


Chapter 89

Health and motivational education actions with women with breast cancer: Experience report of an initiative of medical students

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Éllydy de Lima Melo

Medical Students - Estacio/Idomed Quixadá-CE Medical School

Rita de Queiroz Lima Neta

Medical Students - Estacio/Idomed Quixadá-CE Medical School

Gerdson lima de Souza

Medical Students - Estacio/Idomed Quixadá-CE Medical School

Cleoneide Paulo Oliveira Pinheiro

Physiotherapist, PhD in Collective Health, Professor Estácio Medical School /Idomed Quixadá-CE

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1 INTRODUCTION

Breast cancer is considered the second most frequent type of neoplasia in Brazil and is the main cause of neoplasia mortality among women, mainly because it is diagnosed in advanced stages. It is imperative to empower women to the risks of the disease and involve these women throughout the health-disease process.

2 OBJECTIVE

To report the experience of performing health and motivational education actions with women with breast cancer.

3 METHODOLOGY

This is an experience report. The action was developed in the facilities of a medical school in the municipality of Quixadá-CE. Twenty women of different age, social, marital and religious status participated, all members of the Association of Mastectomized Women of that municipality, operated by breast cancer, in addition to the teachers, collaborators and academics of Medicina of the institution. Conversation wheel was performed using interactive media with demonstrations of techniques, simulation with mannequins, breast models, playful and recreational activities, in addition to the provision of services and health care.

4 RESULTS

The experience reported with active methodologies and instructional resources, with a simple language and easy to understand, is considered to have been effective to develop more women's mastery on the subject and the search for self-care.

5 CONCLUSION

Health education actions for health promotion and disease prevention are valuable, through the favoring of changes and adoption of healthy life habits. It is recommended to value and carry out initiatives of this nature, also seen as valuable in the professional training of academics.