daily practices, where the reality of the subjects and the existing knowledge is taken into account, its main objective is the "transformation of professional practices and the organization of work itself" (MINISTÉRIO DA SAÚDE, 2018, p. 7).

As much as the PNEPS proposal has produced a number of efforts to unite education and work, as a form of integrality and intersectoriality, which favors multiprofessional work. Thus, it aims at the qualification and improvement of the work process at various levels of the system, oriented to improve access, quality and humanization in the provision of services and to strengthen the processes of institutional political management of the SUS, at the federal, state and municipal levels (MINISTÉRIO DA SAÚDE, 2018, p. 13).

### **3 FINAL CONSIDERATIONS**

Building an expanded clinic requires thinking about several factors, such as integrality and intersectoriality. The effectiveness of this interaction germinates through listening, dialogue between team and user, with the support of continuing education. Thus, the intervention enabled the channel of the speech

about itself, about its illness, opportunistic the person with hemophilia to live each stage of development with liberdade and creativity (WINNICOTT, 1975), by fantasizing and creating from what measures them, deals with the disease in another way, thus enabling health promotion.

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